



Conclusion

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This book aims to provide a holistic and multiprofessional approach to maximising the chances of a successful recovery for the ICU patient surviving a period of critical illness. An admission to ICU with a critical illness has a significant well-recognised physical, psychological and social impact. This impact has wide-ranging consequences affecting the patient and those around them for potentially many years after discharge home. Successful discharge from ICU and ultimately the hospital, requires significant concurrent attention to detail on all aspects of care, ensuring a return to the best quality of life achievable. National and International guidelines advocate an early focus on structured rehabilitation and avoidance/prevention of ICU-related complications, identifying these to be of paramount importance to improve both short- and long-term outcomes. This attention to detail needs to continue through the transition to the ward and planning discharge home. Each chapter in this book has explored some of the key areas required and provides an expert-guided framework to support the process of rehabilitation and recovery. Of paramount importance to this process is the early and ongoing involvement and education of the patient and their family throughout the intensive care stay and beyond. Close multidisciplinary working is key to success, setting collaborative goals and structured plans to achieve them. This is not intended to be an exhaustive text, however seeks to establish how expert guidance with a constant attention to successful discharge can significantly increase the chances of a good outcome for the patient and their families as partners in care. At the very heart of this process is a humanised and personal approach, getting to know the person behind the critical illness to influence individualised care planning and delivery.

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