

Hi Everyone,

Welcome to the **January 2022 @ICUrehab monthly email**. Happy new year to everyone! Lets hope that, somehow, 2022 will be better than the last year – although I don't think Omicron will assist with this goal. Locally, we are at the worse-ever status in terms of the number of COVID hospitalizations.

ICU Rehab updates for Jan 2022

1. **Announcements** and updates below

a. **Updates from 10th Annual Johns Hopkins Critical Care Rehab Conference...**

i. Conference Abstract Winners & Posters:

1. PDF of Conference posters: <https://icurehabnetwork.org/conference-archives/>
2. Best Poster & Oral Abstract
Winners: <https://icurehabnetwork.org/conference-archives/>

ii. Transcript of #ICURehab Live

Tweeting: <https://icurehabnetwork.org/conference-archives/>

1. >2,300 tweets from 424 participants resulting in >11 million impressions
2. this web-based Twitter transcript includes photos of slides & weblinks

iii. Four New #ICURehab Literature Lists (100's of citations!)

1. Accessible via: <https://icurehabnetwork.org/conference-archives/>
2. Developed by Carrie Price, MLS (Medical Librarian)
3. **Includes all citations from presentations at 10th Hopkins ICU Rehab Conf**

iv. Patient Interviews (publicly available for educational use):

1. ICU Survivor (Adult & Pediatric)
videos: <https://icurehabnetwork.org/conference-archives/>

v. Save the Date: 11th Johns Hopkins ICU Rehab Conf. Nov 2 – 5, 2022

1. For updates: <https://icurehabnetwork.org/> or email ICUrehab@jhmi.edu

b. **Archives of free @ICURehab “September Webinars”**

i. Each webinar is archived at “Free Webinar” webpage at this site: <https://icurehabnetwork.org/>

1. Latest Updates on Post-Intensive Care Syndrome
2. COVID-19 Recovery for Hospitalized Patients
3. Pediatric ICU Rehab & Outcomes Updates
4. Hospital-wide Activity & Mobility

- c. **Resources/tools for adult ICU, pediatric ICU, & hospital-wide mobility:**
 - i. <http://www.johnshopkinssolutions.com/solution/activity-mobility-promotion-amp/>
 - ii. <https://browse.welch.jhmi.edu/early-mobility>

- d. **Fundamentals of ICU Rehab** Webinar by Chris Perme, PT CCS FCCM
 - i. More info: www.permeseminars.com

- e. **For info about ICU & post-ICU functional measures,**
see: www.ImproveLTO.com
 - i. This website was created from a NIH-funded grant for improving outcomes measurement in critical care research
 - ii. There is info about **ICU-specific measures & long-term outcome measures** (physical, cognitive, mental health & quality of life)
 - iii. Free full-text review article on ICU mobility/physical function measures here: <http://rdcu.be/wszU>
 - iv. Free full-text review article on understanding patient outcomes after ICU: <https://bit.ly/2NTM77u>
 - v. **FREE web-based, self-assessment of RASS/CAM-ICU sedation/delirium assessments, at:**
 - 1. www.ImproveLTO.com/instruments; scroll down to Cognitive>ICU Delirium
 - i. Free registration required to access the assessment
 - vi. **Functional Status Score for the ICU (FSS-ICU) instrument information:**
 - 1. Website registration for **free** access to FSS-ICU: www.ImproveLTO.com
 - 2. **20-minute instructional video is available at above website**
 - 3. **Korean (NEW!),** Turkish, Spanish & Portuguese translations available (see www.ImproveLTO.com)
 - 4. Japanese, & Italian translation are “in process”
 - 5. FSS-ICU version for **retrospective assessment** of patient’s pre-ICU **baseline status** is at above website

- f. **Validated Survey to Assess Barriers to ICU Mobility** - free full text article available at: <https://bit.ly/2zbYHGA>
 - i. Survey is freely available at: bit.ly/icurehabsol

- g. **ICU Rehab eResource Sheet is attached**
 - i. share with colleagues; latest version is available at: <http://www.hopkinsmedicine.org/oacis/icurehab>

2. **COVID Publications**

1. Rehab in COVID-19: Japanese Observational & Multi-institutional Survey <https://bit.ly/3mGfqLd>
2. Home-based & Remote Exercise Testing in Cardiac Pts during Covid-19: Sys Review <https://bit.ly/33K6rlf>
3. Rehab & COVID-19: Systematic Review up to August 31st, 2021 <https://bit.ly/3fbJhXD>
4. Challenges & Lessons for Acute Inpatient Rehab of COVID-19 <https://bit.ly/3GTyrkE>
5. Physiotherapy Management for COVID-19: Update to Clinical Practice Recommendations <https://bit.ly/3qhWkfj>
6. Assessment of Sequelae of COVID-19 1 Year After Diagnosis <https://bit.ly/3mmt8B>
7. Post-ICU Syndrome of COVID-19: Cohort Study <https://bit.ly/3EvLl6N>
8. Fatigue & Cognitive Impairment Post-COVID-19: Meta-Analysis <https://bit.ly/3GhaiEM>
9. Persistent Neuropsychiatric Symptoms after COVID-19: Meta-analysis <https://bit.ly/3pi7zVA>

3. **New publications – new papers hot off the presses**

Rehab

1. Passive Mobilization with Blood Flow Restriction & E-Stim in Coma: RCT <https://bit.ly/3FeD0EW>
2. Goal-Directed Rehab & Electrical Muscle Stimulation & Nutrition: Pre-Post Study <https://bit.ly/3sjvJB9>
3. Nurse-Led, Lung Physiotherapy for Sepsis & Pneumonia in ICU: Pre-Post Study <https://bit.ly/3smaApV>
4. Out-of-bed Mobilization in ICU & Long-term Autonomy: Cohort Study <https://bit.ly/3epQXFr>
5. Out-of-the-ICU Activities: Safety of New Model of Rehab <https://bit.ly/3nbjVxr>
6. Early Rehab after Acute Myocardial Infarction <https://bit.ly/3sifzba>

7. 5 -Year Retrospective Analysis of Vented Mobility Algorithm in Burn ICU <https://bit.ly/3HBqUHH>
8. Early Tracheostomy & Active Exercise in Burn ICU <https://bit.ly/3t2mS7n>
9. Mobility Levels with Rehab During & After ECMO <https://bit.ly/3zJdeHN>
10. Active Mobility for ECMO: Commentary <https://bit.ly/32YYCbF>
11. Passive Range of Motion by PT in ICU: National Survey in UAE <https://bit.ly/3pcHHdJ>
12. Eye-tracking Devices for Symptom Identification in ICU <https://bit.ly/3GZMplb>
13. Predicting Community Discharge for OT Recipients in Neuro ICU <https://bit.ly/3H91VLO>
14. Fatigue Self-Management led by OT/PT for Chronic Conditions: Meta-analysis <https://bit.ly/3e9JUA1>

Strength, Mobility & Function

15. Physical Capacities Assessment in ICU: Exploratory Study <https://bit.ly/3yH8jqq>
16. Chelsea Critical Care Physical Assessment in Ventilated Pts: Clinimetrics <https://bit.ly/3JUCksc>
17. Psychometric Properties of Barthel Index at ICU Discharge <https://bit.ly/3feVgU5>
18. Multicenter Cohort Study of Falls Among Patients Admitted to ICU <https://bit.ly/33jJS6E>

Outcomes after ICU, and Patient Outcomes Research

19. 6 & 12-mo Outcomes Based on Inflammatory Sub-Phenotypes in Sepsis-Associated ARDS <https://bit.ly/3vQoPRW>
20. Long-Term Survival & Quality of Life in ARDS & Veno-venous ECMO support <https://bit.ly/325kEzT>
21. Unmet Medication Needs after Discharge & Readmission or Death in ICU Survivors <https://bit.ly/332PFhc>

22. Long-term Outcome of COVID ARDS: Editorial <https://bit.ly/3f3wuX7>

Delirium, Sedation & Sleep

23. National Quality Improvement Collaborative & ABCDEF Bundle Implementation <https://bit.ly/3neIVoB>
24. Delirium Prevention after Elective Surgery: Stepped-Wedge Cluster RCT <https://bit.ly/3eLR4eB>
25. Effects of Sedatives on Post-Extubation Delirium in ICU: Cohort Study <https://bit.ly/3zr0tSg>
26. 5 Yr Outcomes After a Pain, Agitation & Delirium (PAD) Protocol in ICU <https://bit.ly/3H0a0SU>
27. Assessment of Delirium: EEG Confusion Assessment Method Severity Score <https://bit.ly/3pcQahd>
28. Animal-Assisted Interventions in ICU Delirium: Literature Review <https://bit.ly/3J7q7j8>
29. 3-Min. Diagnostic Confusion Assessment Method for Post-op Delirium <https://bit.ly/3qcuVez>
30. Re-initiation of Antidepressants, Antipsychotics & Gabapentinoids in ICU: Review <https://bit.ly/3EWrKwX>
31. Multi-intervention Protocol to Improve Sleep in Coronary Care Unit <https://bit.ly/3eRbnHu>

Family & Psychological

32. Family Outcomes after Pediatric ICU: Scoping Review <https://bit.ly/32hCclg>
33. Trained ICU Doulas Providing Early Psychological Support to ICU Patients <https://bit.ly/31GKGSK>

Research Methods

34. Conducting Sys Review & Meta-analysis in Rehab <https://bit.ly/30HtD2q>
35. Minimum Data & Core Outcomes for Subacute Rehab: Scoping Review <https://bit.ly/3qf2dcT>

36. Statistical Inference through Estimation: International Society of Physiotherapy
Journal Editors <https://bit.ly/3ySiXuM>

Restraints

37. Critical Care Nurses' Decisions on Restraints in ICU: Prospective Observational
Study <https://bit.ly/3FXFrwV>

4. **Videos & News**

Video & podcast postings below:

OACIS Videos &

News: http://www.hopkinsmedicine.org/pulmonary/research/outcomes_after_critical_illness_surgery/oacis_videos_news.html

5. **Twitter**: for brief updates about ICU Rehab,
follow: @**icurehab** and @**DrDaleNeedham**. You can directly contribute
using #**icurehab**