

BOOK REVIEW

Me and my ICU

A book illustrating professionals working on the ICU

Frank Muller: *Ik en mijn IC*



Photographer and former ICU nurse Frank Muller spent about 20 day, evening and night shifts on a number of ICUs in the Netherlands, taking pictures of all the activities. The photographs relate to events taking place on a regular day on the ICU, framing the day from dawn to night fall.

For ten years, Muller worked as an ICU nurse. Seventeen years ago he decided to trade this profession for a career in photography. This book is his own initiative, born out of respect for his former ICU colleagues. Muller thinks that generally speaking, people are unfamiliar with the work we do. With the book, he intended to highlight our daily activities. This book, which besides photographs also contains interviews with doctors, nurses and supporting services, tells the story of ICU care from the viewpoint of those working there.

When I asked what struck him most after all those years of absence, he told me that he was surprised by the level of structure and organisation. As an example, he mentioned a case of cardiopulmonary resuscitation that he witnessed. Caregivers all had clear tasks, acted according to protocol, and worked together. In short, there was no chaos. This professional approach does not mean that ICU care has become impersonal, according to Muller. In contrast, also the attention for the

needs of a patient has evolved towards a patient-centred care approach, in which also psychological needs are considered. Appetite for further reading? The book can be ordered via info@zorginbeeld.nl for € 37.50 (including shipping costs).

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