i-Pads on the ICU: current extension of
Early Mobilization
Communication
Speech and swallow therapy
Information and Entertainment

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ICU Rehabilitation & Aftercare Program

ICU rehabilitation and aftercare program

ICU/MCU General Ward

3 mnth

6 mnth

12 mnth

ICU OUT PATIENT CLINIC

Special Subgroups
1) (severe) ICU acquired Weakness
2) Severe Sepsis with multi organ failure
3) ≥ 70 yr and certainly > 80 yrs
4) Patients with jobs and company owners
5) Psychological Problems or very high risk

 ✓ Long Term ICU patient rounds
 ✓ 1 / wk MDM + individ. plan
 ✓ Structured Aftercare Talk (ward)
 ✓ Brochures, Rehab Booklet
 ✓ Website ICU of ZGV

After hospital discharge:
- E-Health module
- General practitioner
- Paramedics
- Website

Out patient clinic 6&12 months:
Only when indicated
- E-Health/

Care by former Patients??
- Internet
- Fellow sufferers
- Other Dutch groups

>12 mnth
iPAD use on ICU: goals

1. **Support Early ICU Rehabilitation**
   1. Short Physiotherapy Exercises (videos)
   2. Speech Therapy Exercises
   3. Cognition & Delirium
      - Orientation
      - Exercises (future)

2. **Communication**
   1. VoICe app: easy communication (even when intubated)
   2. Translator foreign language
   3. Skype
   4. Social Media

3. **Information**
   1. ICU and hospital information
   2. Family centered information
   3. eHealth portal
   4. Links to external sites

4. **Entertainment & Relaxation**
   1. Internet-TV (Netflix)
   2. Internet
   3. Radio, Spotify
   4. Music selections (popular, classic, dutch, religious , relaxing)
Early Rehabilitation

- **Exercises** Physiotherapy
  - Instruction/video on iPad
  - Together with caregiver

- **Exercises Speech Therapy**
Communication
Entertainment & Relaxation
Experience (very short)

• Cognition - very important factor
• Age - sometimes problem for Old
• Delirium - huge obstacle
  » Therapeutic options?
  » Orientation
• ICU AW - first choice nurse = TV
  » So far no uses special Mouse-bud

• Popular
  – Communication VoICe
  – Music
  – Internet
  – Internet TV
  – games
Demonstration iPad