

# Stress Related Disorders in Family Members of COVID-19 Patients Admitted to the ICU



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## BACKGROUND

To prevent the spread of coronavirus disease 2019 (COVID-19), patient isolation has become the standard of care, with hospitals reducing or eliminating all visitors.

These measures are equally necessary and restrictive, and may cause distress in family members of ICU patients.

Post-Intensive Care Syndrome-Family (PICS-F) includes symptoms of post-traumatic stress disorder (PTSD), anxiety, and depression that persist for **at least three months** after Intensive Care Unit (ICU) admission.

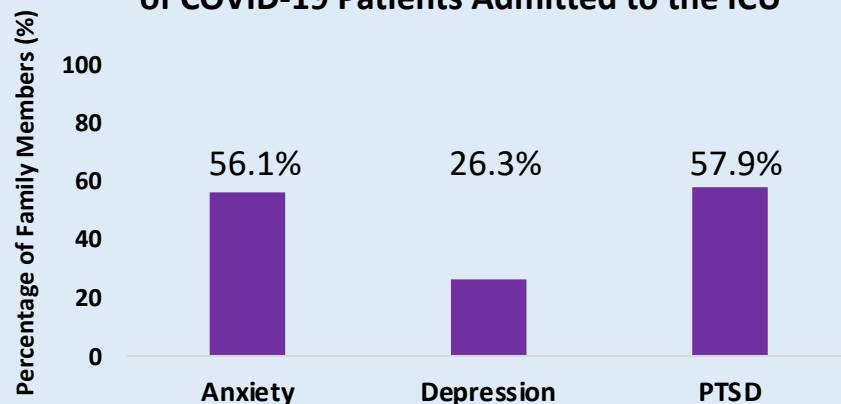
**Patient isolation during the COVID-19 era may significantly increase the incidence of stress related disorders in family members.**

## METHODS

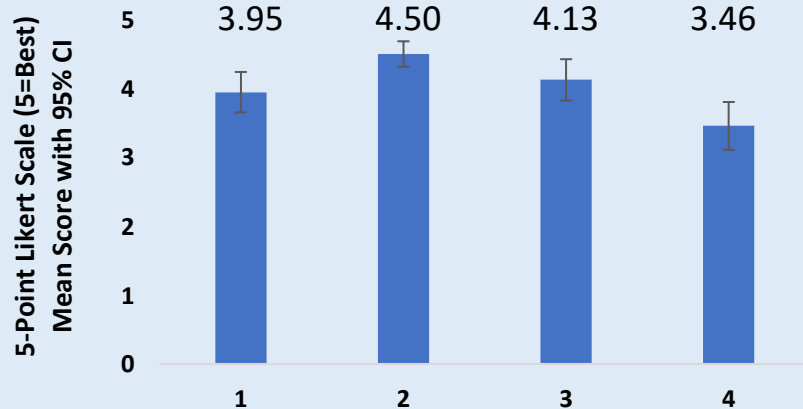
Phone calls to family members of COVID-19 patients admitted to the ICU to administer three surveys:

1. Impact of Events Scale-Revised (IES-r): abbreviated 6-item questionnaire, **score of 10+** used to define those with symptoms of PTSD
2. Hospital Anxiety and Depression Scale (HADS): 14-item questionnaire, **score of 8+** on anxiety screening questions or **score of 8+** on depression screening questions used to define those with symptoms of anxiety or depression, respectively
3. Family Satisfaction in the ICU (FS-ICU): abbreviated 12-item questionnaire to assess the family member's experience

## Prevalence of Symptoms in Family Members of COVID-19 Patients Admitted to the ICU

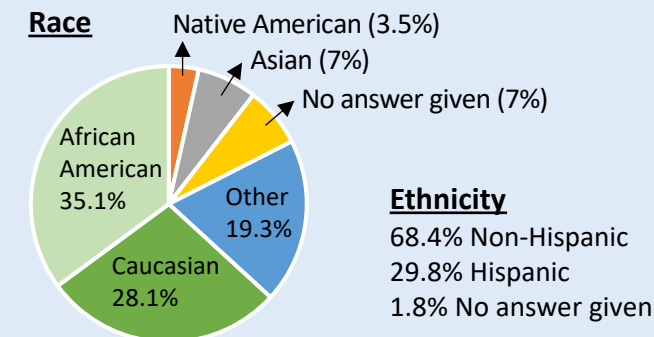


## Excerpt of FS-ICU Survey Results

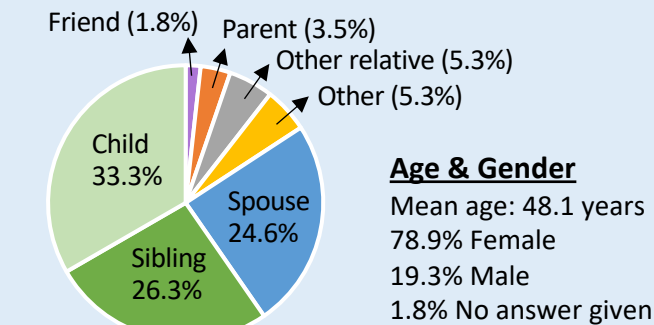


- Q1. How well did the ICU staff provide emotional support?  
 Q2. How well did the doctors care for the patient?  
 Q3. The willingness of ICU staff to answer your questions?  
 Q4. Did you feel you had control over the patient's care?

## Family Member Demographics (N = 57)



## Relationship to Patient



## CONCLUSION

**Over 57%** of family members of COVID-19 patients admitted to the ICU reported symptoms of PTSD.

Pending results of multi-site study (10 sites), mechanisms may be suggested to reduce the unintended consequences of necessary patient isolation during the COVID-19 era.

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