

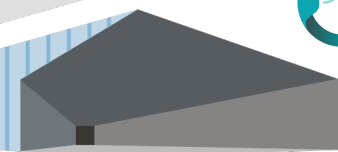
# Communicare ICU - even in intensive care, the patient has the right to communicate

Andra-Maris Post  
North Estonia Medical Centre

BaltAnestIC 2023

11th International Baltic Congress of Anaesthesiology and Intensive care  
September 28–30, 2023, Tartu, Estonia

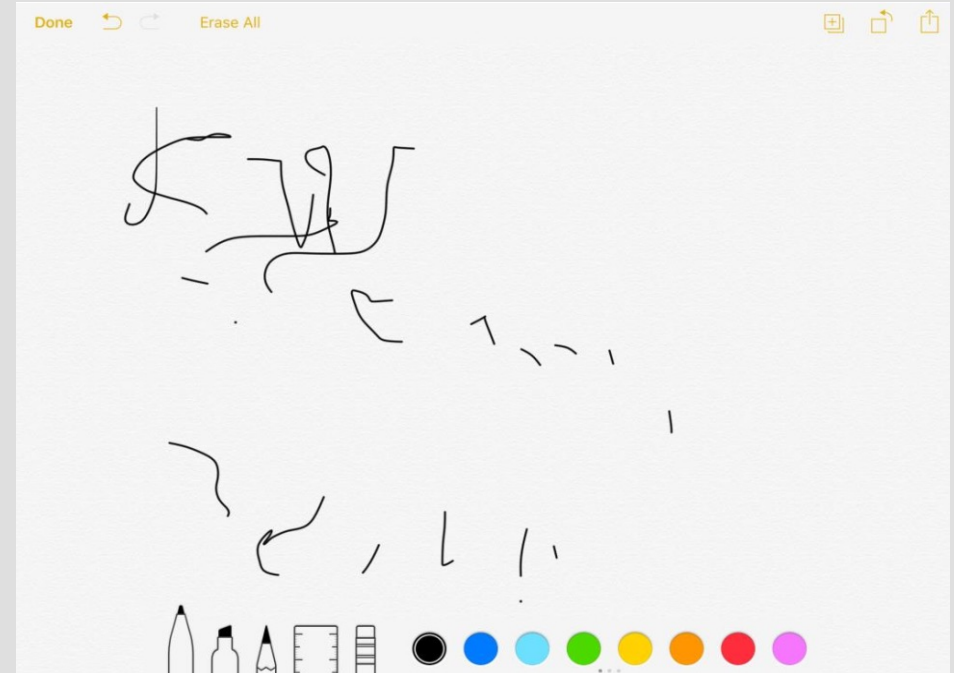
Estonian National Museum



# Ease of communication scale

PhD, RN, CCRN L.K. Menzel 1997

- Problem in the field
- Tallinn University Master's LIFE
- A nation of 1,3 million matters too!
- We can share...
- Just use it!



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# Why?

- Starting communication less often
- Shorter time
- Less valuable patient?
- Punishment?

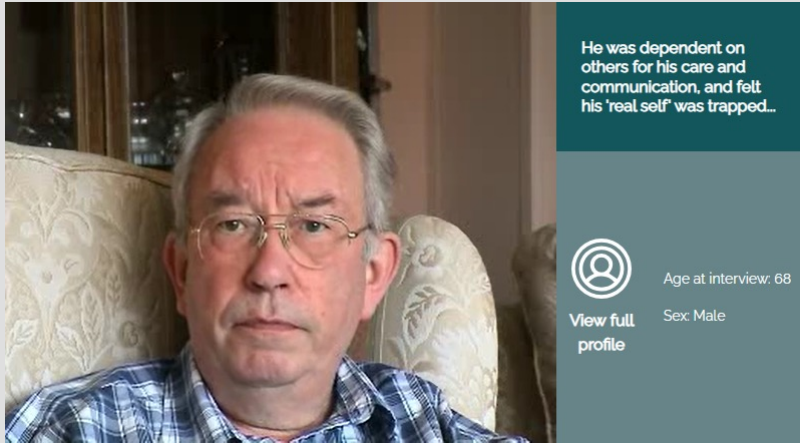
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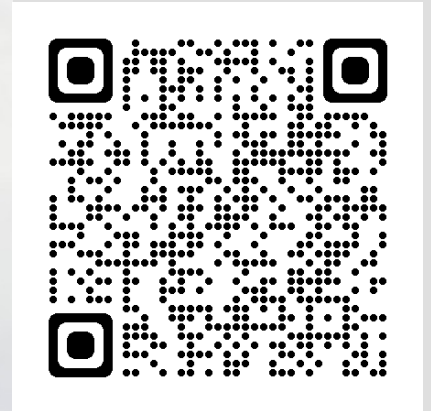
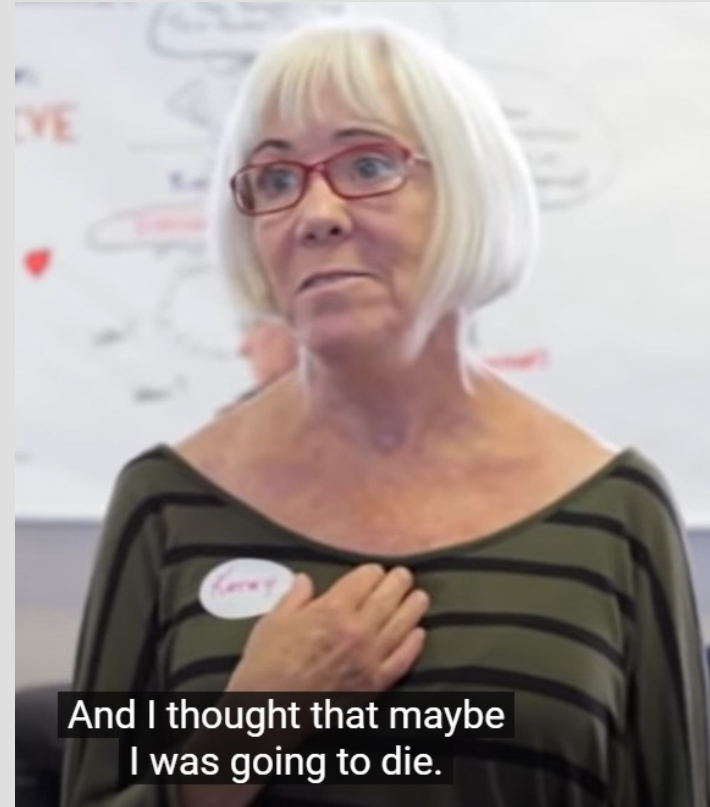
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# What about the PATIENT?



*„It was frustrating because I knew what I wanted to say and communicate but was unable to do so.“*



[https://youtu.be/T\\_FHP7WbICro?t=4](https://youtu.be/T_FHP7WbICro?t=4)

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# Communicating with intubated patients: A new approach (myamericannurse.com)

**Lorraine Roach**

December 26, 2019 10:37 pm

One day, while I was in the waiting room, a lady came in. She was screaming and frustrated because she could not understand what her Mother was trying to tell her. I told her to calm down and pray. The lady asked me to pray for her Mom and I went to her bedside, we held hands and prayed. My Significant Other is in the hospital. He has stage 4 cancer and we had a big scare when he twice had to be resuscitated. Now he is coming out of sedation. I am frustrated that he is trying to communicate, but I do not understand him. I have to encourage myself to be calm and to pray. Perhaps in the future, there will be ways to intubate that allow patient communication. It is an important medical area to study because it will allow patients' vital signs to stabilize and it permits two way communications between patients, their families and medical personnel.

**Dianne Scharp**

July 7, 2018 8:28 pm

On May 7, 2018 I was taken to ICU intubated after a log revision spinal surgery. Before my surgery there was no mention that this could happen. This occurred at MUSC in Charleston, SC. I woke up and found that I was unable to speak. I had no idea what was happening to me. I was very cold and uncomfortable. I gestured to the nurse for something to write with and indicated that I was cold. This is a frightening experience. Several times I wrote asking the nurse if I was going to die. I would encourage all ICU's to give patients a clip board with pen to help them communicate. Also, patients need to know where they are and why.



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# Why?

- Culture
- Lack of resources
- No complains

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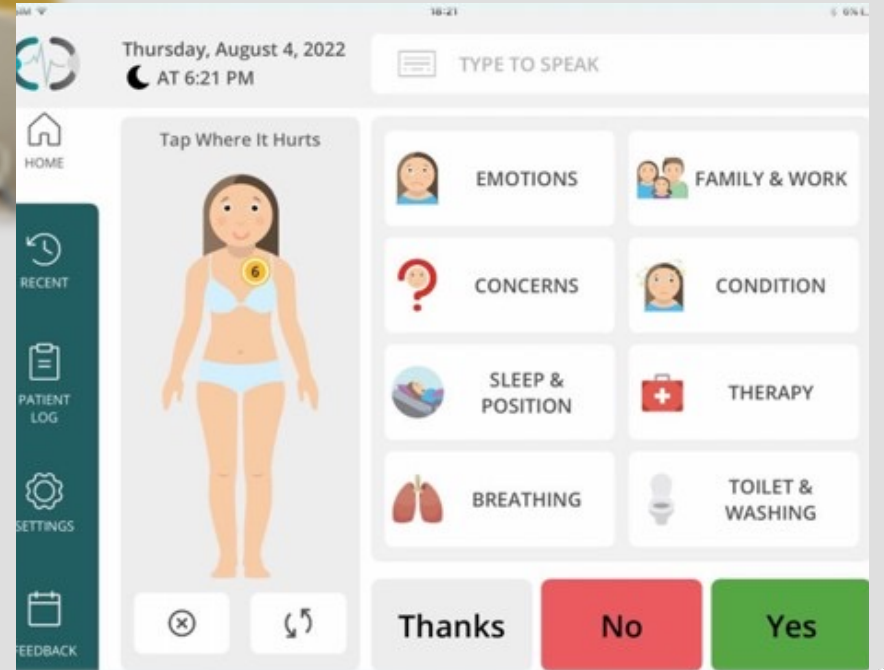
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# How do you like to be treated in ICU as a patient?

- Helping hand and staff who is concerned about you worries?
- Team who sees you as a person
- Mate who hold your soul and help you through the time - day and night
- Person, who find ways to ease your burden



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# Thank you!

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Cofounder of Communicare ICU app

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