

## PATIENT INFORMATION SHEET 1A: CRITICAL CARE

### 1) Where am I?

You are in a hospital ward called the critical care unit.



### 2) Why?

You became ill with coronavirus.

Patients with coronavirus often have breathing problems.



### 3) Why do people wear masks and gowns?

Our nurses, doctors and other staff wear them to keep us all safe.



### 4) Where are my family and friends?

To keep everyone safe from coronavirus, visitors can't come to the hospital.

We will help you to phone them, text, or make a video call.

## 5) What are the main treatments?

Some patients have a face mask or small tube under the nose to help with breathing. They may have other tubes for fluids, foods, blood tests and other medical reasons.

Some patients are on a breathing machine (ventilator). They have a tube in their mouth and medicine to keep them comfortable. They can't speak or move much on this machine.



## 6) Getting better

After some time, patients may have a small operation to put a tube in the neck, called a tracheostomy. With this tube, they can be awake and move around more.

Our staff can now help them to do exercises to get stronger and start breathing alone.

## 7) How might I feel?

Some people feel confused when they wake up, or have nightmares or very scary thoughts. This is called delirium. It's caused by being ill, getting strong drugs and not sleeping well.



Breathing problems often make people worried. Being alone in hospital can make them feel sad or fed up. These feelings are normal for patients in hospital.

If you are worried, scared or need information speak to a nurse, doctor or other staff member