

**ICU diary** is written during the time of sedation & ventilation by nurses and relatives. Daily entries including facts about admission, daily procedures, observations and thoughts. The patient can read the diary afterwards and understand what happened, especially his dreams & delusional memories. Developed in Scandinavia in 1980+. Entries need 3-5 minutes in everyday language.

**Indication:** sedation > 48h, able to understand language, chance for survival.

Dear Mr. Miller ... Thursday, Sept 5<sup>th</sup>  
This is your third day on the ICU. You are still on the ventilator and you are becoming awake, slowly. You open your eyes, when I talk to you, but mostly you are sleeping. I wonder if you are dreaming? Some patient said, all the sounds would influence their dreams, so that they believe they would be in a supermarket or on an airport...

Knüick & Nydahl 2006/07



### Study 1: Do ICU patients need a diary?

- 8 patients have been interviewed 6-24 month after their stay on the ICU in 2006/7. Answers were analyzed and categories were builded. Fears, dreams and real experienced dissociative experiences are common, a way of follow-up seems to be indicated.
- **Yes!**

Nydahl, Knüick & Egerod 2010



### Study 2: Are there any diaries in Germany in 2008?

- All ICUs in two federal states of Germany (n = 120) were contacted either by phone and/or mail. The recruitment was supported by invitations published in three nursing journals, four internet discussion boards, a postal invitation to 23 universities, and the use of personal contacts by the investigators; all in Germany. Using the above methods, it was found that no adult intensive care units were using patient diaries in 2008.
- **No!**

Nydahl & Knüick 2010



### Study 3: Is there an evidence for ICU diaries?

- A systematic literature research (PubMed, Cinahl, handsearch). 9 studies were found, a consistent statement is not possible. Single publications report that the diary i) is accepted well by patients; ii) supports the coping process; iii) leads to better understanding, comprehension and gives a meaning to the ICU therapy in the sense of salutogenesis; iv) has a positive influence on post-traumatic stress disorder, anxiety and depression.
- **Yes of course!**

Implementation by Knüick & Nydahl

#### Adaption Scandinavia to Germany

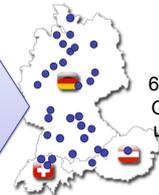
- photos of patients -> photos of empty bed & environment
- no structured follow-up -> diary is handed over at discharge to relatives

#### Top-down-approach

- 6 Articles in different nursing journals
- Website incl. monthly newsletter, sample drafts and informations
- Email support
- Lectures (10 on congresses, 15 regional)

#### Voluntary implementation

- Implementation in practice by nurses
- Email support & discussions
- Support for implementation challenges
- Final thesis of Intensive Care education
- Chapters in Intensive Care books
- Diary becomes an autonomous idea



After three years ca. 60-80 ICUs in Germany are using diaries (2011)

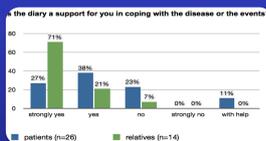
Knüick & Nydahl 2010



### Study 4: What are the problems in practice?

- Online-survey with ICUs that use diaries in 2009, 18 ICUs attended. Greatest barrier during the implementation process are bureaucratic barriers and lack of time & staff.
- **Bureaucratic barriers & lack of time**

Nydahl, Knüick, Bischoff & Fritzsich 2011



### Study 5: How do patients and relatives evaluate the diary?

- Multicenter study (4), questionnaire (26 patients, 16 relatives). Patients and relatives appreciate the diary, honor the idea and engagement. The diary seems to support the communication between the family and is a kind of coping strategy. The adaption of the ICU-diary to German working conditions was evaluated positively.
- **Patients and relatives benefit from the diary**

Ansorge 2011



### Study 6: Is the ICU diary transferable to PICU?

- The diary was transferred to a pediatric ICU to support the coping of the parents of prematured babies. The PICU diary has been evaluated by 18 parents (repetition of study 5) with similar results. The PICU diary is meaningful, useful and practical.
- **Yes, and parents of prematured babies appreciate the coping through the diary!**

#### Literature:

- 1 Knüick, D.; Nydahl, P.: What do ICU patients need to regain their memories after an ICU stay? Not published yet
- 2 Nydahl P, Knüick D, Egerod I (2010): The extend and application of patient diaries in German Intensive Care Units. Connect – The World of Critical Care Nursing 7 (2): 122-126
- 3 Nydahl P, Knüick D (2010): Träume und Traumata – eine systematische Übersichtsarbeit zur Wirkung des Tagebuches auf Intensivpatienten. DIVI 1 (1): 31-37
- 4 Knüick D, Nydahl P (2010): Einführung des Intensivtagebuches: Erste Erfahrungen sind positiv. Pflegen Intensiv 3 (10): 36-40
- 5 Nydahl P, Knüick D, Bischoff K, Fritzsich A (2011). Evaluationsstudie Das Tagebuch war eine große Hilfe für mich. Pflegen Intensiv 1: 29-34
- 6 Ansorge, A. (2011). Intensivtagebuch für Frühgeborene. Kinderkrankenschwester 12250 (30): 1-8

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