

## Critical Care Outreach Team - Lister Hospital

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### Further Information

For further information regarding intensive care patient support programmes, please visit the following website:

- ICU Steps - [www.icusteps.org](http://www.icusteps.org)

### Contact details

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You can request this information in a different format or another language.

Date of publication: February 2019

Author: Sade Davies

Reference: INF CCOT

Version: 01

Review Date: February 2022

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## Information for patients and relatives/carers

### Critical Care Outreach Team

#### Moving from the Critical Care Unit



## Introduction

The purpose of this leaflet is to aid your transition from the Critical Care Unit (CCU) to the ward. It's to help explain what happens next and about the care and support you will receive from the Critical Care Outreach Team. This leaflet should answer some of the questions and worries that patients may experience when they leave CCU.

Moving from the Critical Care Unit is a positive sign, but this can also be an anxious time following a period of critical illness, especially if you have been in CCU for a long time; it can take a while to feel like yourself again. How you feel and how long it takes to return to normal living will depend upon the type of illness you have had, and how long you were unwell for.

## What is the Critical Care Outreach Team (CCOT)?

The Critical Care Outreach Team is a nurse-led service that supports doctors and nurses caring for acutely ill patients who have moved from the Critical Care Unit to another ward.

The CCOT are a specialist team of senior nurses with critical care experience. They are available to accept referrals and to review patients 24 hours a day, 365 days a year.



## What does CCOT do?

CCOT work alongside the ward nursing staff and doctors to aid a patient's recovery and to take steps to prevent deterioration and readmission to the Critical Care Unit.



The critical care doctors continue to work closely with the Outreach Team providing support when required.

## When do CCOT become involved in my care?

You will be assessed within 24 hours by a CCOT nurse post-discharge from the Critical Care Unit. If you have been assessed and are progressing well in your recovery, CCOT will discharge you from their list of patients. However, if any nursing or medical staff are concerned about your condition, they will refer you back to CCOT who will then re-assess you.



All adult inpatients at Lister Hospital have their vital signs (observations) monitored using the National Early Warning Score (NEWS). The NEWS is captured on an electronic system called the NerveCentre which automatically alerts staff to any changes or deterioration in a patient's condition via a portable handset. This prompts staff to call for a response and medical support from CCOT if a patient's condition should deteriorate.

## Additional support from CCOT

The Critical Care Outreach Team also spend time with patients on their new ward to alleviate any worries by talking through and explaining what happened during the patient's stay in Critical Care.

Patients often do not remember being in the Critical Care Unit. Sometimes all the tubes and machinery, unfamiliar surroundings and the actual illness/injuries they have suffered can cause a patient to feel agitated and confused.

The staff on CCU may have started a **Patient Diary** where the critical care staff have noted the events of your critical care stay. This can help you piece together periods of time you may not remember and want to know more about, or help make some sense of your memories or experiences.



**Please ask if you would like us to see if you have a Patient Diary.**