

Going home

Being discharged home after an admission to ICU is a major milestone and is often just the beginning of a longer journey towards recovery. Many people experience ongoing physical, emotional, and cognitive challenges after critical illness – known as **Post-Intensive Care Syndrome (PICS)**.

The RaCI service is available to support you once you are home, should you need any help. Please contact the service by phone or email and a member of our team will be available to help.

You may be offered a follow-up clinic appointment with our multidisciplinary team which includes a medical consultant, specialist nurse, specialist physiotherapist and clinical psychologists.

Our service may help with:

Monitoring your recovery – checking on your physical, mental and emotional wellbeing.

Rehabilitation support – helping you regain strength, mobility and confidence.

Emotional and psychological care – offering support for anxiety, depression, trauma or memory problems.

Education and reassurance – helping you and your loved ones understand what's normal in recovery and when to seek help.

Connecting you to further resources – such as community rehab, social care, or peer support groups.

Recovery from critical illness takes time, and you don't have to face it alone. The ICU Recovery and Critical Illness Support Service is there to help you adjust, heal, and move forward at your own pace.

If you have any questions about your Critical Care admission or about the Recovery after Critical Illness service
Please do not hesitate to contact us on:

0118 322 7248

raci@royalberkshire.nhs.uk

We also have a website that you may find helpful – either scan our QR code or use the link below.



www.readingicusupport.co.uk

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Recovery after Critical Illness (RaCI) Service

A quick guide for patients, family and friends

Recovering from a critical illness can take time, and everyone's journey is different.

Some people may experience ongoing physical, emotional or cognitive challenges after leaving the Intensive Care Unit (ICU).

The 'Recovery after Critical Illness' (RaCI) service is here to support you with your recovery and answer any questions you may have.

Recovery after Critical Illness Service

Recovering from a critical illness can take time and we're here to support you and your family every step of the way, helping you to adjust after your time in the ICU. Our support begins while you're still in ICU, continues as you move to the ward, and extends to after you leave hospital.

What to expect after you leave ICU

While some people recover quickly, others may experience ongoing challenges, such as:

- Muscle weakness or fatigue
- Difficulty sleeping or concentrating
- Anxiety, low mood, or memory changes
- Challenges returning to work, study or daily routines
- Strain on relationships or finances

These effects are common after critical illness and may take time to improve.

How can we help?

Our team can:

- Offer emotional and practical support during your hospital stay and after discharge
- Provide information about what to expect in your recovery
- Refer you to other services, such as physiotherapy, occupational therapy or psychological support
- Work with local services to ensure you have ongoing care and support in the community

Going from ICU to the ward

Going to the ward is a big step on the way to getting better and going home, and it is quite normal to feel apprehensive. You will have become familiar with the staff on the ICU and the routine there. The thought of meeting new people can be worrying at any time but it may seem harder when you have been ill and the new people are those looking after you. The ward staff understand this, as they are used to looking after people who have been seriously ill, so feel free to ask them about anything that concerns you.

You will notice that on the ward there are fewer nurses for each patient compared to the ICU. This reflects the fact that you are now able to do more for yourself. Even if you cannot always see the nurses, they are still nearby. Use your call bell if you need any help; the nurses will answer as quickly as they can.

As your condition improves and you are able to manage more activities on your own, such as washing, dressing and moving short distances, your team will start preparing for your discharge home.

The Critical Care Outreach Team will visit you on the ward within the first 24-hours after your move from the ICU. They will work with the ward staff to monitor your recovery, assisting where necessary.

The RaCI service will aim to visit you soon after you have left the ICU to discuss any issues you and your family may have about your physical and psychological recovery.

Call 4 Concern® Supporting Martha's Rule: Detecting Deterioration

If you feel concerned that the healthcare team has not recognised your or your loved one's change in condition, you can contact Call 4 Concern®. This is a patient safety service for patients and families.

Tel: 0777 475 1352.