

The Intensive Care Unit: The Nigerian Experience

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25th July 2017 @ 1800

Mid Year Guest Lecture 2017

Campbell Street Clinical Group

Conference Hall

St. Nicholas Hospital

Short Resume

- B.Sc (Hons) Biochemistry (1981)
- MB. BS. (Lagos) 1986
- Residency (UK & USA) 1990 – 1999
- Consultant (UK) 1999 – 2015
 - Cardiac Program (LASUTH) 2004
 - CMD (DELSUTH) Sabbatical 2008-2010
- A3C (Nigeria) 2015 -date

Objectives

- Share experience(s)
- Highlight pertinent issues (challenges)
- Proffer Solutions
- Answer and ask questions

EEG box / electrodes: connection for multiple electrodes attached to the scalp that record brain electrical activity.

Intracranial Pressure (ICP) monitor: a probe inserted through the skull into the brain to measure pressure; may also be used to drain fluid.

Bedside monitor: a TV-like screen that displays heart rate, blood pressure, and other vitals.

Intravenous (IV) pump: delivers fluids and medications through a tube inserted into a vein.

Feeding pump: provides liquid nutrition to the stomach through the feeding tube.

Feeding tube: a small tube placed through the nose into the stomach; provides nutrition or removes contents from stomach.

Licox: measures oxygen levels in the brain.

Hemedex monitor: measures blood flow in the brain.

Restraints: soft cloth ties that hold patient's arms; prevents patient from pulling out tubes.

Compression boots: prevents blood clots from forming in the leg veins by periodically squeezing the leg muscles.

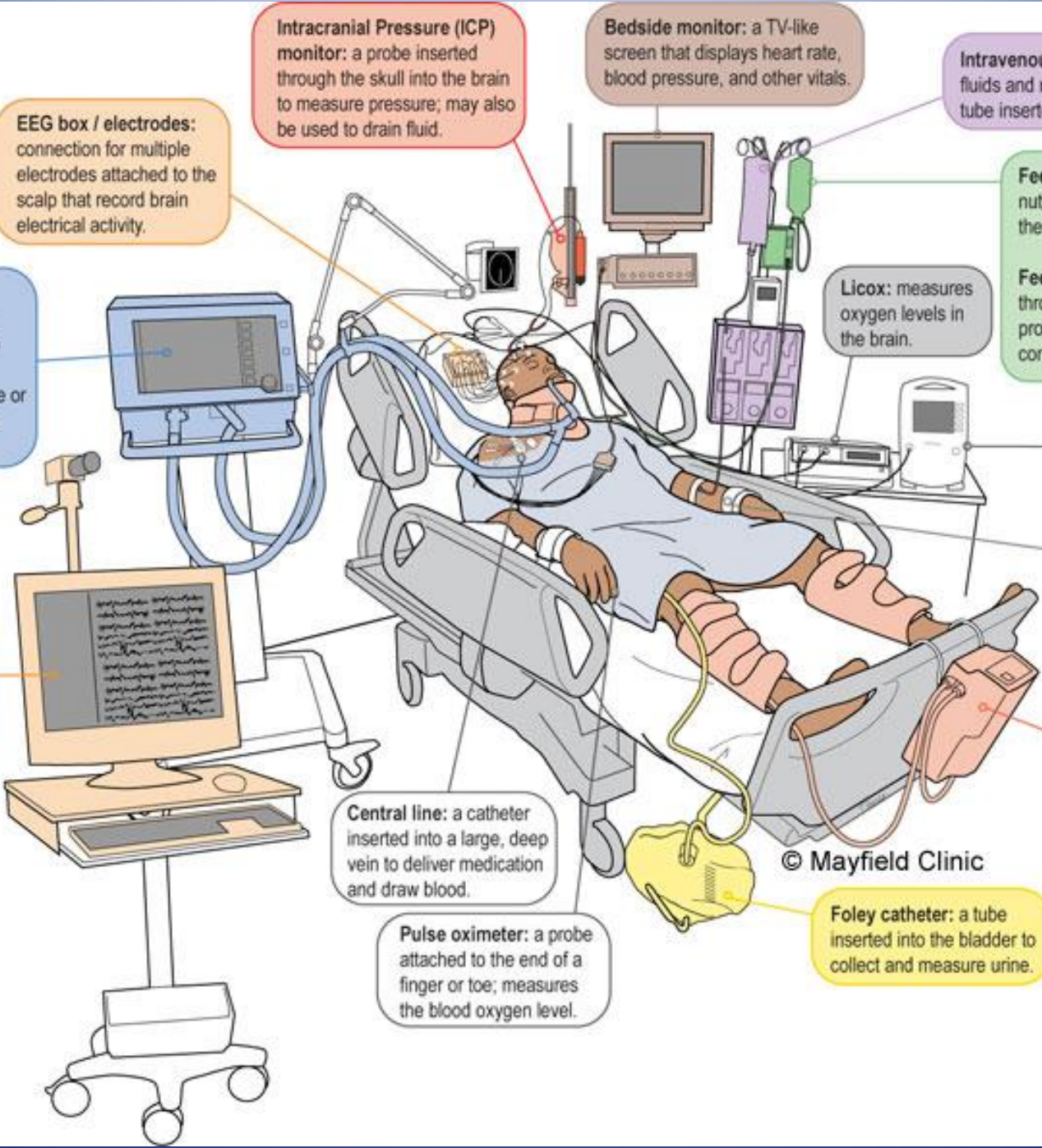
Foley catheter: a tube inserted into the bladder to collect and measure urine.

Pulse oximeter: a probe attached to the end of a finger or toe; measures the blood oxygen level.

Central line: a catheter inserted into a large, deep vein to deliver medication and draw blood.

Ventilator: provides oxygen and assists or totally breathes for the patient through an endotracheal (ET) tube or tracheostomy inserted into the windpipe.

Electroencephalography (EEG): a machine that records electrical activity of the brain. It monitors for seizures, the effects of sedation, and worsening brain function.



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Do we need Critical Care?

- “A person in an ICU needs **constant medical attention** and support to keep their body functioning. They may be unable to breathe on their own and have multiple **organ failure**. **Medical equipment** will take the place of these functions while the person recovers”.

Why ICU?

- Monitoring and Observation
- Pre and Post Operative
- Diabetic (DKA and HONK) Coma
- Major Trauma
- Major Burns
- Cardiac (aka Coronary Care) Unit
- Eclampsia and Severe Pre-Eclampsia
- Transplantation medicine
- Post cardiac arrest

Types of ICU

- Neonatal
- Paediatric
- Burns
- Surgical
- Medical
- Liver
- Renal

Multi-Specialist Discipline

- Nursing (staffing in general)
- Technicians (biomedical engineering)
- Physiotherapy
- Laboratory
- Imaging (radiology)
- Dietician/Nutritionist
- Specialist transport (critical care ambulance)

Challenges

- Not unique to Nigeria
 - Funding (equipment, staff etc.)
 - Education and Training
 - Admission criteria (VIPs)
 - Perception (dying patients only!)
 - Blood Gas Analysis
 - Laboratory and Imaging Support
 - Family and Relatives
 - Delayed Admissions

“Expensive Scare”

- Funding is an issue everywhere
 - Corporate Social Responsibility (CSR)
 - Philanthropy
 - Education & Training
 - Medical Simulation
 - Combined ICU (several hospitals)
 - Group ICU practice
 - A3C model

Challenges

- Not unique to Nigeria
 - Funding
 - Education and Training (WACS, NPMC, Centres)
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What do we say to relatives?

- The truth?
- You want the truth....?
- You can't handle the truth"
- A Few Good Men

Challenges

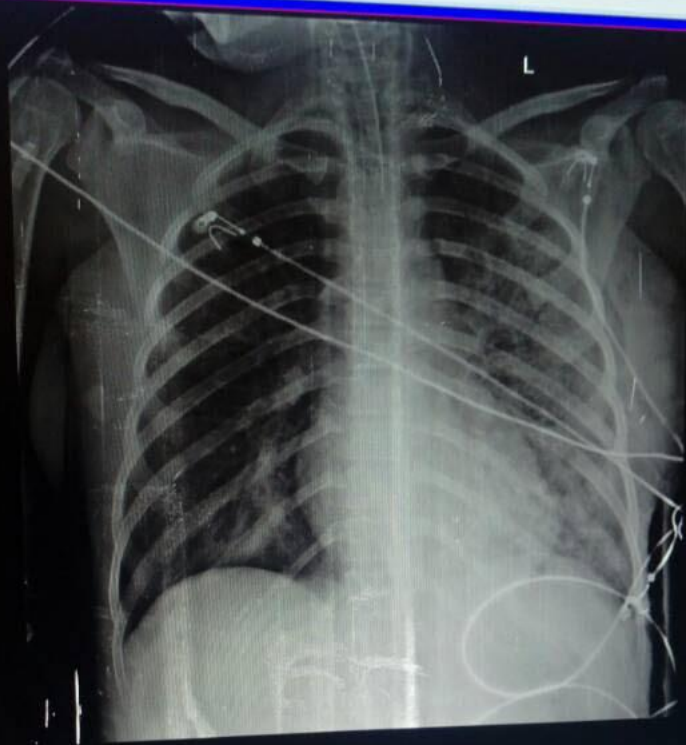
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End of Life Care

- Organ donation
- Dignity
- Psychology (Patient, Relatives and Staff)
- Timing
- Palliative Care

Withdrawal of Treatment

- Futility of treatment
- Quality of Life Consideration
- Patient's wishes
- Legal issues
- Cultural issues
- Religious considerations





Mobile ICU

Mobile Intensive Care Unit services
Provision of fully staffed Intensive
Care Units available on demand...



ICU Management

The ICUs management service will
provide staffing, professional
management and consulting
services.....



Critical Care Staffing

The critical care staffing services
will provide highly trained and
experienced critical care
professionals to hospitals ...