
Intensive Care Follow-up Clinic



What is Follow-Up Clinic?

The Intensive Care Unit (ICU) Follow-Up Clinic is run by an ICU Doctor, a Clinical Psychologist and a Physiotherapist. It aims to address any concerns you have about your physical or psychological recovery after your ICU admission.

The ICU Follow-Up Clinic is also an opportunity to ask questions about your time with us. We can try to fill in any gaps in your memories or understanding about what happened to you during your stay.

Why should I attend?

After spending time in ICU, many patients experience ongoing health problems, worry, low mood, or changes in their thinking or memory. These problems can often stop people from returning to their normal daily activities.

Research shows that people who come to a follow-up clinic make a better physical and psychological recovery from their illness.



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What should I expect?

The clinic appointment is around 90 minutes long. You will speak privately with each health professional in turn, each conversations usually last around 30 minutes.

During these conversations we will discuss if you need further support or referral onto other services.

After your appointment, your GP will receive a summary of what was discussed and any actions needed to support your ongoing recovery.

Do I have to come?

We realise that not all patients will need or want to come to this clinic. Therefore, please let us know if you would like to book an appointment.

How do I get an appointment?

After leaving ICU you will receive a letter about our Follow-Up Clinic. You will be asked to telephone the department to arrange a suitable time for an appointment.

How can I prepare for the appointment?

Some people find it helpful to write down any questions they want to ask running up to the appointment.

Having a family member present can help reduce any anxiety you might feel when talking about your experiences.

Further Support



www.cardiffcriticalcare.co.uk



www.icusteps.org – ICU steps is a registered charity set up in 2005, run by former intensive care patients and relatives.

They aim to improve the care and support available to patients recovering from critical illness.

Contact details



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