



Mental health support after necrotising fasciitis

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Aims and Objectives



- In January 2021, The Lee Spark NF Foundation ran a survey across our Facebook groups asking survivors and those bereaved about their experiences with mental health and wellbeing after suffering necrotising fasciitis.
- Our survey ran for 13 days and we had 120 respondents.
- We aim to create a paper outlining these issues.
- Our goal is to ensure future patients are given advice around mental health and wellbeing and they are provided with support if required.

Findings



Did you receive any mental health support while in hospital with NF?

Yes: 20.3%
No: 79.7%

Did you receive mental health support when discharged from hospital?

Yes: 23.0%
No: 77.0%

Did anyone explain the long term effects (both physical and mental) of NF?

Yes: 9.8%
No: 90.2%

Findings



How long after leaving hospital did you find that you required some form of mental health support?

Didn't need any mental health support: 19.2%

Within the first 3 months: 17.5%

Straight away: 16.7%

Within a month: 15.8%

Within the first year: 14.2%

Within the first 6 months: 10.8%

Within a week: 5.8%

Were you offered someone to just talk to?

Yes: 19.2%

No: 80.8%

Findings



Were you given any information on a support group?

Yes: 9.2%

No: 90.8%

Were you directed to anyone that could offer support?

Yes: 21.7%

No: 78.3%

Were your family and friends offered any help or support?

Yes: 12.5%

No: 75.8%

Friends and family didn't need support: 11.7%

Additional findings



- **Our survey respondents gender were:**

- Female: 73.3%
- Male: 25.8%
- Other: 0.8%

- **The age demographic of our respondents when they had contracted NF was:**

- 31-40: 30.8%
- 41-50: 29.2%
- 21-30: 18.3%
- 51-60: 12.5%
- 11-20: 4.2%
- 01-10: 2.5%
- 61-70: 2.5%
- 71-80 and 80+: 0%

- **Our geographical reach of respondents was:**

- United Kingdom: 57.7%
- USA: 29.2%
- Australia: 3.8%
- Canada: 2.3%
- Other: 6.9%

Conclusion

Our survey findings show that the majority of patients leave hospital without understanding the implications that NF can have on your mental health. They are not given guidance as to what relevant support may be needed or what is available or discussed any type of support group.

We can see that the majority of patients are aged between 31-40, which is the age where building a career, family and relationships are key to people's lives. NF can adversely impact all of these things and patients are left only with advice on physical recovery but not mental.

We would like for it to be mandatory for patients to be given information on mental health in recovery and when discharged from hospital.