

A Survey of the Awareness and Understanding of Healthcare Staff on Rehabilitation for Critically Ill Patients

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Purpose

Early rehabilitation begun in the intensive care unit (ICU) is emerging as an important strategy both to prevent and treat ICU-acquired weakness, in an effort to facilitate and improve the quality of life of post-intensive care.

This study aimed to identify unbiased information on critical care rehabilitation perception of healthcare staff, current status, and implementation.

Method

This was a multicenter, prospective survey study. The study was carried out by four tertiary university hospitals in South Korea. 189 healthcare staff participated in the study. Data were collected from October to December 2021 through an online survey.

We investigated the status of intensive care rehabilitation at their institution and the awareness of healthcare staff about intensive care rehabilitation. The study was approved by the Institutional Review Board.

Results

Table 1. Characteristics of respondents (N=189)

Characteristics	Categories	n (%) or M±SD
Gender	Male	37 (19.6)
	Female	152 (80.4)
Age		30.04±5.58
Position (n=188)	Nurses	163 (86.7)
	Doctors	18 (9.6)
	ICU CNE	7 (3.7)
Education	College	17 (9.0)
	University	116 (61.4)
	Master or above	56 (29.6)
Working unit	MICU	57 (30.2)
	SICU	37 (19.6)
	Mixed ICU	37 (19.6)
	CSICU	10 (5.3)
	NSICU	10 (5.3)
	Etc.	38 (20.1)
	ICU working periods (year)	

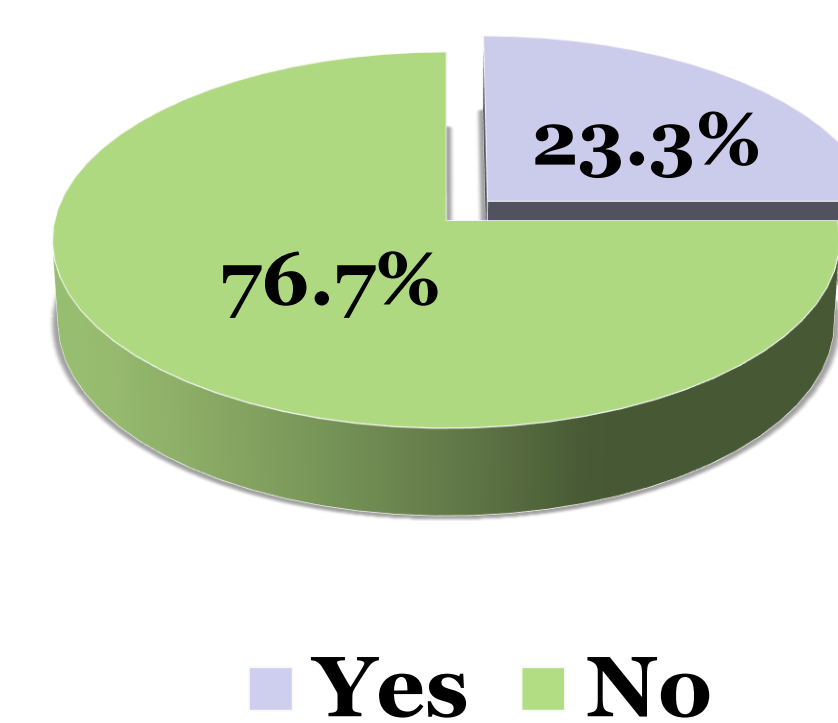
ICU CNE= intensive care unit clinical nurse expert

Table 2. Status of critical care rehabilitation and awareness of healthcare staff of the rehabilitation (N=189)

Characteristics	Categories	n (%)
Whether critical care rehabilitation is performed in your hospital	Yes	126 (66.7)
	No	63 (33.3)
Participation in critical care rehabilitation	Yes	80 (42.3)
	No	107 (56.6)
Presence or absence of a critical care rehabilitation program	Yes	20 (10.6)
	No	113 (59.8)
	Do not know	56 (29.6)
Systematic protocol for critical care rehabilitation	Yes	49 (25.9)
	No	140 (74.1)
Presence or absence of ICU CNE	Yes	37 (19.6)
	No	152 (80.4)

ICU CNE= intensive care unit clinical nurse expert

Q. Have you ever experienced critical care rehabilitation education?



Q. Do you think critical care rehabilitation education is necessary?

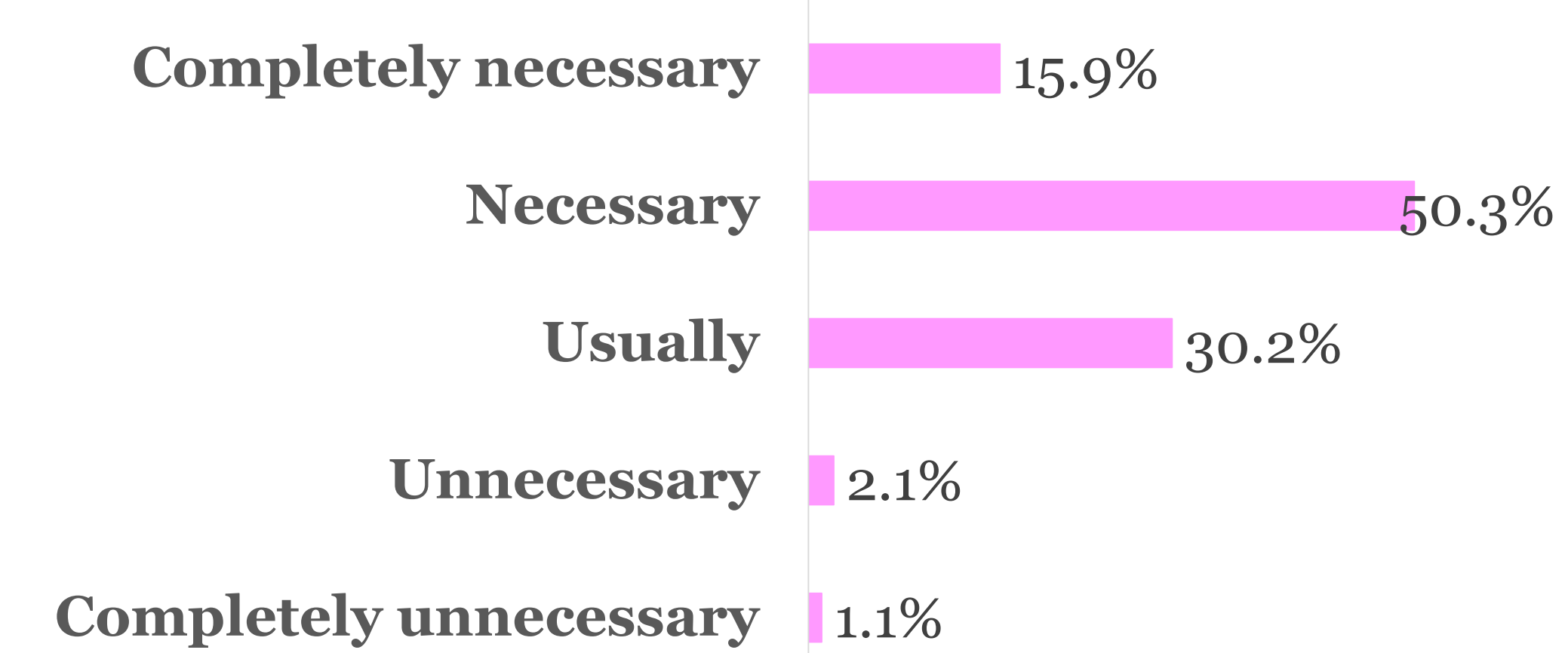


Figure 1. The need for critical care rehabilitation education for healthcare staff

Conclusion

The present study findings show that education is needed to improve the awareness of critically ill healthcare staff on intensive care rehabilitation.

In parallel, organizational efforts such as manpower reinforcement should be made to overcome barriers that prevent the successful implementation of rehabilitation in the ICU.

Key words

Awareness, Critical care, Intensive care units, Rehabilitation

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