

Post-COVID-19: Considerations From ICU to Discharge

ICU LIBERATION BUNDLE (A-F)

- Assess, prevent, and manage pain
- Both spontaneous awakening trials and spontaneous breathing trials
- Choice of analgesia and sedation
- Delirium: Assess, prevent, and manage
- Early mobility and exercise
- Family engagement and empowerment

ICU CONSIDERATIONS

- According to the COVID-D study, the two strongest predictors of delirium were benzodiazepine infusions (60% worse) and family visitation (30% better).
- Reduce light and noise to promote sleep.

DISCHARGE CONSIDERATIONS

- Plan transition of medications from hospital to home
- Develop anticoagulation plan
- Physical and occupational therapy evaluations
- Discuss exercise plan
- Explain tubes, lines, and filters; plan for removal
- Plan post-discharge follow-up
- Discuss common reasons for readmittance
- Discuss post-COVID-19 symptoms

POST-COVID-19 SYMPTOMS

- Tiredness or fatigue
- Difficulty thinking or concentrating
- Headache
- Loss of smell or taste
- Dizziness on standing
- Heart palpitations
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

POST-COVID-19 SYMPTOM CONSIDERATIONS

- Symptoms can follow any severity of acute COVID-19.
- Objective/subjective mismatch is common. Patients can have significant functional impairments and high symptom burden in the setting of normal or near-normal diagnostic testing results.
- Pathophysiology of most symptoms requires further investigation.

1. [sccm.org/Clinical-Resources/ICULiberation-Home](https://www.sccm.org/Clinical-Resources/ICULiberation-Home)
2. Pun BT, et al. *Lancet Respir Med.* 2021 Mar;9(3):239-250
3. Iwashyna TJ. The dirty dozen: 12 points to cover prior to COVID dispo. Infographic.
4. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>

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