

Supplemental Table S1: ICU admission course

Median ICU length of stay (IQR), days	21 (2-75)		
Median hospital length of stay (IQR), days	37 (8-130)		
Mean APACHE II score (SD)	12.9 (4.3)		
Mean admission SOFA score (SD)	5.7 (2.2)		
Mean admission P/F ratio (SD)	16.6 (7.2)		
No. who required IPPV, no./no. available for analysis (%)	20/22 (91%)		
Median duration of IPPV (IQR), days	15.5 (0-50)		
No. who required NIV, no./no. available for analysis (%)	3/22 (14%)		
Median duration of NIV (IQR), days	0 (0-13)		
Proning			
No. who required proning	12/22 (55%)		
Median number of proning sessions (IQR)	2 (0-17)		
No. who required inotropic support, no./no. available for analysis (%)	Proned	Not proned	P-value
	12/12 (100%)	6/10 (60%)	p = 0.02
No. with proning complications, no./no. available for analysis (%)	12/22 (55%)		
No. who experienced ulcers, no./no. available for analysis (%)	13/22 (59%)		
No. who experienced paraesthesia, no./no. available for analysis (%)	14/22 (64%)		
No. who experienced foot drop, no./no. available for analysis (%)	5/22 (23%)		
No. who required CRRT, no./no. available for analysis (%)	5/22 (23%)		

Median duration of CRRT, days, no./no. available for analysis (%)	0 (0-17)
No. who experienced a PE, no./no. available for analysis (%)	3/22 (14%)
No. who experienced a pneumothorax, no./no. available for analysis (%)	0/22 (0%)
No. who experienced cardiac complications*, no./no. available for analysis (%)	1/22 (5%)
Sedation	
No. sedated with propofol, no./no. available for analysis (%)	19/22 (86%)
Median duration of propofol (IQR), days	8.5 (0-45)
Median cumulative daily propofol dose (IQR), mg	3605 (0-4800)
Median cumulative total propofol dose (IQR), mg	25048 (1660-162700)
No. sedated with fentanyl, no./no. available for analysis (%)	19/22 (86%)
Median duration of fentanyl (IQR), days	7 (0-40)
Median cumulative daily fentanyl dose (IQR), mcg	5850 (0-7500)
Median cumulative total fentanyl dose (IQR), mcg	21462 (0-174500)
No. sedated with midazolam, no./no. available for analysis (%)	12/22 (55%)
Median duration of midazolam (IQR), days	4.5 (0-42)

Median cumulative daily midazolam dose (IQR), mg	91.8 (0-336)
Median cumulative total midazolam dose (IQR), mg	408.5 (0-8278)
No. sedated with dexmedetomidine, no./no. available for analysis (%)	21/22 (96%)
Median duration of dexmedetomidine (IQR), days	8.5 (0-19)
Median cumulative daily dexmedetomidine dose (IQR), mcg	33 (0-37)
Median cumulative total dexmedetomidine dose (IQR), mcg	171 (0-441)
No. sedated with morphine, no./no. available for analysis (%)	7/22 (32%)
Median duration of morphine (IQR), days	0 (0-29)
Median cumulative daily morphine dose (IQR), mg	0 (0-364)
Median cumulative total morphine dose (IQR), mg	0 (0-6809)
No. paralysed with atracurium, no./no. available for analysis (%)	13/22 (59%)
Median duration of atracurium (IQR), days	3 (0-25)
Median cumulative daily atracurium dose (IQR), mg	1595 (0-20571)
Median cumulative total atracurium dose (IQR), mg	14749 (0-347250)

No. paralysed with rocuronium, no./no. available for analysis (%)	3/22 (14%)
Median duration of rocuronium (IQR), mg	0 (0-23)
Median cumulative daily rocuronium dose (IQR), mg	0 (0-16)
Median cumulative total rocuronium dose (IQR), mg	0 (0-244)

Abbreviations: APACHE II Score, Acute Physiology and Chronic Health Evaluation Score; CRRT, continuous renal replacement therapy; ICU, intensive care unit; IPPV, intermittent positive pressure ventilation; IQR, interquartile range; NIV, non-invasive ventilation; PE, pulmonary embolism; P/F ratio, partial pressure of arterial oxygen: fraction of inspired oxygen ratio; SOFA Score, Sequential Organ Failure Assessment Score.

**Cardiac complications include cardiac arrest, ischemic events, myocarditis and arrhythmias.*

Supplemental Table S2: Correlation between change in inflammatory markers and physical/psychological measurements

	Inflammatory markers (Spearman Correlation Coefficient; P-value)					
Physical or Psychological measure	Change in CRP	Change in PCT	Change in IL-6	Change in ferritin	Change in LDH	Change in D- dimer
6-min walk test	0.03 (p = 0.9)	-0.01 (p = 0.97)	0.19 (p = 0.6)	-0.03 (p = 0.92)	0.14 (p = 0.6)	0.33 (p = 0.18)
Grip strength	0.39 (p = 0.8)	-0.05 (p = 0.85)	-0.11 (p = 0.74)	-0.33 (p = 0.17)	-0.21 (p = 0.43)	0.29 (p = 0.23)
MOCA	0.17 (p = 0.49)	-0.31 (p = 0.91)	-0.57 (p = 0.09)	-0.03 (p = 0.9)	0.22 (p = 0.42)	0.00 (p = 0.99)
Fatigue score	-0.05	-0.28	0.02	0.07	-0.23	0.02

	(p = 0.83)	(p = 0.28)	(p = 0.96)	(p = 0.78)	(p = 0.38)	(p = 0.95)
PTSD score	-0.14	-0.14	-0.06	-0.04	-0.07	0.05
	(p = 0.56)	(p = 0.62)	(p = 0.86)	(p = 0.88)	(p = 0.8)	(p = 0.85)

Abbreviations: CRP, C-reactive protein; IL-6, interleukin-6; LDH, lactate dehydrogenase;

MoCA, Montreal Cognitive Assessment; PCT, procalcitonin; PTSD, Post Traumatic Stress Disorder.

Supplemental Table S3: Multivariable regression models for effect of clinical and demographic variables on PICS outcomes (reduced number of predictor variables)

PICS outcome	MoCA score		IPAT score		PCL-5 score		IPAQ-SF score	
Predictor	β (SE)	P-value	β (SE)	P-value	β (SE)	P-value	β (SE)	P-value
Age	0.28 (0.15)	0.09	0.06 (0.11)	0.61	-0.62 (0.34)	0.1	0.06 (0.11)	0.61
Sex	4.2 (5.1)	0.42	1.01 (3.4)	0.77	8.4 (11.2)	0.47	1.01 (3.4)	0.77
BMI	-0.03 (0.32)	0.93	0.03 (0.23)	0.91	-0.92 (0.74)	0.24	0.03 (0.23)	0.91
Ethnicity	-3.7 (2.2)	0.12	0.56 (1.6)	0.74	-2.3 (5.9)	0.71	0.56 (1.7)	0.74
ICU length of stay	0.12 (0.16)	0.49	-0.1 (0.12)	0.42	0.29 (0.37)	0.46	-0.1 (0.12)	0.42
APACHE II score	-1.1 (0.46)	0.04	-0.66 (0.35)	0.08	0.01 (1.2)	1.00	-0.66 (0.35)	0.08
Admission SOFA score	-0.39 (1.1)	0.72	0.41 (0.81)	0.62	-5.3 (2.5)	0.06	0.41 (0.8)	0.62

Total proning sessions	0.46 (0.53)	0.41	-0.07 (0.4)	0.86	-1.8 (1.2)	0.17	-0.07 (0.4)	0.86
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