

Table 1: ICF classification of PICS related physical impairments

ICF Domain	Effect of PICS
Impairment in Body structure and Function	<p>Decreased pulmonary function (Restrictive type possibly resulting from Ventilator Lung Injury and consequent fibrosis)^{9,17}.</p> <p>Reduced strength of respiratory muscles resulting from disuse atrophy and alterations in respiratory muscle structure¹⁸.</p> <p>ICU-Acquired Weakness: Decreased limb muscle strength suggested as resulting from or a combination of critical illness polyneuropathy and myopathy¹⁹.</p> <p>Other physical problems reported include; chronic pain, swallowing disorders, fatigue, sensory loss, sleep disorders and sexual dysfunction⁹.</p>
Activity limitation	<p>Decline in measures of cardiorespiratory fitness and/ exercise capacity such in 6-minute walk tests. This has been shown to last for up to 5 years and seems to be relatively permanent²⁰.</p>
Participation restriction (Long-term outcome)	<p>Reduced ability to perform activities of daily living and instrumental activities of daily living²¹. These restrictions increase the likelihood of re-hospitalizations, disability, and increased healthcare cost.</p> <p>Reduced ability to return to driving⁹.</p> <p>Many patients who experience PICS may either not go back to their pre-ICU job or resume a work with a different pre-ICU salary²².</p> <p>Decline in quality of life has also been reported²³.</p>

Source: adapted from studies cited in the Table.