

## Prevention Measures for Post Intensive Care Syndrome in Times of COVID 19

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### Special Issue

The world is facing a great pandemic due to SARS-CoV-2, which produces COVID 19, which is leading all health systems to total collapse and intensive care units to work well beyond their capacity. At this time of the pandemic, the highest priority focuses on keeping mortality as low as possible, therefore, critical care has become a fundamental pillar [1].

But as a result of the above, there has been an increase in post-intensive care syndrome, which is defined as a new alteration or a worsening in physical (skeletal and respiratory muscle weakness), cognitive (executive functions, memory and speed of movement), processing) or mental (anxiety and post-traumatic stress) arising and persisting long-term after hospitalization for critical illness [2].

At this time, it is important to implement alternatives that help us reduce the appearance of this syndrome, among the measures that stand out the most is early mobilization, which is defined as physical activity that is performed between the 2nd and 5th day of admission to the ICU or during the first 3 days of admission, on the other hand, hyperglycemia has been associated in recent times with a greater risk of muscle weakness, so glycemic control in these patients would be of great help. In the same way, pain control is essential to achieve optimal mobilization, which according to experts would not only benefit the physical needs, but also contribute to improving the patient's own psychological conditions [3].

One of the simplest measures that have proven to be more

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efficient with regard to reducing anxiety, but especially post-traumatic stress in these individuals has been the use of diaries, in which the intensive care unit patient can document and express their feelings as a result of their experiences. These not only benefit patients, but also their families and allow professionals to make their work known [4].

To conclude, I will mention that the implementation of the different protocols associated with the prevention of post-intensive care syndrome would substantially reduce its appearance and considerably improve the conditions of patients and their families.

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