

# Clinical tool rapidly assesses post-intensive care syndrome

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(HealthDay)—The self-report version of the Healthy Aging Brain Care

Monitor is valid for assessing post-intensive care syndrome (PICS), according to a study published in the January issue of the *American Journal of Critical Care*.

Sophia Wang, M.D., from the Indiana University School of Medicine in Indianapolis, and colleagues validated the self-report version of the Healthy Aging Brain Care Monitor for 142 patients who survived a stay in an intensive care unit. Participants completed the Healthy Aging Brain Care Monitor Self-Report and standardized assessments of cognition, psychological symptoms, and physical functioning.

The researchers observed good to excellent internal consistency on the total scale and all subscales (Cronbach's  $\alpha$ , 0.83 to 0.92). There was a strong correlation for scores on the psychological subscale with standardized measures of [psychological symptoms](#) (Spearman correlation coefficient, 0.68 to 0.74). There was a correlation for results on the cognitive subscale with the delayed memory measure (-0.51). Physical subscale scores correlated with the Physical Self-Maintenance Scale (-0.26). Significantly worse scores on subscales and total scores on the Healthy Aging Brain Care Monitor were seen for patients with PICS versus primary care patients.

"Most [intensive care unit](#) survivors return to a primary care provider for post-[hospital care](#), and [health care professionals](#) with little to no expertise in PICS need an easy-to-use tool to recognize when patients are experiencing symptoms related to their critical illness," Wang said in a statement.

**More information:** [Abstract/Full Text](#)

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