

Hi Everyone,

Welcome to the **February 2022 @ICUrehab monthly email**. I hope you are managing through Omicron wave – our in-patient census is decreasing from a recent all-time high level.

ICU Rehab updates for Feb 2022

1. **Announcements** and updates below

- a. **Free Resources** 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. **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**
 - iii. **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. **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>
- c. **Fundamentals of ICU Rehab Webinar** by Chris Perme, PT CCS FCCM
 - i. More info: www.permeseminars.com
- d. **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 online, 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, 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
- e. **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
- f. **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. ICU Rehab of COVID-19 Pts in Slovenia: Observational Study <https://bit.ly/3fYY20o>
2. 1 Year Clinical Outcomes After ICU for COVID-19: 11 Dutch Hospitals (N=246) <https://bit.ly/3KH3C5v>
3. 1 Year Follow-Up of Mech Vent COVID-19 Pts: Single Center Italy (N=56) <https://bit.ly/3fYIRUY>
4. Dual-task Performance in Mech Vent COVID-19 Survivors <https://bit.ly/3IHhHT>
5. Clinical Profile & Recovery of Dysphagia in COVID-19: Observational Study <https://bit.ly/3AuiPCo>
6. International Commentary on Dysphagia & Dysphonia during COVID-19 Pandemic <https://bit.ly/3IDEhYw>
7. Focal Peripheral Neuropathies in COVID-19: Case Series (N=8) <https://bit.ly/3AvcVRo>
8. Delirium & COVID-19: Narrative Review of Emerging Evidence <https://bit.ly/3nYh7UM>
9. Neurodegenerative Biomarkers among COVID-19 Pts vs. Controls <https://bit.ly/3rPF3Lh>

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

Rehab

1. Neuromuscular Electrical Stimulation in Cardiac Surgery: RCT <https://bit.ly/32KI6vx>
2. Neuromuscular Electrical Stimulation in COPD: Sys Review <https://bit.ly/3ICqTDP>
3. Ward-Based Program on Hospital-Associated Complications & LOS: CHERISH RCT <https://bit.ly/3KJamQr>
4. Exercise Intervention on Functional Decline during Acute Hospitalization: RCT <https://bit.ly/3tZshw9>
5. Respiratory Rehab in Pts Recovering from Severe ARDS: Meta-analysis <https://bit.ly/32LiHSB>
6. Home-Based Pulmonary Rehab in COPD: Sys Review <https://bit.ly/3nX4skM>
7. Mobilizing Ventilated Neurosurgery Patients: Literature Review <https://bit.ly/33PtDPy>

Strength, Mobility & Function

8. Comparison of 20- & 30-Meter Walk Length for 6MWT in COPD: RCT <https://bit.ly/3H1e6us>
9. Remote 6MWT in Pulmonary Hypertension: Pilot Study <https://bit.ly/3IBrZzU>
10. Accelerometer Use to Quantify In-Hospital Mobility <https://bit.ly/3nYeItN>

Delirium, Sedation & Sleep

11. Melatonin on Post-operative Delirium After PCI: RCT <https://bit.ly/3487IIy>
12. Effect of Earplug/eye mask on Sleep & Delirium in ICU: RCT <https://bit.ly/3KL8JBG>
13. Non-pharma Interventions to Prevent Delirium in ICU: RCT <https://bit.ly/3Av0Uva>
14. Association between Nonpharmacological Strategies & Delirium in ICU <https://bit.ly/3nTwXA3>
15. Delirium Burden in Mech Vent Predicts Neurologic Outcomes <https://bit.ly/3H6sQIo>
16. Mindfulness Therapy in Post-ICU in-patients: Protocol for RCT <https://bit.ly/3Ax35hW>

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**