

STRESS RELATED DISORDERS IN FAMILY MEMBERS OF COVID-19 PATIENTS ADMITTED TO THE INTENSIVE CARE UNIT. J. Huang, (MD, SOM), MD Burhani, TC Lane, T. Milinic, and TH Amass, Department of Medicine, University of Colorado, Denver, CO.

Introduction: To prevent the spread of coronavirus disease 2019 (COVID-19), patient isolation has become the standard of care, with hospitals reducing or eliminating visitors of all types. Post-Intensive Care Syndrome-Family (PICS-F) includes symptoms of post-traumatic stress disorder (PTSD), anxiety, and depression that persist for at least three months after Intensive Care Unit (ICU) admission. Patient isolation during the COVID-19 era may significantly increase the incidence of stress related disorders in family members.

Methods: As part of a national study, phone calls were made to family members of COVID-19 patients admitted to the ICU at a single university hospital from March to June of 2020. Three previously validated surveys were administered: Impact of Events Scale-6 (IES-6), Hospital Anxiety and Depression Scale (HADS), and a subset of Family Satisfaction in the ICU-27 (FS-ICU) questions thought *a priori* to be most impacted by restrictive visitation.

Results: Out of the 194 eligible, 57 family members participated in the study (29.4%). Of these, 57.9% reported symptoms of PTSD, 56.1% reported symptoms of anxiety, and 26.3% reported symptoms of depression. On the FS-ICU questions, the highest mean score (4.5/5) was given in response to the question “How well did the doctors care for the patient?” and the lowest mean score (3.5/5) was given in response to the question “Did you feel you had control over the patient’s care?”

Conclusion: Over 57% of family members of COVID-19 patients admitted to the ICU reported symptoms of PTSD. The high incidence of stress related symptoms reported in our study suggests that interventions may be necessary to reduce the unintended consequences of necessary isolation during the COVID-19 era.