



Weill Cornell Medicine

Research at the Weill Cornell Medicine Post-ICU Recovery Clinic



Call to make an appointment
646.962.2333



For more information, please visit us at
weillcornell.org/post-icu-recovery-clinic



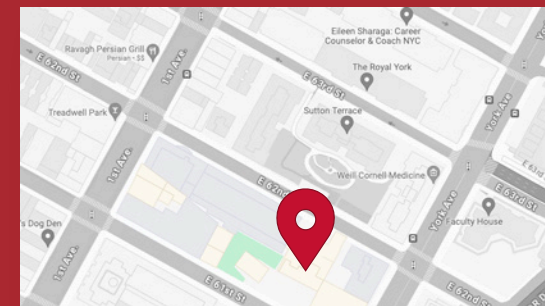
Or email us at
icurecovery@med.cornell.edu



A core mission of the Post-ICU recovery clinic is undertaking research to better understand post-intensive care syndrome (PICS). We accomplish this through a variety of research initiatives including:

- **Clinical Research:** Examining patient data to uncover real-world impacts.
- **Basic Research:** Investigating fundamental mechanisms behind PICS in the lab.
- **Translational Research:** Bridging lab findings with clinical applications.

With your help, our research will continue to strive towards preventing PICS in the ICU and the discovery of new therapies for treating PICS during recovery from critical illness. Discover more about our latest research initiatives by visiting our website.



**Weill Cornell Medicine
Pulmonary Associates**

Post-ICU Recovery Clinic

425 East 61st Street, 11th Floor
New York, NY 10065

Post-ICU Recovery Clinic

weillcornell.org/post-icu-recovery-clinic



Some members of our
Multidisciplinary Team
who provide care in the Post-ICU Recovery Clinic



Our practice is committed to providing exceptional patient care by scheduling patients for Video Visits in addition to in-person visits.

Telemedicine allows you to video chat with your doctor from your own home, through the secure MyChart or Weill Cornell Medicine App

What Is Post-Intensive Care Syndrome? (PICS)

Physical Limitations

After critical illness, some people are unable to return to work or to care for themselves without help.

Cognitive Impairment

People who survive critical illness may notice new problems with memory and complex decision making.

Mental Health

After an ICU stay, people are at risk for post-traumatic stress symptoms, depression and anxiety as well as poor sleep.

Underlying Medical Conditions

Chronic medical problems may be diagnosed while in the hospital or may be exacerbated by critical illness.

Who Is Affected by PICS?

PICS can affect anyone who has survived the ICU, including those sick from COVID-19. If you were diagnosed with sepsis, septic shock, delirium or severe respiratory failure on mechanical ventilation (a ventilator), you may be at risk for PICS.

Care **After** the ICU

Our expert, critical-care trained practitioners will work with you to evaluate your physical, emotional and cognitive needs.



Physicians



Dietitians



Clinical Pharmacists



Research



Social Workers

We take a holistic approach to care after the ICU. In addition to a thorough medical exam, basic pulmonary and strength testing, we screen for anxiety, depression, sleep disorders and PTSD.

We ensure you are taking the right medicines, have all the equipment you need at home and are referred to appropriate specialists, including physical therapy, acupuncture and mental health services.



For more information about our Post ICU Recovery Clinic, check out our podcast on our website:

weillcornell.org/post-icu-recovery-clinic

What to **Expect** At Your Visit

Office visits may last up to 2 hours; video visits up to 1 hour

Meetings with one or two physicians, and potential meetings with a psychologist, social worker, pharmacist or dietitian

Testing including blood tests, pulmonary function tests, a walking test to assess distance walked in 6 minutes and need for oxygen

Referrals to physical therapy if needed and other physician specialists if you don't already have expert care for your specific needs

Communication with you and your family or loved ones. We will stay in touch with your primary doctor to help coordinate your care

OUR MISSION

Until recently, specialized care for individuals recovering from critical illness did not exist. Simply surviving the ICU was considered a success. The Weill Cornell Post-ICU Recovery Clinic was founded in 2016 as the first such center in New York City to address the specific needs of post-ICU patients. Our mission is to:

- 1 provide the best possible care to you as you recover from your time in the ICU both through our clinic and our clinical partners
- 2 help you and your loved ones understand what to expect during your recovery
- 3 undertake research into the causes of ICU-related disability in order to provide the next generation of therapies for those recovering from critical illness.