

BEYOND PICU

PICOLO Network's quarterly newsletter



NEW PUBLICATION

One of the world's most used sedatives for kids in PICU has been found as a possible predictor for PTSS. Midazolam is linked to PTSS in adults, but this is the first study to find a link in kids, and one of the first to include kids as young as 2 years old.

Early identification of PTSS allows medical professionals to engage families sooner and monitor children more closely. Kids exposed to midazolam in PICU were almost 4x more likely to have elevated PTSS.

More than 10K kids are admitted to PICU across Australia and NZ each year because of trauma or critical illness. Most will receive midazolam.

Most children admitted to PICU are under 5 years old, and about 50% of those are under 2 years of age. Long-term side effects of using midazolam have not been explored in children before PICU. Midazolam may distort kids' memories of PICU. Combined with drug withdrawal-related delirium, that could lead to PTSS in the acute recovery phase.

We're starting to wonder if early PTSS is a gateway disorder to anxiety and depression even if it resolves because health conditions like these are doubling as more kids survive PICU. Read full article [Here](#)

STAFF PROFILE

Dr Michaela Waak is one of the few paediatric specialists internationally with fellowships in paediatrics, neurology and paediatric intensive care/retrieval medicine. She is an academic intensivist, neurologist, clinical trialist, and specialist in EEG monitoring in children and adolescence.

The focus of her research are improvements in management of acute neurological disease and quality improvement in PICU. She is part of the paediatric critical care research group at the centre for children's health research, which has the highest number of peer-reviewed studies published in the field of paediatric critical care in Australia, and a strong track record with the National Health and Medical Research Council (NHMRC).



THIS MONTH'S BLOG



"Saving brains while children are unwell"

By Dr Michaela Waak, MD.

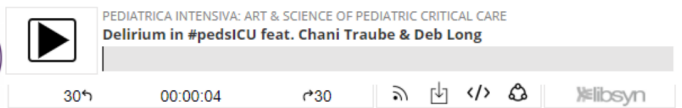
In her blog, Dr Michaela Waak gives us an insight into her passion for paediatric neurocritical care and patient-centred care. You can read the full article [here](#)

PODCAST

Listen to this great podcast on delirium in PICU patients where A/Prof Debbie Long and Prof Chani Traube give us an expert insight into this acute brain dysfunction.

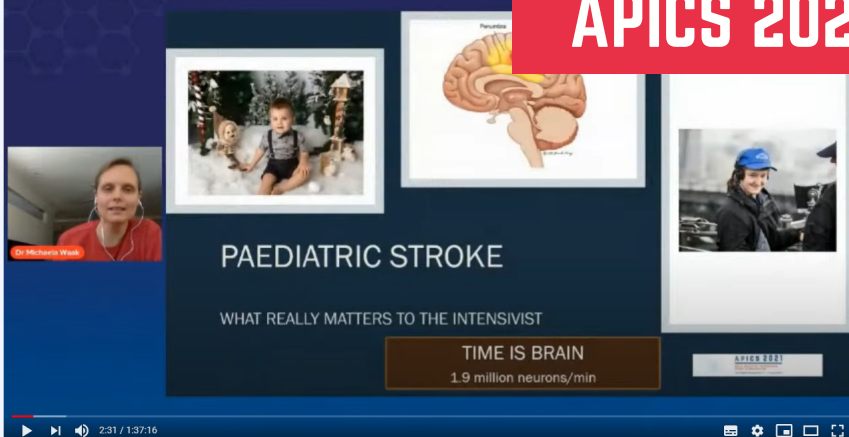
You can download and listen to the podcast [Here](#)

Delirium in #pedsICU feat. Chani Traube & Deb Long



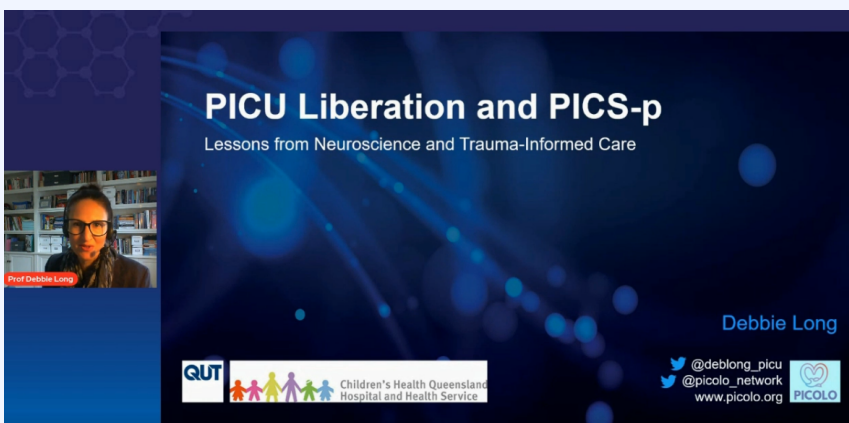
APICS 2021

APICS 2021 PRESENTATIONS



Great presentation on "Paediatric Stroke - What really Matters to the Intensivist" with **Dr Michaela Waak**

You can watch the full presentation on our [website](#)



Fantastic session on "PICU Liberation and Post Intensive Care Syndrome - paediatrics" with **A/Prof Debbie Long**

You can watch the full presentation on our [website](#)