ICU Memory Tool (ICUMT)

Christina Jones, Gerry Humphris, Richard D. Griffiths
ICU Memory Tool

*(please circle the appropriate answer)*

1. Do you remember being admitted to hospital?  
   Clearly  
   Hazily  
   Not at all

2. Can you remember the time in hospital before you were admitted to intensive care?  
   All of it  
   Some of it  
   Nothing

3. Do you remember being in intensive care?  
   Yes/No

4a. Do you remember all the stay clearly?  
   Yes/No

4b. What do you remember? *(circle those things you remember)*

   - Family*
   - Alarms*
   - Voices*
   - Lights*
   - Faces*
   - Breathing tube*
   - Suctioning*
   - Feeling uncomfortable†
   - Darkness*
   - Clock*
   - Tube in your nose*
   - Ward round*
   - Feeling confused†
   - Feeling down†
   - Feeling anxious/frightened†
   - Feeling that people were trying to hurt you‡
   - Hallucinations‡
   - Nightmares‡
   - Dreams‡
   - Panic†
   - Pain†

4c. If you had any feelings that someone was trying to hurt or harm you while you were in intensive care can you please describe these feelings below.

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…………………………………………………………………………………………………
…………………………………………………………………………………………

OFFICE USE

Score for subscales:-
* factual memories
† memories of feelings
‡ delusional memories
4d. If you had nightmares or hallucinations while you were in intensive care could you please describe these:

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5. Do you remember being transferred from intensive care to the general wards?  
   Clearly  
   Hazily  
   Not at all

6. Have you had any unexplained feelings of panic or apprehension?  
   Yes/No

6a. If yes: What were you doing when these feelings happened?

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7. Have you had any intrusive memories from your time in hospital or of the event that lead up to your admission?  
   Yes/No

7a. If yes to 7: What were you doing when these intrusive memories happened?

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7b. If yes to 7: What did these memories consist of (e.g. frightening nightmares)?

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8. Have you talked about what happened to you in intensive care with:-
   • A member of your family
   • A nurse on the ward
   • A friend
   • A doctor on the ward
   • Your family doctor
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<thead>
<tr>
<th><strong>Title</strong></th>
<th>ICU Memory Tool</th>
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<tr>
<td><strong>Author/s</strong></td>
<td>Dr Christina Jones, Prof. Gerry Humphris, Prof. Richard D. Griffiths</td>
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<tr>
<td><strong>Responsible officer</strong></td>
<td>Dr Christina Jones</td>
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<tr>
<td><strong>Purpose</strong></td>
<td>Interview tool to assess memories for ICU</td>
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<td><strong>Approval date</strong></td>
<td>1/1/2000</td>
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<td><strong>Implementation date</strong></td>
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<tr>
<td><strong>Amendment date</strong></td>
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</tr>
<tr>
<td><strong>Version number</strong></td>
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</tr>
<tr>
<td><strong>Review date</strong></td>
<td>1/1/2010</td>
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<tr>
<td><strong>Consultation/recommending groups</strong></td>
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