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## Putting intensive care patients in the picture

Photographs are being used to help South Tyneside patients in their recovery by giving them a better understanding of their time spent in intensive care.

The Intensive Therapy Unit at South Tyneside District Hospital now has a special camera for this purpose, thanks to ICUsteps South of Tyne, which is run by former intensive care patients, relatives and health professionals and provides support after discharge for patients and their families from South Tyneside and Gateshead.

South Tyneside NHS Foundation Trust Critical Care Outreach Sister Diane Miller said: "We're very grateful to ICUsteps South of Tyne for the donation of the camera. Patients often can't remember their time in intensive care and they can be frustrated by what they see as slow progress in their recovery. We keep diaries of their progress to help them make sense of what has happened, to fill in gaps in their memories and to help them see just how much they've improved since their critical illness. Photographs can be a particularly powerful addition to the patient diaries, for example, seeing themselves attached to equipment such as a ventilator can help them realise just how ill they were."

ends

*Pictured above: Left to right: Network Manager North of England Critical Care Network Julie Platten, Critical Care Outreach Sister Lisa Hobbs, Chairman ICUsteps South of Tyne Dave Allen and healthcare assistant Evelyn Frame*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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