IMAGING IN INTENSIVE CARE MEDICINE FROM THE INSIDE

Caring for COVID-19 patients and their relatives with the ICU diary

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A 46-year-old patient was admitted in the intensive care unit (ICU) due to severe acute respiratory distress syndrome caused by coronavirus disease 2019 (COVID-19). An ICU diary was started after 2 days of mechanical ventilation. The diary had a dedication to the patient and a brief presentation of the hospital and the ICU team in the first two pages. A summary was then written around the beginning of the symptoms until the ICU admission. Thereafter, the story of the disease was written on a daily basis until the day of ICU discharge. Pages were numbered with the dates at the top (see Fig. 1). No days

were missed. Physicians, physiotherapists, nursing staff, and relatives contributed with diary entries about clinical condition, and messages of hope for recovery. Photographs of the patient were taken in order to register clinical landmarks and nursing care. In the ward, the relatives kept writing in the diary until hospital discharge. Two weeks later, the ICU diary was given to him, and he and his relatives appreciated and recommended the ICU diary as a proof of care.

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Fig. 1 The ICU diary with a picture of the patient during the first session of prone positioning (left page) and another picture of him at the day of the ICU discharge (right page). In the left page, his daughter-in-law described the decision to put him in the prone position and that she was hopeful because it caused him to improve. On the right page, another family member described the day of the ICU discharge and remarked how fast he was recovering and that he would soon be at home

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Declarations

Conflict of interest

The authors declare that they have no conflict of interest.

Informed consent

Written informed consent for publication of their clinical details and clinical images was obtained from the patient.

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