**From Delirium to Reality – Louise Gallie**

Louise is a patient of University Hospitals Plymouth and lives with a rare condition known as Achalasia.

In 2018, after an elective procedure and a rapid decline during recovery, Louise was given lifesaving surgery and placed into a medically induced coma, in which she would remain for 10 days.

During her 13 day stay in ICU, she experienced severe delirium, placing her in a constant state of terror and confusion. Louise experienced terrifying scenarios in which she could sense everything.

With her Delirium lasting several days after step down onto an acute ward and continued complications, Louise spent a total of 86 days in hospital. After a long period of rehab with psychological support Louise now advocates passionately on behalf of others, sharing her experiences and showing how a patient perspective can be invaluable to healthcare professionals and the wider healthcare community. She volunteers with the ICU rehab team and is a PPV member of the NHS England Adult Critical Care CRG.

Louise’s blog, [www.deliriumtoreality.com](http://www.deliriumtoreality.com/), shares her story through ICU, recovery, and beyond.