

Evidence of ICU Diaries: Patients (Peter)

- Reduction of PTSD, depression (anxiety: tendency)
- Better understanding of events, dreams and rehab
- Improved coherence

Limitations:

- Heterogenous use (photos y/n, duration, content, timepoint)
- Some avoid to read
- No harm, but emotional journey

Guidelines:

- PICS: diaries ought to be used in and after critical care

Bev Ewens, Peter Nydahl, July 2025



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Evidence of ICU Diaries: Families (Bev)

- No general impact on PTSD, depression, anxiety
- Better coping
- Keeping relationship
- Posttraumatic growth
- Improved grieving

Limitations

- Heterogenous use

Guidelines:

- SCCM family-centered care: „We suggest providing ICU diaries for families of ICU patients.“ (conditional recommendation, low certainty)



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Evidence of ICU Diaries: Team (Peter)

- Humanisation of Critical Care
- Improved Care
- More satisfaction
- Improved reflection about care
- Conflicts and barriers
- Closeness vs professionalism

Limitations:

- Subjective evaluations
- Heterogenous use
- Reduced nurse resources

| Author | Country | Included ICU | Using diaries |
|-----------------------------|-------------------------------------|--------------|---------------|
| Egerod 2007 | Denmark | 48 | 40% |
| Nydahl 2010 ^{d,e} | Germany | 120 | 0% |
| Akerman 2010 | Sweden | 85 | 75% |
| Gjengedal 2010 ^a | Norway | 70 | 44% |
| Nydahl 2014 ^{d,e} | Germany | 221 | 19% |
| Nair 2014 ^c | Australia | 194 | 19% |
| Heindl 2016 | Austria | 178 | 7% |
| Kleinpell 2018 ^a | Worldwide | 345 | 33% |
| Hendriks 2019 | Netherlands | 79 | 87% |
| Holme 2020 ^a | Norway | 39 | 61% |
| Lynch 2020 ^b | UK, Ireland | 30 | 43% |
| Brauchle 2021 ^a | Austria, Germany, Switzerland, Lux. | 385 | 28% |
| Liu 2021 ^a | Worldwide | 135 | 19% |
| Tabah 2021 | Australia/NZ | 95 | 28% |

a) Recruitment bias likely, b) Paediatric ICU only c) Nurses (not ICU) were surveyed, d) ICU & Nurses surveyed, e) Germany and Norway had repeated measurements

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Barriers & Solutions (Bev)

Report on the Third
International Intensive Care
Unit Diary Conference

Peter Nydahl, PhD, MSN, RN
Ingrid Egerod, PhD, MSN, RN
Megan M. Hooty, PhD
Dale M. Needham, MD, PhD
Christina Jones, PhD
O. Joseph Lind, Blumenthal, MD, PhD

| Country | Barriers | Solutions |
|----------------|---|---|
| Australia | Lack of knowledge about PICS | Guidelines, feedback from patients, research |
| Chile | Completely unknown | Collaboration with Chilean SCCM, Translation and provision of educational materials |
| Germany | Lack of staff/time | Research (3-7 min/entry), prioritization, feasible if 50% of staff joins; diaries written by families |
| | Bureaucratic difficulties | Templates for diary policies, review of written diaries Data protection: diary not part of patients' records |
| Sweden | Balance between professionalism, empathy, and privacy | Follow-up service by ICU nurses > feedback to the team, increasing satisfaction, culture change |
| United Kingdom | Lack of team work | Policies, writing examples, rules for photos, experts |
| United States | Writing style / language | Writing examples, staff training for writing, experts |
| | Legal issues | Policy: diary is not part of chart; diaries enable transparency & communication > lower risk |

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