

U-M PULSE: COMPREHENSIVE CARE AFTER THE ICU



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Critical illness is a life-changing experience, and recovery does not stop when you leave the hospital. Many individuals continue to experience physical, cognitive and emotional challenges that impact their quality of life as well as that of their loved ones. In addition, survivors of critical illness must navigate a complex system as they transition to life outside of the hospital.

The University of Michigan Post ICU Longitudinal Survivor Experience Clinic (U-M PULSE) is designed to help patients and their families manage this challenging time following discharge from the intensive care unit (ICU). The U-M PULSE team partners with you and your family to provide medical care and expert guidance after critical illness.

Our multi-disciplinary team includes:

- A critical care physician who specializes in post critical care recovery.
- A critical care pharmacist with expertise in medications related to your illness.
- A social worker skilled in helping you understand and process the psychological impacts that occur after a critical care stay.

The U-M PULSE team works to:

- Identify the changes that are most disruptive to your life.
- Identify your strengths and supports.
- Develop a comprehensive care plan that addresses your goals.
- Help you access additional services and support.

Common Symptoms After Critical Illness



Weakness



Shortness of breath



Sadness



Fatigue



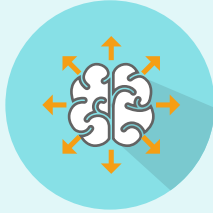
Difficulty sleeping



Slow thinking



Anxiety



Difficulty concentrating



Poor memory

To schedule an appointment at the U-M PULSE clinic, please call 888-287-1084 and request an appointment with Dr. Jakob McSparron.

For more information, visit uofmhealth.org/um-pulse.

Because recovery does not end when a patient is discharged from the ICU, the U-M PULSE clinic's multidisciplinary team is here to help.