**Intensive Care Interview Guide**

**Discovery**
Can you tell me what happened right at the beginning? Why were you admitted to intensive care? (Ideas about Causes?)

**Hospitalisation**

**Being in intensive care**
For how long were you in intensive care?
Can you tell me what you remember about being in intensive care? (e.g. sleep and dreaming, problems with sleep, pain).
Can you remember your first day in intensive care?
Can you remember your last day in intensive care?
Are there people or equipment that you particularly remember from intensive care?
Do you recall the presence of family members/close friends (including hand holding, helping wash/bathe, brush hair)?
Do you have positive and negative memories (pain, anxiety, sleeping problems, staff comments, sense of safety and security)?
What thoughts did you have about how sick you were?
How did you decide how sick you were?
What things did you look for to see if you were getting better or worse?
Do you remember being in pain? Can you describe your pain?
(Weaning from mechanical ventilation)

**Transfer from ICU to general ward**
How were you transported to a general ward – could you walk?
Can you tell me how you felt when you were transferred from the intensive care unit to a general ward?
Can you tell me what happened while you were on the general ward? (Ask about sleep and dreaming, problems with sleep, lack of appetite, mobility, pain, activity, noise)?
What were your thoughts and feelings at different stages? (E.g. desire for normality, any mixed feelings regarding transfer)?
Can you tell me about the pain you were in?
What thoughts did you have about how sick you were?
How did you decide how sick you were?
What things did you look for to see if you were getting better or worse?
How did you feel about the staff?
For how long were you in a general ward?
What kind of support did you get from family, friends, staff, others? Did you talk to other patients in similar situations?

**Treatments**
Can you tell me about the different treatments you had? (ask about side effects) – for example physiotherapy, occupational therapy….
Was everything explained clearly to you? Did you have any questions?
How did you feel about the treatments you were having?
Did you have any choices in the treatments you received? Did you want to be involved in decision-making at any stage? [any complementary treatments?]
Interaction with professionals
What can you remember about staff in the ICU?
What do you remember about staff in the general ward?
How was information and news imparted?
How often do you see a consultant now? How do feel about your consultations?
How do you feel about the care you received while you were in hospital?

Reactions to illness
How have you felt about your illness at different stages (e.g. fear, confusion, feelings of powerlessness, acceptance, anxiety and depression)?

Discharge
How did you feel about leaving the hospital?
How did it feel to be back at home?
What treatments have you had since you got home?
Did you ever visit the ICU after you’d been discharged?

Recovery
How long did it take, if ever, before you felt you were back to the same level of health you had before the illness? How have you felt at different stages?
What have you found to be most valuable in helping you recover?

Support
Who was supporting you while you were in intensive care?
How do you feel about the support you’ve received? (e.g. from family and friends, hospital staff, counsellors, social services...)?
Did you need different kinds of support at different stages?
Did you receive all the support you needed?

Information
What did you know about intensive care before your own experience?
At what stage, if any, did you want information? What about, was it helpful?
Was everything explained clearly? Were you able to ask questions?
Did you, at any stage, look for information yourself (e.g. on the internet)?
Did you talk to other patients in similar situations? Is there anything you would have liked to know about other peoples’ experiences of intensive care?
Are there any questions about your experiences that you feel have never been answered?

Affects on family
How did your intensive care experience affect family, friends, etc?
How has your illness generally affected family, friends, others?
Any changing perceptions of body, or parts of body (particularly if someone has had car accident and is left with residual damage)... Impact on relationships, including intimate relationships?

Affects on daily life
How has your life been different since your admission to intensive care?
How has your life been affected by the illness? What changes have you had to make?
Have your attitudes changed towards life and death? How?
If you were very ill and needed to be treated in intensive care again, how willing would you be to go back?
Is there anything else you’d like to tell me about your life since coming home?

**Message to others**
Is there anything you’d want to tell other people about intensive care?