

# CIRCLE NEWSLETTER

## Patient Spotlight: Ian



Ian, 6 months out from initial brain injury

In August of 2019, Ian was diagnosed with a pilocytic astrocytoma and required surgical resection and subsequent chemotherapy. Ian and his family were engaged in the CIRCLE program in September of 2022, after he was admitted to the PICU with complications related to his tumor. Ian spent approximately 4 weeks in the PICU and another 6 weeks at inpatient rehabilitation recovering. He is now home with his family and continually improving. Ian recently joined cub scouts and is back to enjoying his favorite foods.

"The CIRCLE program helps make it so much more manageable, and we are extremely happy and grateful they were created and are here to help families like ours." -Alyssa (Ian's mom)

## Our Mission:

To improve child and family outcomes after pediatric critical illness via screening and multidisciplinary, coordinated, and longitudinal support.

## Did You Know?

Post-intensive care syndrome-pediatrics (PICS-p) is the collective term for new impairments in emotional, cognitive, physical, and family health following admission to a pediatric ICU.

### Signs of PICS-p:

- School difficulties
- Breathing issues
- Behavior regression
- PTSD
- Feeding difficulties
- Trouble sleeping
- Poor concentration
- Anxiety
- Sad or withdrawn
- Clumsiness/weakness

<http://www.afterpicu.com/>

## Contact Us:

CIRCLE Coordinator: 412-692-7626

Email: [CIRCLE@chp.edu](mailto:CIRCLE@chp.edu)

Visit our website by scanning the QR code:



## Family Advisory Committee

Our first FAC meeting took place on May 3rd, 2023. The CIRCLE team met virtually with members of three current families in the program. Families had wonderful feedback on the program and suggestions for the future. We have identified the below action items as our priorities to begin to address together over the next 6 months.

### Action Items:

- Increase interactions between CIRCLE Team and families in the PICU and before discharge
  - Anticipatory guidance for families during transitions out of the PICU and to home
- CIRCLE Family Support Group
  - Educational, interactive, and supportive

**Next Meeting: Fall 2023**

## Our Team

**Ericka Fink, MD, MS**

Director

**Sarah Rubin, MD, MsCL**

Co-Director

**Jessica Jarvis, PhD, MT-BC**

Rehabilitation Scientist

**Katie Hayden, MSN, RN**

Nurse Coordinator

## Collaborative Projects

- Pediatric Neuropsychology
  - PICU consultation service for earlier involvement in advance of outpatient testing and school planning
- UPMC International Department
  - Improving access to CIRCLE for non-English speaking families
- Children's Hospital Rehabilitation Unit
  - Streamlining transitions from PICU to CHRU

## By the Numbers

### CIRCLE Accrual:

**September 2021-April 2023**

82 Families Engaged

24 Seen in ABI Clinic

13 Seen in PM&R Clinic

### Family Satisfaction Outcomes:

92% said CIRCLE was valuable for family

82% said CIRCLE eased their stress

100% said CIRCLE improved hospitalization

## New Publication!

Sinha A, Rubin S, Jarvis J. "Promoting Functional Recovery in Critically Ill Children." *The Pediatric Clinics of North America*.