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# The Burden of Specific Symptoms Reported by Survivors After Critical Illness

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## RESEARCH LETTER

### TITLE

The burden of specific symptoms reported by survivors after critical illness

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Patients who survive critical illness sometimes report poor health-related quality of life (HRQoL)(1), but rehabilitation trials have mostly found no effect on this and other measures of health status (2–5). Most critical care research has employed tools such as the Medical Outcomes Study Short Form questionnaires (SF12/SF36) or EuroQol (EQ-5D) to measure HRQoL.(6) Although validated in general and other disease-defined cohorts, these generic patient-reported outcome measures may miss issues important to critical illness survivors. The use of specific symptoms associated with critical illness survivorship may improve our understanding of the burden of critical illness, and are not widely reported in the critical care literature (7).

In an ICU rehabilitation trial (RECOVER), we found no effect of the intervention on functional status, HRQoL and a range of other outcomes during 12 months follow-up (4). In a secondary analyses we aimed to describe trajectories of appetite, fatigue, pain, joint stiffness, and breathlessness symptoms that pre-trial pilot work identified as important to patients. We also aimed to examine the correlation between symptoms and generic HRQoL metrics.

As there were no inter-group differences in symptoms in the RECOVER trial, patients were analysed as a single cohort. Symptom data was available for 189/228 (83%), 166/220 (75%), and 161/218 (76%) of surviving patients at 3, 6, and 12 months respectively.

Symptoms (appetite, fatigue, pain, joint stiffness and breathlessness) were measured on a visual analogue scale (VAS) of 10cm in length ranging from 0 (no symptoms at all) to 10 (worse symptoms imaginable). Mean scores (and 95% confidence intervals) and frequency of patients with mild, moderate, and severe symptoms (scores of 0-3.3; 3.4-6.6; 6.7-10) were calculated at for each time point. Comparisons between 3 month symptoms and 12

month symptoms for complete cases was made with paired t tests. Pearson correlation coefficients between symptoms and HRQoL (SF12v2 Physical Component Score (PCS) and Mental Component Score (MCS)) were calculated.

Symptom scores and severity category frequencies are shown in table 1. At ICU discharge fatigue and joint stiffness had the highest mean (standard deviation (SD)) scores (4.9(2.6) and 4.1(2.9) respectively) and more patients reported these symptoms as severe than other symptoms (30% and 25% respectively). Statistically significant improvements in pain, joint stiffness, and breathlessness were noted between 3 and 12 months but clinically, these differences were small (less than a single centimetre on the VAS). At 12 months, there remained a significant proportion of patients experiencing symptoms at the most severe end of each symptom scale (table 1).

Symptoms correlated with PCS at 12 months ( $r$  ( $\pm$  95% CI): appetite -0.37 (-0.23 to -0.50), fatigue -0.61 (-0.69 to -0.52), pain -0.66 (-0.75 to -0.56), joint stiffness -0.64 (-0.73 to -0.54), breathlessness -0.44 (-0.57 to -0.30)) (table 2). Symptoms and MCS were also correlated, with strongest relationships observed for pain (-0.42 (-0.56 to -0.29)) and fatigue (-0.46 (-0.57 to -0.34)).

Previous investigators have shown that HRQoL is reduced following critical illness and that spontaneous improvement is limited, sometimes over many years (1). Some (but not all) rehabilitation trials have demonstrated improved functional outcomes, but have not necessarily improved HRQoL (4,5). In this analysis, we have shown that symptoms that influence daily life are prevalent following ICU discharge, are highly correlated with HRQoL, and frequently worsen in their severity over time.

Limitations of our study, include its small sample size (from one region of Scotland) which may limit generalisability to other healthcare settings. Whilst patients with missing data appeared similar at baseline, justifying the complete case approach, we cannot completely exclude bias arising from excluded patients. Finally, we were unable to assess effects of re-hospitalisation after critical illness which may have been more likely in multiply comorbid patients and could have contributed to ongoing symptoms.

Future research should consider including symptoms as outcome measures, since these may enrich the description of post-ICU health status.

The authors confirm that there are no conflicts of interest in relation to the submitted work.

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**Table 1** – Symptom severity at 3, 6, and 12 months for all available patients. Measured by visual analogue scale 0-10 with 10 being most severe including appetite where 10 represents poorest appetite. Severity categories are mild (0-3.3); moderate (3.4-6.6) and severe (6.7-10). \*For patients with data at both time points, mean of the paired differences (3-12 months) was calculated for each symptom. Paired t tests were used to compare the 3 and 12-month time points.

|                 |          | 3 months  | 6 months | 12 months | Mean (95% CI)<br>difference between<br>3 and 12 months* | P value* |
|-----------------|----------|-----------|----------|-----------|---|----------|
| APPETITE        | n        | 188       | 166      | 157       | 155   |          |
|                 | Mean     | 3.6       | 3.4      | 3.4       | 0.2 (-0.2 to 0.7)                                       | 0.311    |
|                 | SD       | 3.0       | 2.5      | 2.6       |   |          |
|                 | Mild     | 110 (59%) | 97 (58%) | 93 (59%)  |   |          |
|                 | Moderate | 39 (21%)  | 49 (30%) | 44 (28%)  |   |          |
|                 | Severe   | 39 (21%)  | 20 (12%) | 20 (13%)  |   |          |
| FATIGUE         | n        | 188       | 166      | 159       | 145   |          |
|                 | Mean     | 4.9       | 5.3      | 5.2       | -0.3 (-0.8 to 0.1)                                      | 0.163    |
|                 | SD       | 2.6       | 2.7      | 2.7       |   |          |
|                 | Mild     | 57 (30%)  | 40(20%)  | 49 (31%)  |   |          |
|                 | Moderate | 74 (39%)  | 65 (39%) | 55 (35%)  |   |          |
|                 | Severe   | 57 (30%)  | 61 (37%) | 55(35%)   |   |          |
| PAIN            | n        | 188       | 167      | 161       | 146   |          |
|                 | Mean     | 3.6       | 4.1      | 3.9       | -0.5 (-1.0 to -0.1)                                     | 0.030    |
|                 | SD       | 2.9       | 3.1      | 3.1       |   |          |
|                 | Mild     | 96 (51%)  | 71 (43%) | 78 (48%)  |   |          |
|                 | Moderate | 58 (31%)  | 52 (31%) | 40 (25%)  |   |          |
|                 | Severe   | 34 (18%)  | 44 (26%) | 43 (27%)  |   |          |
| JOINT STIFFNESS | n        | 188       | 167      | 156       | 143   |          |
|                 | Mean     | 4.1       | 4.6      | 4.8       | -0.9 (-1.3 to -0.4)                                     | <0.001   |
|                 | SD       | 2.9       | 2.9      | 2.9       |   |          |
|                 | Mild     | 83 (44%)  | 64 (38%) | 50 (32%)  |   |          |
|                 | Moderate | 58 (31%)  | 52 (31%) | 56 (36%)  |   |          |
|                 | Severe   | 47 (25%)  | 51 (31%) | 50 (32%)  |   |          |
| BREATHLESSNESS  | n        | 189       | 167      | 161       | 146   |          |
|                 | Mean     | 3.3       | 3.7      | 3.7       | -0.6 (-1.0 to -0.1)                                     | 0.019    |
|                 | SD       | 2.6       | 2.7      | 2.8       |   |          |
|                 | Mild     | 106 (56%) | 81 (49%) | 81 (50%)  |   |          |
|                 | Moderate | 57 (30%)  | 59 (35%) | 48 (30%)  |   |          |
|                 | Severe   | 26 (14%)  | 27 (16%) | 32 (20%)  |   |          |

**Table 2** – Pearson correlation between symptom scores and SF12 version 2 physical component score (PCS) and mental component score (MCS) at 3, 6 and 12 months. P values are 2 tailed. Abbreviations: n: sample size; r: Pearson's correlation coefficient.

|                 |         | PCS      |          |           | MCS      |          |           |
|-----------------|---------|----------|----------|-----------|----------|----------|-----------|
|                 |         | 3 months | 6 months | 12 months | 3 months | 6 months | 12 months |
| APPETITE        | n       | 188      | 163      | 152       | 188      | 163      | 152       |
|                 | r       | -0.280   | -0.328   | -0.365    | -0.317   | -0.292   | -0.299    |
|                 | P value | <0.001   | <0.001   | <0.001    | <0.001   | <0.001   | <0.001    |
| FATIGUE         | n       | 188      | 163      | 154       | 188      | 163      | 154       |
|                 | r       | -0.382   | -0.522   | -0.606    | -0.435   | -0.567   | -0.457    |
|                 | P value | <0.001   | <0.001   | <0.001    | <0.001   | <0.001   | <0.001    |
| PAIN            | n       | 188      | 164      | 155       | 188      | 164      | 155       |
|                 | r       | -0.536   | -0.580   | -0.660    | -0.343   | -0.514   | -0.419    |
|                 | P value | <0.001   | <0.001   | <0.001    | <0.001   | <0.001   | <0.001    |
| JOINT STIFFNESS | n       |          |          |           | 188      | 164      | 151       |
|                 |         | 188      | 164      | 151       |          |          |           |
|                 | r       | -0.377   | -0.464   | -0.643    | -0.189   | -0.375   | -0.378    |
|                 | P value | <0.001   | <0.001   | <0.001    | <0.001   | <0.001   | <0.001    |
| BREATHLESS      | n       | 189      | 164      | 155       | 189      | 164      | 155       |
|                 | r       | -0.271   | -0.374   | -0.442    | -0.323   | -0.364   | -0.293    |
|                 | P value | <0.001   | <0.001   | <0.001    | <0.001   | <0.001   | <0.001    |