

# RECOVERY AFTER CRITICAL ILLNESS CHECKLIST

## Moving forwards after critical illness

Have you recently left hospital after a period in Critical Care? This simple checklist aims to provide some general pointers on what to be aware of during your recovery. We hope it will help you, your family, friends and wider support network approach your recovery in a way that's sensitive to your experience and how you're feeling. Our more detailed '[Recovery after Critical Illness](https://sepsistrust.org/RACI-Guide/)' guide is also available to download at [sepsistrust.org/RACI-Guide/](https://sepsistrust.org/RACI-Guide/).

### YOU MAY STILL FEEL THE PHYSICAL AND EMOTIONAL EFFECTS OF CRITICAL ILLNESS AFTER YOU GO HOME

You have been very poorly and it may take some time for you to recover.

### IT'S IMPORTANT TO SHARE INFORMATION

If you were affected by COVID-19 visiting restrictions, people might not have seen quite how ill you were, so it's easy to understand why they might expect you to feel better very soon. So it's important to keep those close to you up-to-date on how your recovery is going.

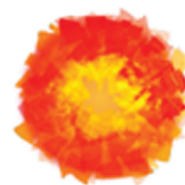
### RECOVERY TIME VARIES FOR EACH PERSON

It's normal to go through a period of recovery, and it can take weeks to months, or even longer for some. Others may have very few or no problems following critical illness. The majority of people will eventually make a full recovery. If you have suffered organ damage and/or had an amputation, your recovery may be longer and more complex. The period it takes for you to get better, following COVID-19, is still largely unknown, but it's likely to have similarities to the recovery from sepsis.

### YOU MAY HAVE NO MEMORY OR CONFUSED MEMORIES OF WHEN YOU WERE IN CRITICAL CARE

This is extremely common and can make moving forward difficult. You may be happy that you can't remember much, or you may find it upsetting.

**JUST ASK**  
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### EVEN THOUGH YOU MAY LOOK WELL, SOME PROBLEMS DURING RECOVERY ARE INVISIBLE TO THOSE CLOSE TO YOU

You may experience changes in vision and hearing, short term memory loss, judgement and decision-making, speech, for example finding the right words, loss of concentration, difficulty performing tasks that were previously simple. You could also suffer from psychological and emotional issues which may go unseen.

### YOU ARE NOT ALONE IN YOUR RECOVERY

Take your time getting back to work, study or other activities. It may be advisable to discuss a phased return to work, study or other activities with your GP, Occupational Health team, or, if you're in higher education, your Student Wellbeing Officer or academic advisor. The support nurses at the UK Sepsis Trust can also provide you with information, support and advice about what has happened and what to expect.

### LOOK AFTER YOURSELF TO HELP YOUR RECOVERY

Eating nutritious, healthy food, getting regular sleep, managing stress and anxiety, and getting light exercise will help aid your recovery. You may find it therapeutic and useful to keep a daily diary of your symptoms and feelings, sleep and activity, It will help you chart your progress and monitor symptoms you want to discuss with your GP – and it will keep track of milestones in your recovery that you may wish to celebrate.

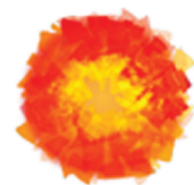
### DONATIONS

To donate to the UK Sepsis Trust, a registered charity, so that we can support more people who are, or have been critically ill, please visit [sepsistrust.org/donate](https://sepsistrust.org/donate) or call **0800 389 6255**. Thank you so much.

### DISCLAIMER

This checklist is not a substitute for legal advice. For more details or legal advice, please contact a solicitor. UK Sepsis Trust will not accept any liability for the use, or inability to use any information in this checklist.

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