

PSYCHOLOGICAL CARE OF COVID-19 CRITICAL CARE PATIENTS: STAFF GUIDE 2/2

In addition to Psychological First Aid, psychological care sessions can be held with communicating patients by psychological staff. Elements include:

1. Give patients a chance to open up about their experience, worries or fears
2. Normalise common reactions (including stress, confusion, 'unusual experiences' such as hallucinations)
3. Explain causes of common emotions and experiences in critical care
4. Encourage use of existing coping strategies and information-seeking
5. Defusing stressful thoughts
6. Gentle reality testing if that is needed and patients are ready for that
7. Action plan/goals
8. Encourage realistic optimism

Resources to distract, entertain or relax patients

IPADs or other tablet computers

Well-being, meditation and mindfulness Apps

Communication aids

Breathing, relaxation and "peaceful place" exercises

Music and audio books

Newspapers, radios, puzzle books, magazines, colouring books

If possible find out what they usually enjoy and see if it can be provided

