

What is PICS?

PICS (Post-Intensive Care Syndrome)



- PICS is a condition that is common with people who have been treated for critical illness and survived.
- PICS is often seen as changes in the patient's physical, cognitive and/or mental health.
- A patient can experience this while in the intensive care unit (ICU) and may continue after the patient has gone home.
- **Family members may experience the same changes as the person recovering from the critical illness.**

PICS Signs and Symptoms

You may see these changes in your loved one or yourself when you get home



Physical Health

- Difficulty breathing
- Balance and coordination
- Strength and energy levels



Cognitive Health

- Problems with decision-making
- Memory
- Attention and follow-through
- Brain fog



Mental Health

- Anxiety
- Depression
- PTSD

What do I do?

- Watch out for related signs and symptoms.
- If you are feeling these symptoms, reach out to someone for help.
- Communicate and engage with your medical team.
- Follow your doctor's advice and provide updates as needed.

Additional Resources: <https://www.sccm.org/MyICUCare/THRIVE>

For more information, contact:

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