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ECMO Diaries: Can we reduce the symptoms of pediatric PICS through bedside journaling?

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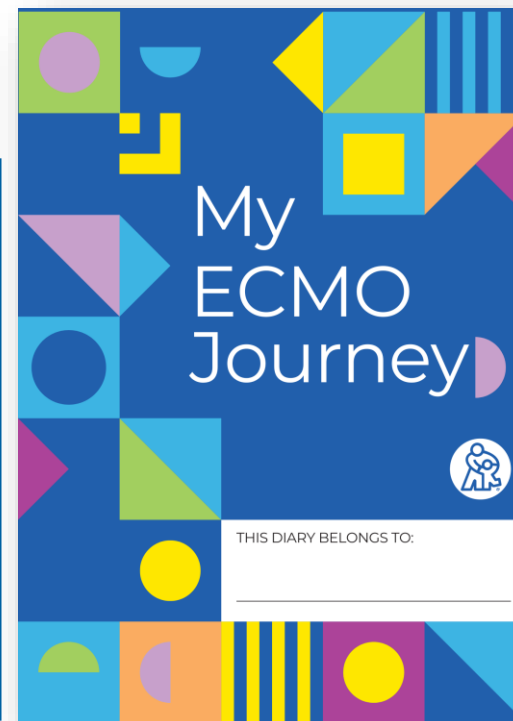
ECMO Diaries: Can we reduce the symptoms of pediatric PICS through bedside journaling?

Johanna Orrick, BSN, RN, CCRN; Sarah Jimenez, BSN, RN, CCRN

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ECMO

- Used when other treatments have failed
- Blood removed from the body, oxygen added, and carbon dioxide removed, then pumped back into the body
- CM is a high-volume, high-success ECMO center since 1987



ECMO Diary Entry Guide
This sheet is designed as a guide to get you started and give you ideas.

WHAT HAPPENED TODAY	WHAT YOU COULD WRITE
Daily care <i>It's okay to write about the little things</i>	"Today we _____" <i>Turned you every two hours Cleaned your mouth Put a princess blanket on your bed Washed your hair</i>
Visitors	"Your mom and dad have visited you every day." "So many people love you!" "Your sister was here for the first time!"
Positive milestones <i>Celebrate with patients and families when they have big accomplishments</i>	"Today you _____ for the first time in days!" <i>Opened your eyes Squeezed mom's hand Got food in your belly</i>
Tests or procedures <i>ECHO, CT, head ultrasounds, but avoid clinical descriptions and diagnoses</i>	"Today you had to have a test for your _____" <i>Heart, brain, belly, etc.</i>
Behaviors or comfort level <i>Avoid negative descriptions</i>	"You weren't yourself today." "Your breathing tube was making you cough today."
Negative status changes <i>Arrhythmias, bleeding, seizures, or infection. Be honest but sensitive</i>	"You had a tough day today." "You're a fighter." "You had lots of doctors and nurses in your room today."

If it belongs in the chart, it doesn't belong in the diary

Diaries as Interventions

- Used in Europe successfully since 1980's
- Beginning to be used in adult ICUs in US to decrease anxiety, depression, and PTSD
- Fills memory gaps, engages staff, increased trust between staff and family

Post Intensive Care Syndrome

- Long-lasting mental, cognitive, and physical symptoms after extended ICU stay
- 80% of PICU survivors report PICS symptoms
- Pediatric ECMO survivors at highest risk

Date:
Night or Day:
Caregiver Name:
Today's weather:
Something that happened today:



Next Steps

- Customized bedside diaries with non-digital picture options for ECMO patients
- Consulted legal team and Family Advisory Board
- Education for ECMO team and ICUs done

