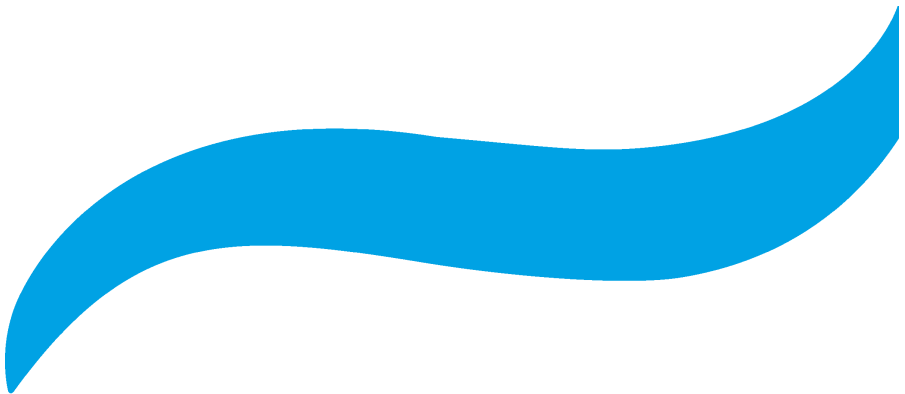




The Inspire Programme

**A programme to support recovery
after critical illness**



WHAT IS THE INSPIRE PROGRAMME?

A stay in critical care can be a stressful experience, and may have long term effects on your health and wellbeing.

This applies to both the patient, and their close family.

It can take a long time for you to recover if you have had a critical illness. It can be easier if you get the correct support.



The Inspire Programme aims to find out about any problems that you might be having as a result of your stay in critical care. We want to make sure you get the right support to help with these problems.

You can take a member of your family or a carer along to the Inspire Programme. They might also be having some difficulties, like changes in their mood, sleep, work, and finances whilst they give you support.

You will receive support from:

- ❖ Doctors
- ❖ Nurses
- ❖ Occupational Therapists
- ❖ Physiotherapists
- ❖ Pharmacists
- ❖ Psychologists

We will give you the tools to move forward with your life. We will give you stepping stones so that you can achieve your goals.



HOW TO TAKE PART IN INSPIRE

You will be referred to the Inspire programme by one of the critical care team that looked after you while you were in hospital.

You will receive a letter a few months after you are discharged from hospital to invite you to come along to the programme.



We will ask you to complete some questionnaires to measure how you are managing. These questionnaires will be repeated at the end of the Inspire programme to understand how you have progressed.

PROGRAMME OUTLINE

The Inspire programme runs for 5 weeks, and **includes group support sessions** and **3 individual appointments**.

The group sessions will cover:

- ❖ Fatigue (extreme tiredness), sleep and ‘brain fog’
- ❖ Shortness of breath, pacing (balancing your activities with rests), and activity levels
- ❖ Stress, emotions, and roles
- ❖ Community support (other people and groups that you might find useful)
- ❖ Goal setting and moving forward

YOUR INDIVIDUAL APPOINTMENTS WILL BE WITH:

1. A doctor and nurse, to explain what happened during your critical care stay and answer your questions. They will write down what you have discussed with them, and you will be given this to keep.
2. A pharmacist to review the medications that you are on. They will tell you if these are still appropriate and will see if you need to be given anything else.
3. A physiotherapist or an occupational therapist. They will look at any physical difficulties you might be having and how these are affecting your everyday activities. They will help you to set goals for things that you want to be able to do. They will make a plan with you about how you will achieve your goals.

We encourage the people in the group sessions to support each other. Patients and carers often find that other people may have had similar problems to themselves.

Some find it helpful to share their stories in a relaxed sociable environment, although there is never any pressure to do this. It is up to you if you want to do this and we will help to guide you. Everything that you say in the group is confidential.

AFTER INSPIRE

We will get in touch with you 3 - 6 months after the programme has finished and ask you to repeat the questionnaires to see how you are progressing.



CONTACT DETAILS

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