

Recollections, Ramblings and Recovery
from a grateful ICU survivor

11 July 2011 - 5 June 2015







Day 1 : Motorbike accident









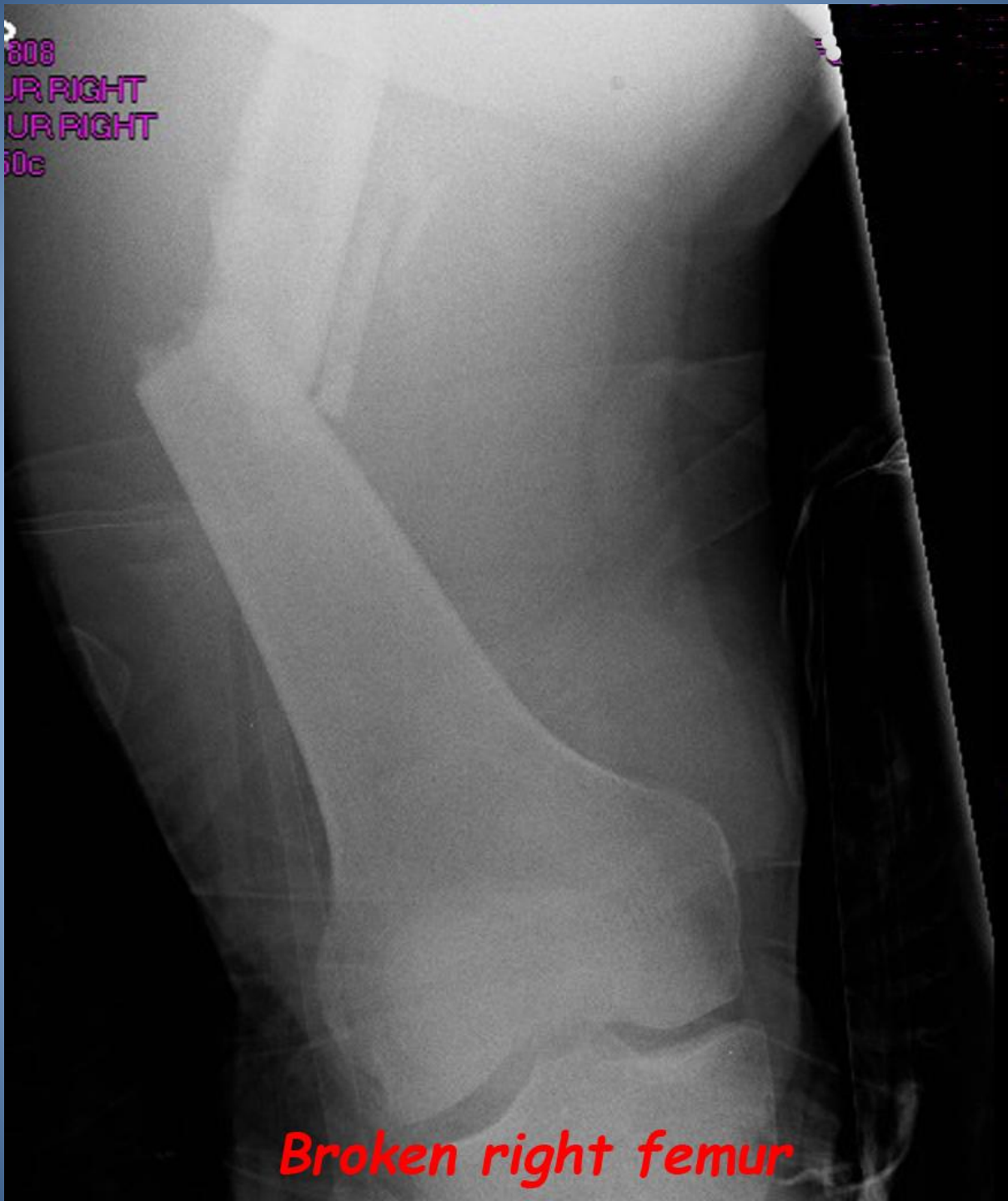






808
JR RIGHT
UR RIGHT
50c

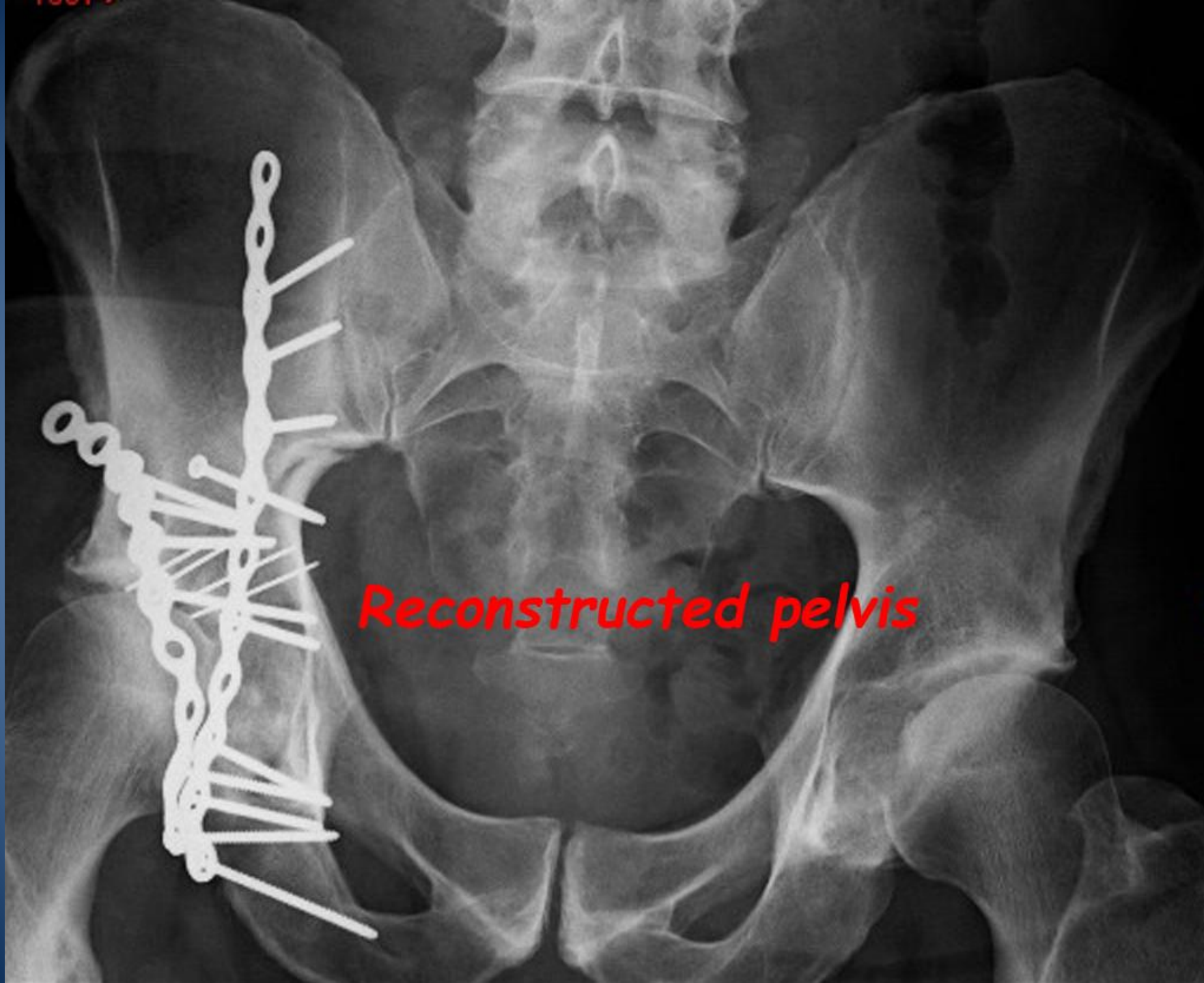
Broken right femur



TIB/FIB RIGHT
TIB/FIB RIGHT

*Broken right tibia^R
Broken right fibula
Torn arteries - 30 units blood
11 operations
Threat of amputation*

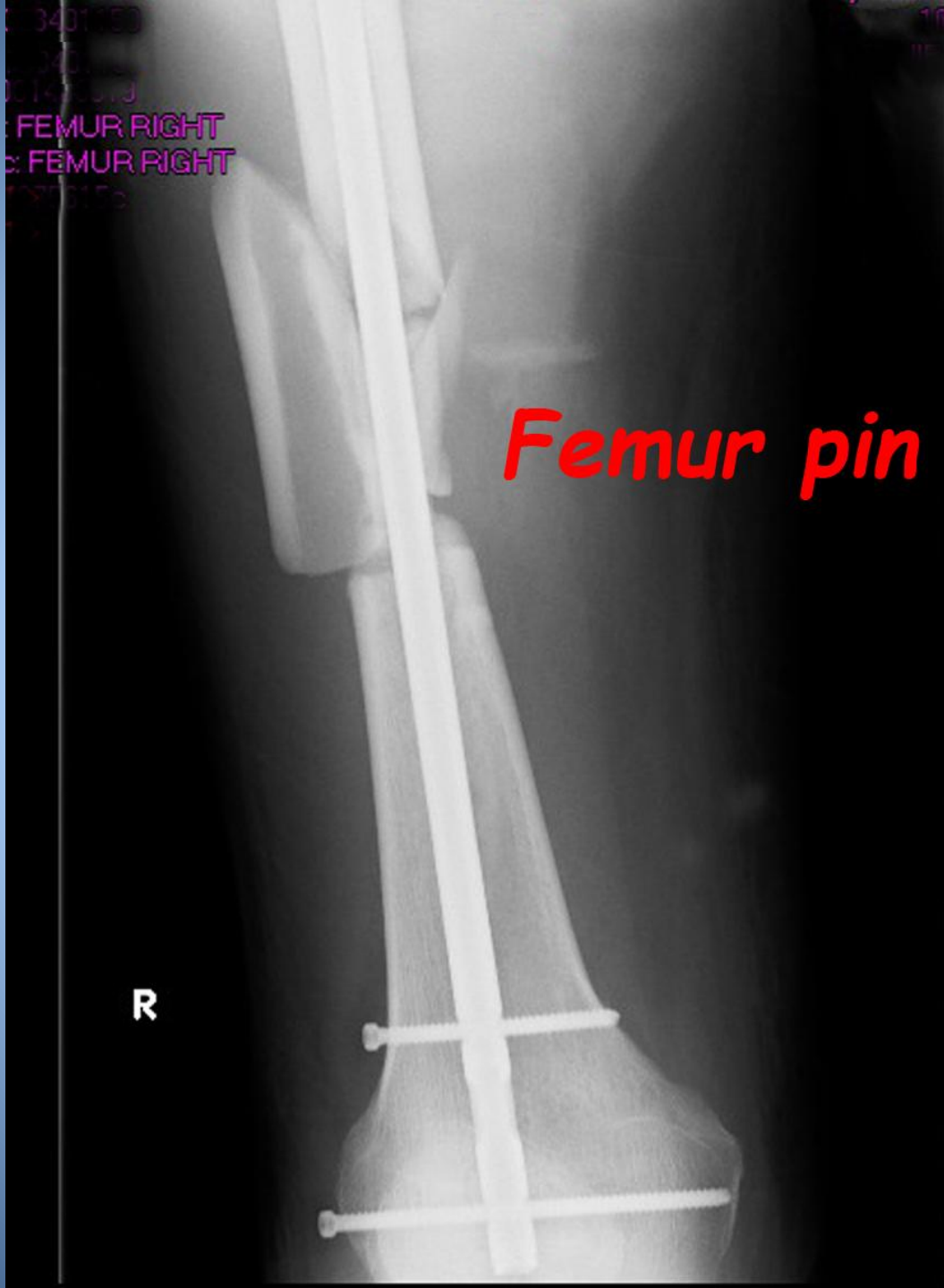
Reconstructed pelvis



FEMUR RIGHT
FEMUR RIGHT

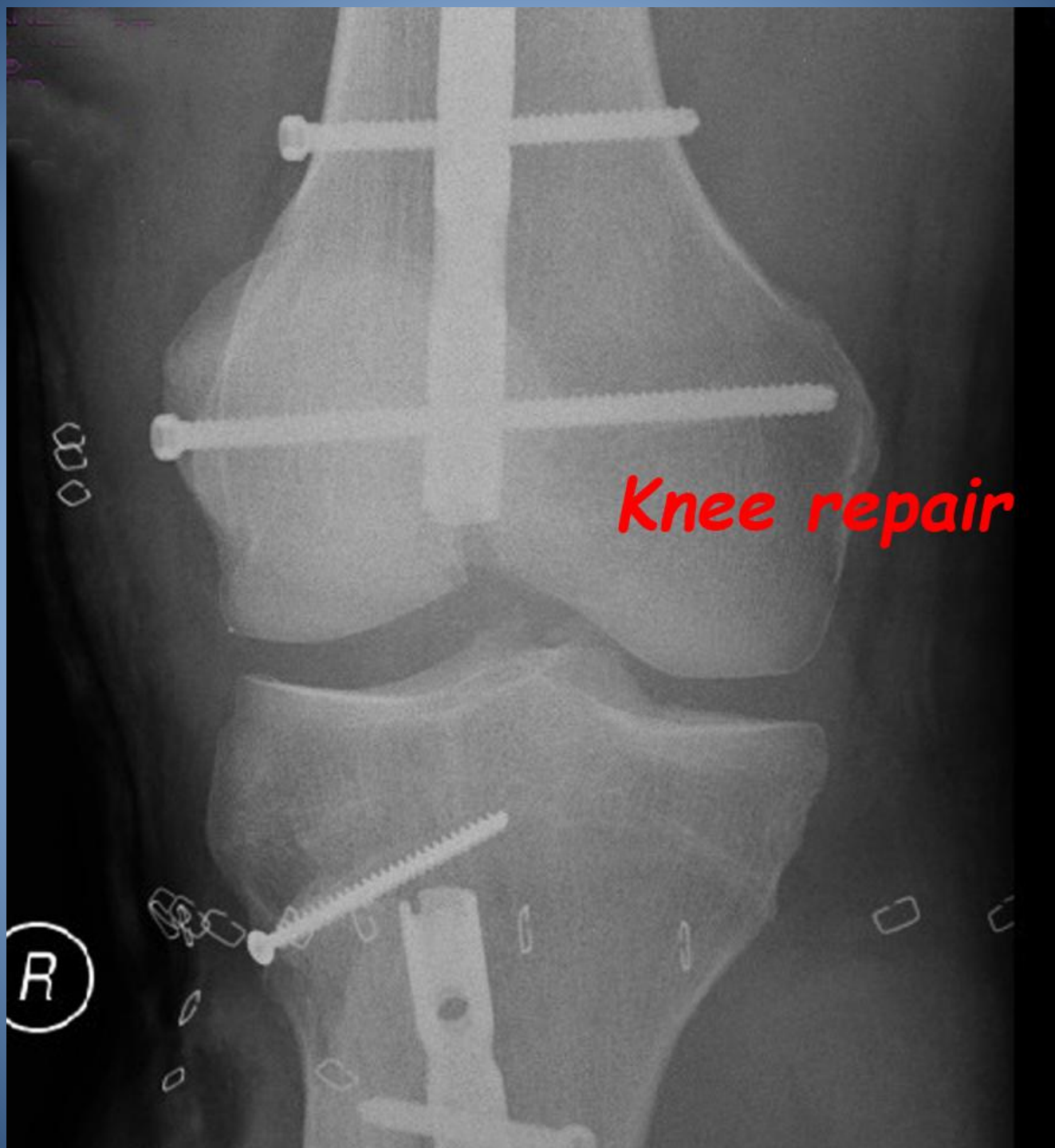
Femur pin

R



Tibia pin

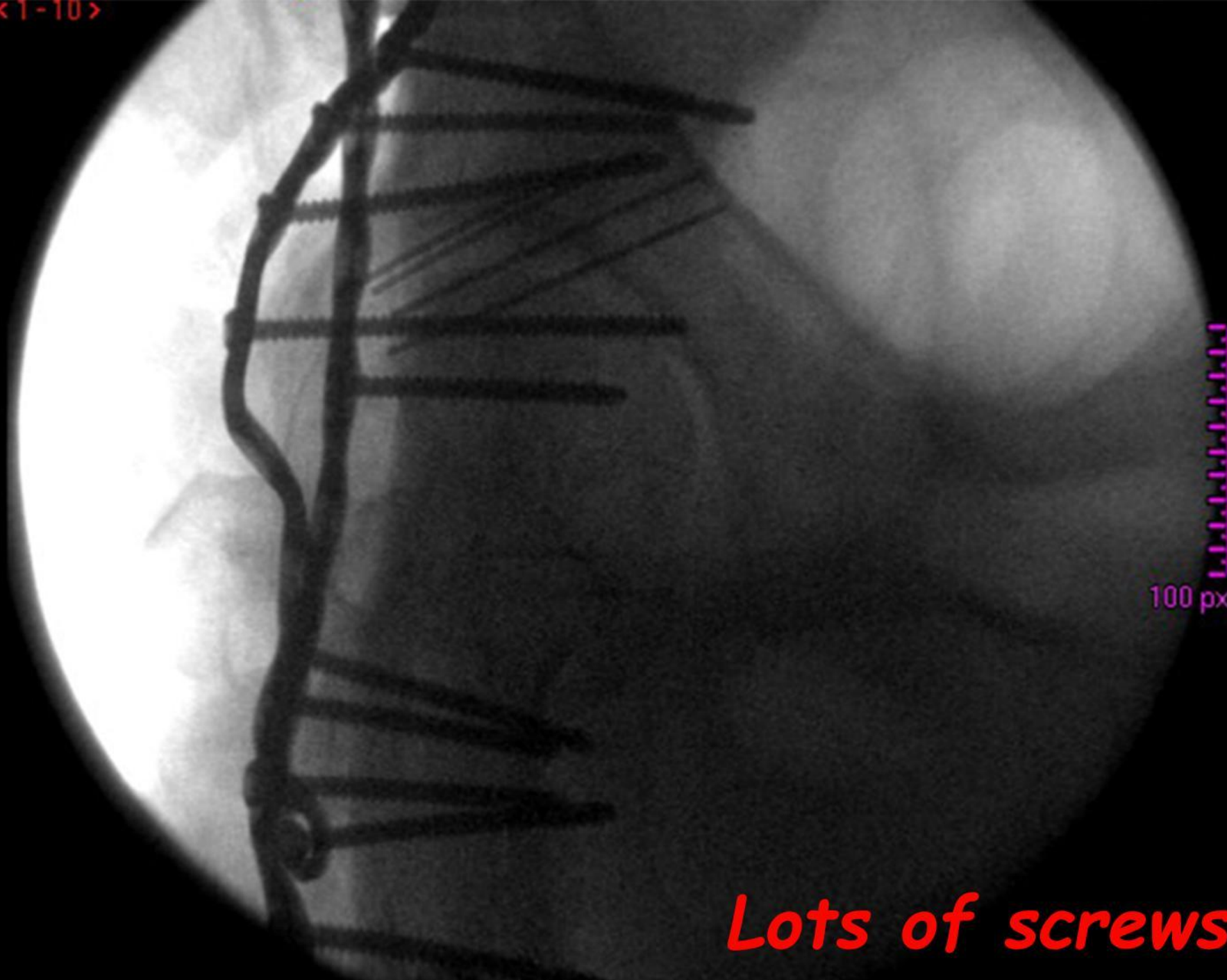




Knee repair

R

<1-10>



100 px

Lots of screws

SI:14

Acc#: S310001304844

Study Desc: Mobile Image Intensifier

<1-14>

GE OEC Medical Systems Series 9800

07/14/11, 12:53:27

105kV, 1mAs



100 px

...and a chain

C 138

W 229

ICU

Morphine dreams - paranoia
- unreasonable

High standard of medical care
- clinical

General Ward

5 weeks - 3 more operations

DVT

Excellent medical care

Excellent communication

Starting to think

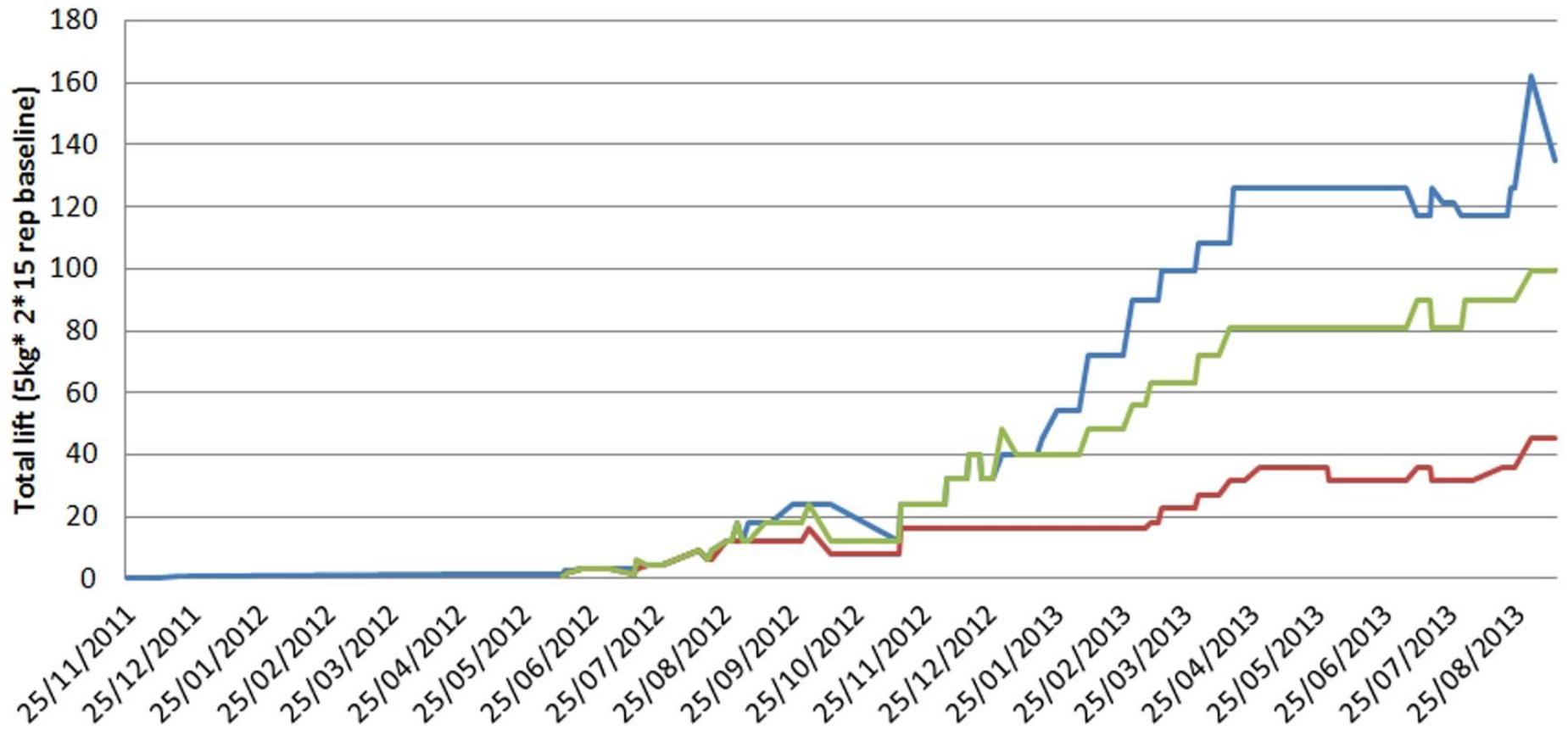
General Ward

What really helped me :

- Family and Friends*
- Music*
- Single Room*
- Nurses*
- Physios*
- Setting Goals*

Gym work : factor improvement

— Leg Press — Leg Extension — Leg Curl





Recovery (2 years on)

What really helped me :

- Family and Friends*
- Physio and Hydro therapy*
- Gym*
- Electric bike*
- Mountaineering books*
- Motivation / Setting Goals*



Day 848

Cross-country skiing



Day 856 (Volunteering with disabled)
Hillend skiing

Day 941 : skiing in Italy



Political activism on behalf of the NHS



'If things stay as they are, the competition framework foisted on the NHS will in the end break it up. It won't survive five more years of this'

- Andy Burnham, Labour's shadow health secretary in England

Only with a Yes can we protect the NHS





TOUCHING THE VOID

JOE SIMPSON



 SCHOLASTIC

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LIFE AND LIMB

A True Story of Tragedy and
Survival Against the Odds

JAMIE ANDREW



*Our greatest limitations
are the ones we impose
on ourselves*

- Nothing is impossible!

Jamie Andrew