

Date and time: _____

Patient's hospital number: _____

Patient's name: _____

Intensive Care Psychological Assessment Tool (IPAT)

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I would like to ask you some questions about your stay in Intensive care, and how you've been feeling in yourself. These feelings can be an important part of your recovery. To answer, please circle the answer that is closest to how you feel, or answer in any way you are able to (e.g. by speaking or pointing.)

| | Since you've been in intensive care: | A | B | C |
|----|---|----|------------|------------|
| 1 | Has it been hard to communicate? | No | Yes, a bit | Yes, a lot |
| 2 | Has it been difficult to sleep? | No | Yes, a bit | Yes, a lot |
| 3 | Have you been feeling tense? | No | Yes, a bit | Yes, a lot |
| 4 | Have you been feeling sad? | No | Yes, a bit | Yes, a lot |
| 5 | Have you been feeling panicky? | No | Yes, a bit | Yes, a lot |
| 6 | Have you been feeling hopeless? | No | Yes, a bit | Yes, a lot |
| 7 | Have you felt disorientated (not quite sure where you are)? | No | Yes, a bit | Yes, a lot |
| 8 | Have you had hallucinations (seen or heard things you suspect were not really there)? | No | Yes, a bit | Yes, a lot |
| 9 | Have you felt that people were <i>deliberately</i> trying to harm or hurt you? | No | Yes, a bit | Yes, a lot |
| 10 | Do upsetting memories of intensive care keep coming into your mind? | No | Yes, a bit | Yes, a lot |

Do you have any comments to add in relation to any of the answers?

SCORING

Any answer in column A = 0 points

Any answer in column B = 1 point

Any answer in column C = 2 points

Sum up the scores of each item for a total I-PAT score out of 20

Cut-off point ≥ 7 - indicates patient at risk