



NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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POST-TRAUMATIC STRESS DISORDER Factsheet

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What are ICU diaries?

Patients in intensive care units (ICUs) frequently experience memory loss and recall of unpleasant experiences after discharge. These may be associated with symptoms of anxiety, depression, and post-traumatic stress disorder. The use of ICU diaries is a way for the patient to realise what happened during their ICU stay and to help them understand the chain of events.

What is the evidence for ICU diaries?

Moderate to high quality evidence found no significant differences in the rates of PTSD following discharge from ICUs in people receiving ICU diaries and those not receiving ICU diaries.



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate

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