

# Critical Care Recovery Clinic

Providing services to improve the quality of life for patients recovering from the effects of critical illness.

## Are you an Intensive Care Unit Survivor?

Known as **Post-Intensive Care Syndrome (PICS)**, patients recovering from critical illness may experience a combination of cognitive, psychological, and physical signs and symptoms that could last for months to years.

**Critically ill patients who stayed in an ICU for at least 24 hours often survived intensive care:**

- Mechanical ventilation
- Shock, sepsis, or delirium diagnosis

**Though it's wonderful to be going home, patients may experience several symptoms of Post-Intensive Care Syndrome (PICS):**

### Physical Symptoms

- Respiratory difficulties
- Weakness
- Balance problems
- Pain

### Psychological Symptoms

- Anxiety
- Depression
- Post-traumatic stress
- Sleep problems

### Cognitive Symptoms

- Memory difficulties
- Concentration difficulties
- Slow mental processing
- Trouble carrying out tasks

## We Provide Services to PICS Patients

- Coordination and referrals to primary care
- Psychiatric and neurocognitive screening and referrals
- Medication review
- Social work
- Spiritual care
- Educational resources on physical, cognitive, emotional, and daily living issues experienced by ICU survivors
- Resources and support for caregivers and family members



**For eligibility, questions, and to register:**

☎ 212-241-5135

✉ [MSCCRC@mountsinai.org](mailto:MSCCRC@mountsinai.org)



Icahn School  
of Medicine at  
Mount  
Sinai

*Institute for  
Critical Care Medicine*

**Institute for Critical Care Medicine**  
**Mount Sinai Critical Care Recovery Clinic**  
212-241-5135 | [MSCCRC@mountsinai.org](mailto:MSCCRC@mountsinai.org)