



Post-Intensive Care Syndrome: Latest Updates

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More than 10 years ago, the term “Post-Intensive Care Syndrome” (PICS) was created at a Society of Critical Care Medicine (SCCM) multi-disciplinary stakeholder conference. PICS was defined as “new or worsening impairments in physical, cognitive, or mental health status arising after critical illness and persisting beyond acute care hospitalization.” (*Crit Care Med* 2012; 40:502–509). The PICS term was created with the following three intentions: (1) increasing awareness among a broad group of stakeholders (including patients/families, clinicians, and general public), (2) prompting out-patient screening for specific impairments occurring after critical illness, and (3) stimulating greater investigation into specific morbidities that follow critical illness. This SCCM conference did not intend to spark epidemiological investigation of “PICS,” nor to encourage the design and evaluation of interventions for “PICS.” Instead, in creating PICS, the intention was to raise awareness and to expand investigation, diagnosis, and treatment of specific impairments that occur after critical illness.

This presentation will discuss the creation of PICS and highlight recent studies, published within the last 1 - 3 years, that have advanced knowledge regarding PICS. Specific topics will include landmark PICS studies evaluating the co-occurrence of specific morbidities, phenotypes, risk factors/mechanisms, and interventions. Very recent large studies evaluating new aspects of PICS, including long-term fatigue, pain, and unemployment, also will be discussed.

Information about PICS is available below from SCCM and the Johns Hopkins OACIS research group:
SCCM: <https://www.sccm.org/MyICUCare/THRIVE/Post-intensive-Care-Syndrome>

Johns Hopkins Outcomes After Critical Illness and Surgery (OACIS) group:
https://www.hopkinsmedicine.org/pulmonary/research/outcomes_after_critical_illness_surgery/