

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