

Appendix

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.



Research Study- "Perceived discomforts in ICU: Impact of new environment."

This study is being conducted to assess the extent of discomfort faced by you during your ICU stay.

Managing your comfort during your Intensive Care Unit (ICU) stay is important to us. We would like to gain a more detailed insight on your experience in ICU particularly any discomfort experienced such as but not limited to pain, lack of sleep, and lack of privacy amongst other sources of discomfort. We are using a validated questionnaire for this purpose.

If you agree to participate please fill out the attached questionnaire and a research team member will collect it from you. You can also complete the *survey* within 24 hours of being discharged from ICU. If you are unable to complete the *survey* by yourself a research team member will assist you to complete the form. You may choose *not* to complete the survey.

The information you provide on the survey will only be seen by the study team and will be kept secure and confidential.

Your voluntary completion of the survey constitutes consent to participate. You may withdraw from the study at any time without giving a reason, it will have no effect on the remainder of your ICU or hospital care. You can withdraw by contacting the principle investigator Dr Anil P. Ramnani or RSO via the contact details on the survey cover page.

If you have any concerns or complaints about the conduct of this study you should contact the Research Support Office of the South Eastern Sydney Local Health District Human Research Ethics Committee which is nominated to receive complaints from research participants. You should contact them on 02 9382 3587 or email SESLHD-RSO@health.nsw.gov.au and quote the reference number 16/394(LNR/16/POWH/736).

Thank you for assisting us with this study.

Yours Sincerely

Anil P Ramnani
Post Graduate Fellow, ICU
St George Hospital

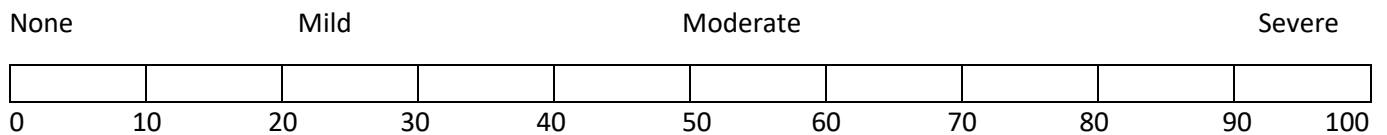




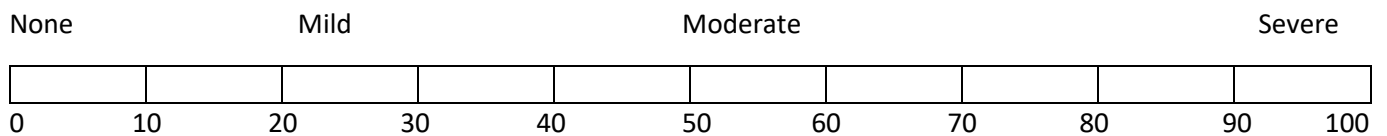
Questionnaire: Discomforts perceived by ICU patients

Please place an X where you want to score on the scale in response to the question.

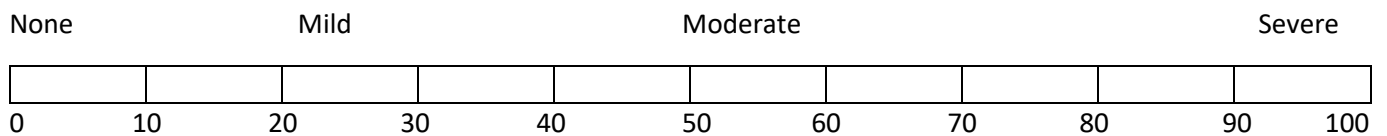
1. Have you experienced discomfort from **noise** (alarms, radios, telephones, conversations) during the and/or night?



2. Have you suffered from **too much light** in your ICU room or in the hallway, especially at night?

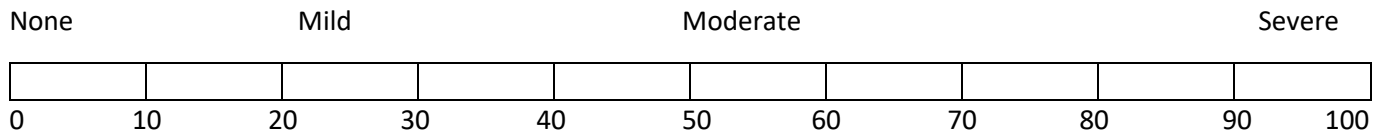


3. Have you felt uncomfortable in **your bed?** (that is, is the mattress too hard or too soft, head of bed too high or not high enough, sides of bed too high or low, uncomfortable pillows?)

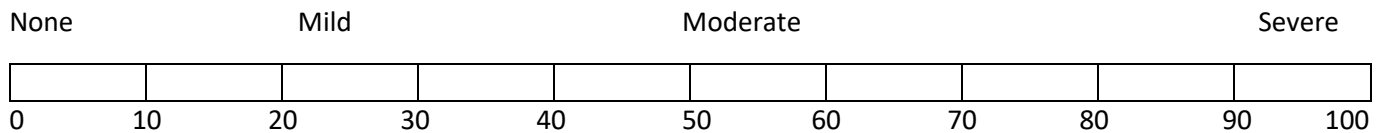




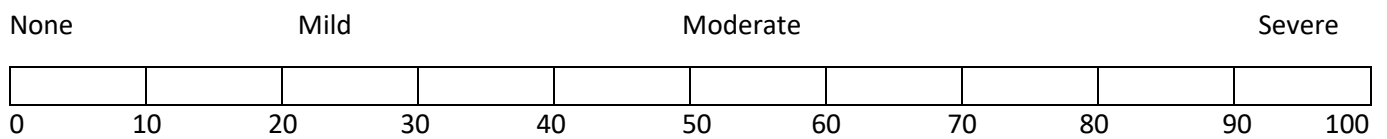
4. Have you suffered from **lack of sleep** compared to your usual sleep pattern?



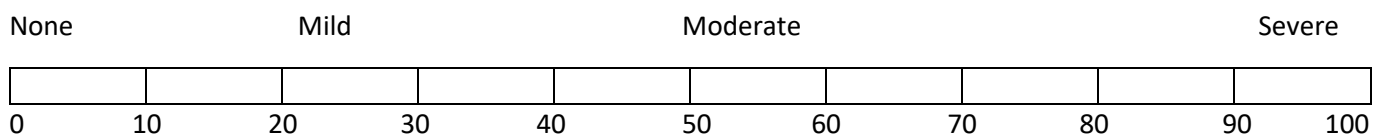
5. Have you felt uncomfortable due to **thirst**?



6. Have you felt uncomfortable due to **hunger**?

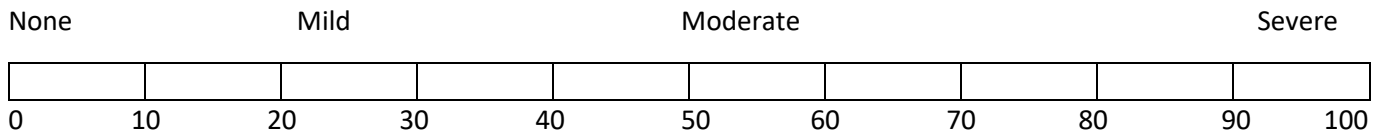


7. Have you suffered from the **cold**?

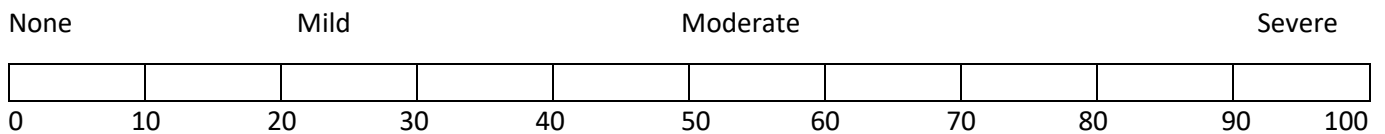




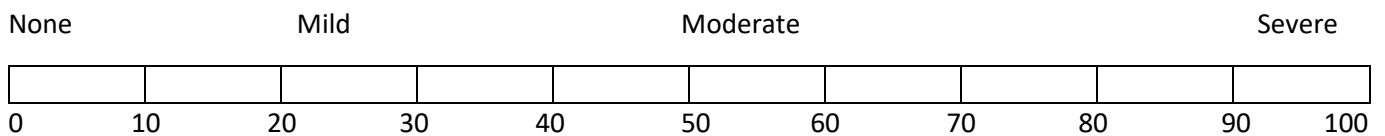
8. Have you suffered from the **heat**?



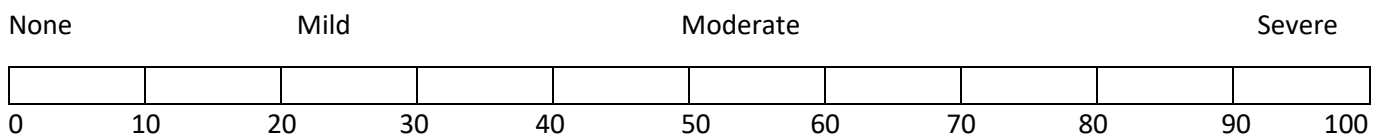
9. Have you had more **pain than usual for you?** For example from needles, catheters, tubes, being turned or washed?



10. Have you had discomfort from **tubes/connections to machines** (such as from IV lines, electrode connections, tubes in your throat, or oxygen mask?)

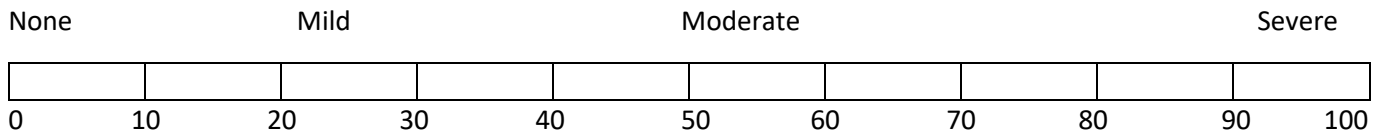


11. Have you felt **embarrassed** or did you feel your privacy was not respected? (For example during the morning wash, changes, and review by the doctors or the medical visits?)

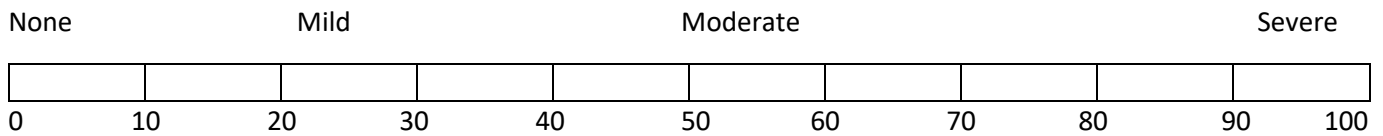




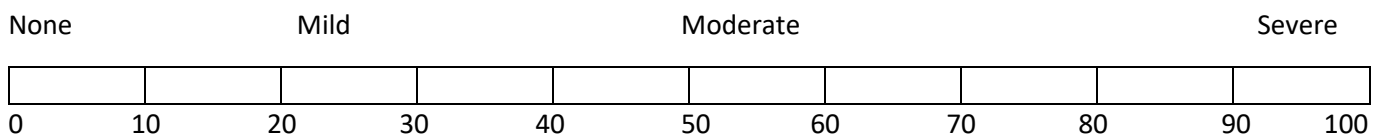
12. Have you suffered from **anxiety or panic** (for example, being scared that an important piece of medical equipment may malfunction or disconnect?)



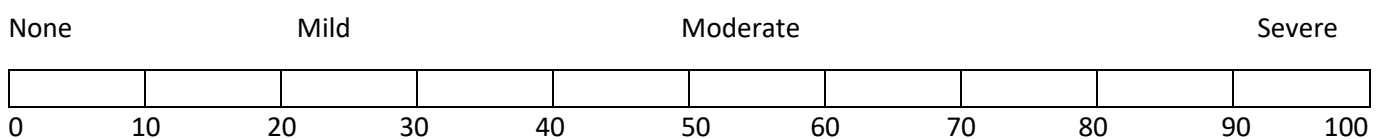
13. Have you felt **isolated** (being alone in your room, sometimes not seeing nurses or doctors nearby) and not hearing any sounds?



14. Did the ICU **visiting hours** (that is restricting when your family and/or friends could visit you) bother you?



15. Have you been bothered by not having a **telephone** in the room?





16. Did you feel you were **not informed enough** about such things as your condition, treatment plan, progress or when you would leave ICU?



Do you have any other comments or suggestions on how we could improve your comfort in our ICU?

Thank you for your participation.