



The evaluation of 'Balance-training'; a new method in the aftercare of intensive care patients

Margo van Mol,
Hanneke Oonk, Lilian Vloet

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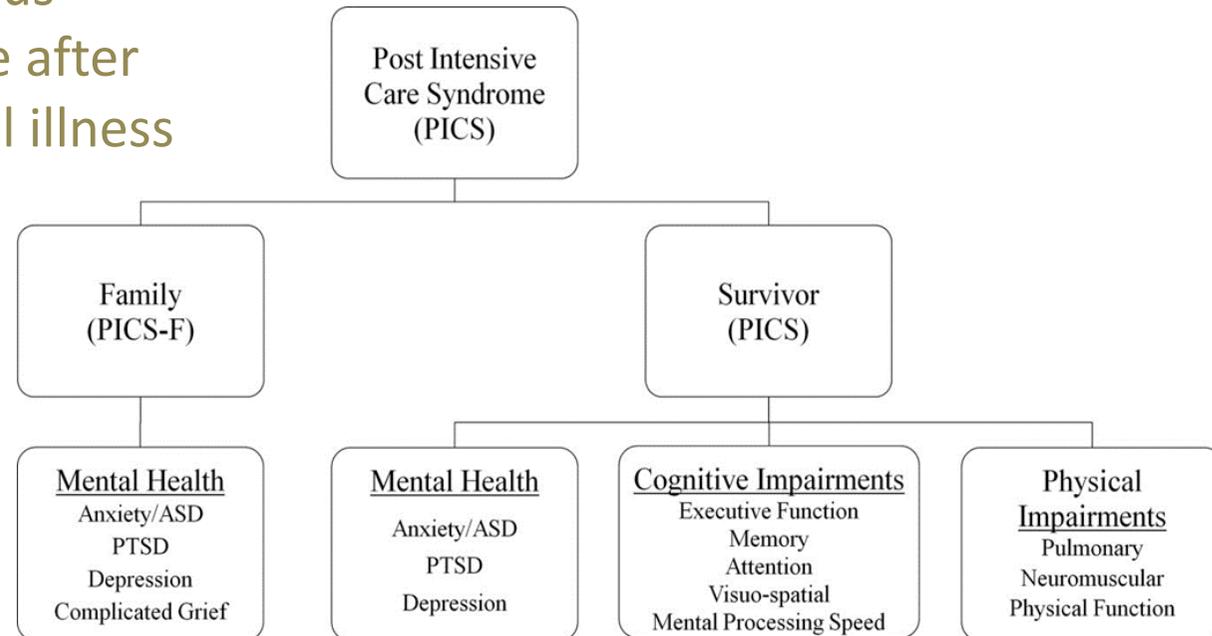
“There is a life before and a life after the ICU admission.
I would love to bring those two together”





Post intensive care syndrome (PICS)-Family

The new or worsening impairments in health status arising and the persistence after hospitalization for a critical illness



Crit Care Med 2012 Vol. 40, No. 2

Concise Definitive Review ————— Series Editor, Jonathan E. Sevransky, MD, MHS

Family response to critical illness: Postintensive care syndrome—family

Judy E. Davidson, DNP, RN, FCCM; Christina Jones, RN, PhD, MBACP, MBPsS, CSci, DipH;
O. Joseph Bienvenu, MD, PhD



Balance training, a new method in the ICU aftercare



Hanneke Oonk, life coach and MBSR trainer, and Idelette Nutma, former ICU patient, developed the training.

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Content of the Balance-training

- Psycho-education
- Mindfulness exercises
- Peer support
- A 10-week program, including daily homework

The study aim was to explore the experiences of the trainees on both the intake questionnaire and the program of Balance-training.

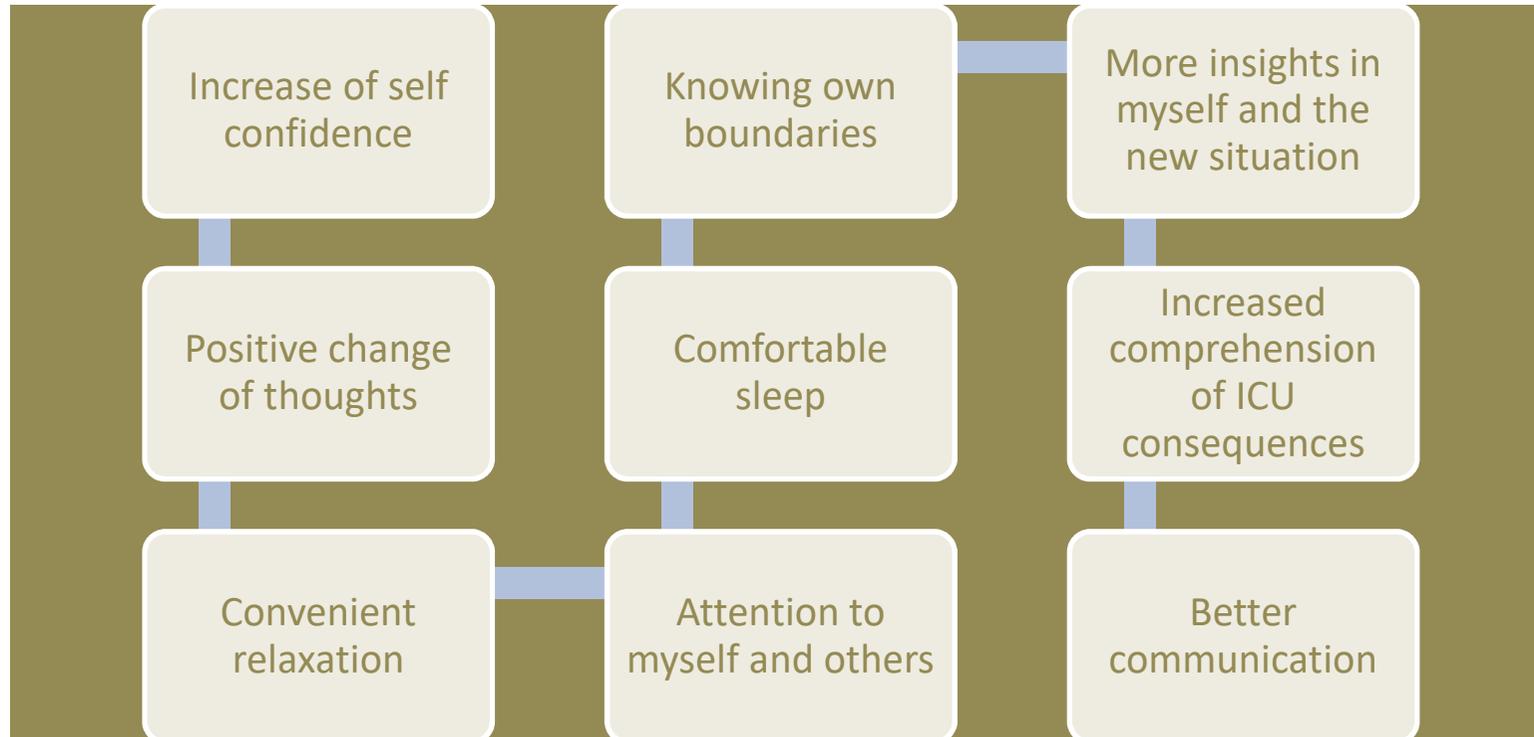


Methods

- Eight former ICU patients in a central region of the Netherlands
- Balance-training in January or March 2016
- Same coaches and outline of the course
- A qualitative study design with semi-structured interviews
- Nurse students of the University of Applied Sciences (HAN)
 - A literature study on the theoretical background of the Balance training and the development of a measurement instrument
 - Exploring the experiences of adult former ICU patients with the Balance training
 - Exploring the usefulness of applied measurement instrument



Results



Most recalled, peer support for sharing stories and experiences



Results 2

- Usefulness of applied measurement instrument to quantify the effectiveness of Balance training
 - Positive effect on depression, anxiety, stress, knowledge and skills in self-management, physical and psychological functioning (difference in t1 and t2)
 - No control group, n=8, results preliminary
 - Questionnaire is not completely sufficient to measure the aimed effects of balance training.



Conclusions

The Balance-training showed preliminary positive results as a new method in the aftercare of ICU patients and offered support and tools to take care of one's own emotional and physical balance in life.

Thank you for listening.



m.vanmol@erasmusmc.nl

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