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Prolonged stays within the critical care environment are associated with increased cost, resource utilization, and could contribute to patient morbidity (physical and psychosocial) and mortality. Therefore, when a child's condition has stabilised and does not warrant critical care, timely transition from the PICU is essential as part of a patients' pathway of rehabilitation.

Facilitating the safe transition of infants, children and young people that have experienced a critical illness from an area of high technology, increased monitoring and intervention, is an intricate process. Transitioning from the PICU can be a challenging time for patients, their parents or carers as well as the multidisciplinary team as it is often associated with high levels of stress and anxiety. Furthermore, it can involve evolving and newly manifesting adversities, uncertain roles, and navigating multiple demands.

To ensure optimal outcomes for patients who are transitioning from PICU, well-defined strategies and processes need to be implemented that are safe, structured and collaborative. In order for health professionals to facilitate safe transitions between care settings, a holistic, family centred and multidisciplinary approach needs to be used.