

Hi Everyone,

Welcome to the **Oct 2022 @ICURehab monthly email!** I am sending this email early due to working in the ICU during the first week of October.

ICU Rehab updates for Oct 2022

1. **Announcements** and updates below:

- a. **Oct 27 Registration Deadline!** 11th Johns Hopkins ICU Rehab Conference
 - i. **Brochure & info:** <https://icurehabnetwork.org/> or email ICUrehab@jhmi.edu
 - ii. **Fully virtual** with 2 identical formats (attend via one or both formats for a single registration fee):
 1. **Live format via Zoom (Nov 2-5)**
 2. **On-demand (Oct 20 to Dec 19)**
- b. ***NEW* Archives of 3 new ICURehab Webinars (from Sept, 2022)**
 - i. Archives here (look for “Free Webinars” link): <https://icurehabnetwork.org/>
 1. **Tracheostomy: Implications for PT, OT and SLP Practice in the ICU**
 2. **Optimizing Mobility in the Pediatric ICU**
 3. **Hospital-Wide Activity & Mobility Promotion - Systematically Combatting Immobility**
- c. **“Long COVID” Core Outcome Set (COS)...**
 - i. Project is done in collaboration with World Health Organization (WHO)
 - ii. Publication from Stage 1 of COS is below – *Lancet Respiratory Medicine*
 1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9197249/>
 - iii. ***NEW* Results of Stage 2 (i.e. recommended measurement instruments) coming very soon!**
 1. Results will be posted here in early October: <https://www.pc-cos.org/>
- d. ***NEW* Survey: Therapeutic exergaming for adult ICU patients**
 - i. **Survey focus:** requirements for exercising game for ICU patients unable to mobilize out of bed
 - ii. Open to international ICU health professionals via link: [Survey on therapeutic exergaming systems in the ICU](#)
- e. **ICU Communication Core Outcome Set (COS)***
 - i. ***Interventions to Enable Communication in Adults Requiring an Artificial Airway COS**
 - a. Endorsed by UK Intensive Care Society, European Society of Intensive Care Medicine, & ICUsteps
 - b. Recruiting clinicians, researchers, and patients/family
 - c. Survey started Sept. 5 (**open for limited duration**)
 - i. **SIGN UP** via: <https://delphimanager.liv.ac.uk/ICUCOMMUNICATION/Delphi>
- f. Participate in *international LIBERATION* study
 - i. Observational study of **evidence-based care & patient outcomes in ARDS**
 - ii. Focus on ICU rehab, restraints, ABCDEF bundle, etc.
 - iii. Adult & Pediatric ICUs can participate
 - iv. Patient enrollment: **June 2023 to May 2024**
 - v. Info: keiliu0406@gmail.com or <https://form.jsea2005.org/liberation-study-1/>
- g. **Updated ICU Rehab Resource Sheet** available at: <https://icurehabnetwork.org/resources/>
- h. **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>
- i. **Fundamentals of ICU Rehab** training by Chris Perme, PT CCS FCCM
 - i. More info: www.permeseminars.com

- j. **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, Turkish, Spanish, **Japanese** & Portuguese translations available (see www.ImproveLTO.com)
 4. FSS-ICU version for **retrospective assessment** of patient's pre-ICU **baseline status** is at above website
- k. **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

2. **COVID Publications**

COVID-19 Related Issues

1. COVID-19 Post Acute Care Major Organ Damage: Sys Review <https://bit.ly/3f75ycj>
2. Exercise Program in Improving Frailty Post-COVID-19: Retrospective Study <https://bit.ly/3LwjzMB>
3. Comprehensive Rehab in Severe COVID-19: Cohort Study <https://bit.ly/3xCrjXG>
4. Validity & Responsiveness of COVID-19 Yorkshire Rehab Scale in Italy <https://bit.ly/3QXDjWW>
5. Strength, Performance & MSK Symptoms in COVID-19 In-patients: Prospective Study <https://bit.ly/3DG8G9o>
6. Cardiorespiratory Fitness & Neuromuscular Function of Ventilated COVID-19 Pts <https://bit.ly/3drnkGG>
7. Long COVID & Impact on Quality of Life According to Initial COVID-19 Severity <https://bit.ly/3QIUuqa>
8. Two-Year Health Outcomes in Hospitalized COVID-19 Survivors in China <https://bit.ly/3Urcscn>
9. COVID-19 Sequelae in Unvaccinated Young Adults: Longitudinal Cohort study (LoCoMo) <https://bit.ly/3DEQrAU>
10. Differences in HADS & SF-36 Scores 1 year after ICU in COVID-19 Pts <https://bit.ly/3BVMruH>
11. Neuro & Psychiatric Risk Post COVID19: 2-year Retrospective Cohort Studies <https://bit.ly/3dASoDz>
12. Cognition after SARS-CoV-2 in a Population-representative Canadian Sample <https://bit.ly/3xN0OPz>
13. Plasma Markers Self-Reported Neuro Sequelae after SARS-CoV-2 <https://bit.ly/3UnJNFk>
14. Brain MRI in COVID-19 & Non-COVID-19 ARDS: Matched Case-Control Study <https://bit.ly/3xDtj7>
15. Psychological Stress Prior to Infection & Risk of Post-COVID-19 Condition <https://bit.ly/3Ut0v6j>
16. ICU Liaison Nurse Services & Anxiety in Family Caregivers during COVID-19: RCT <https://bit.ly/3f4zkhM>
17. ICU Visiting Policy during COVID-19 & Delirium & Anxiety Outcomes <https://bit.ly/3ptK4sb>
18. Restricted Visitation During COVID-19: Qualitative Study <https://bit.ly/3Cmnoxh>

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

Rehab

1. Neuromuscular Electrical Stimulation (NMES) & Post-Surgical Weakness: RCT <https://bit.ly/3R5ohTu>
2. Inspiratory Muscle Training in Ventilator-dependent Pts: RCT <https://bit.ly/3SxD9L3>
3. Physiologic Responses to Exercise in ICU Survivors: Pilot Study <https://bit.ly/3cnYas1>
4. Management of Patient Tubes & Lines during ICU Early Mobility <https://bit.ly/3C8zHRq>
5. Investigation of Adverse Events Occurring during ICU Rehab <https://bit.ly/3f2iekD>
6. Feasibility & Safety of Active PT in ICU for Intubated Pts with Malignancy <https://bit.ly/3qP4i06>
7. Sedation & Early Rehab in ICU <https://bit.ly/3QGaz9M>

8. Performance Standard for ICU PTs: Delphi Consensus Study <https://bit.ly/3DFDIyb>
9. Post-ICU Screen & Rehab Prescription for ICU Survivors Part II <https://bit.ly/3SmlVQn>
10. PT Perspectives on 3 Physical Function Measures in ICU: Mixed Methods Study <https://bit.ly/3qgMjiU>
11. Clinician's Commentary on "PT Perspectives on 3 Phys Func Measures". <https://bit.ly/3Lso8Yz>
12. Validity of Early Functional Ability scale (EFA) in ICU Early Neuro Rehab <https://bit.ly/3RZABW9>
13. Improving Mobility of Critically Ill Children: Quality Improvement <https://bit.ly/3Cud4Ye>
14. Early Rehab for Critically Ill Children in China: Survey <https://bit.ly/3ByJkr6>
15. Nutrition Rehab in Recovery of ICU Survivors: Review <https://bit.ly/3SeFutY>
16. Protein Prescription & Delivery in ICU: Survey of Aus/NZ ICU Dietitians <https://bit.ly/3S5b11R>
17. Dual-Task Training in Pts with Cognitive Impairment: Meta-Analysis <https://bit.ly/3BV9khK>

Muscle, Strength, Mobility & Function

18. Muscle Ultrasound in Diagnosis of ICUAW in Long-term ICU Pts <https://bit.ly/3DP7XT5>
19. Muscle Size, Strength & Function in Augmented Calorie Delivery <https://bit.ly/3ffKgcI>
20. Variability in Skeletal Muscle Protein Synthesis Rates in Critically Ill Pts <https://bit.ly/3RXXxVN>

Outcomes after ICU, and Patient Outcomes Research

21. Interventions to Prevent Mental Health Issues in ICU Survivors: Sys Review <https://bit.ly/3LydRKf>
22. ICU Delirium & Mental Health-Related Quality of Life <https://bit.ly/3dKNK6c>
23. DXA-based Changes in Body Composition 1 Year after ICU: Case-Control Study <https://bit.ly/3RdY4kV>
24. Physical & Psychological Impairment in ARDS Survivors: Meta-Analysis <https://bit.ly/3RUENpY>
25. Family Visitation in ICU & Psychiatric Outcomes: Retrospective Study <https://bit.ly/3v49BMb>
26. Social Determinants of Recovery <https://bit.ly/3LwsLAA>
27. Scales to Measure Post Intensive Care Syndrome (PICS): Scoping Review <https://bit.ly/3RaNIYF>
28. Post-Intensive Care Syndrome (PICS) in Chinese ICU Pts: Cross-Sectional Study <https://bit.ly/3LycmvB>
29. Effect of Age, Sex and Morbidity Count on Trial Attrition: Meta-Analysis <https://bit.ly/03UnIxSx>

Sedation, Delirium, Sleep

30. Factors Associated with SAT & SBT: Multicenter, Cohort Study <https://bit.ly/3QU9JFr>
31. Interventions for Preventing & Reducing Use of Physical Restraints <https://bit.ly/3SbIzLC>
32. Delirium Severity in MICU & SICU after Adjusting Medication Use <https://bit.ly/3cmDf8P>
33. Decreasing Delirium via Music (DDM): RCT <https://bit.ly/3AltYG0>
34. Discomfort Improvement via Electronic Relaxation in ICU: Cross-Over RCT <https://bit.ly/3drIwwq>
35. Impact of Family Presence on ICU Delirium: Retrospective Cohort Study <https://bit.ly/3xCGSPc>
36. ICU Delirium & Mental Health-Related Quality of Life <https://bit.ly/3dKNK6c>
37. Relationship between Delirium & Dementia <https://bit.ly/3dG4kEy>
38. Sleep Assessment in ICU: Sys Review & Meta-Analysis <https://bit.ly/3f8Ri2F>

Speech, Swallowing

39. Endotracheal Tube Size and ICU Outcomes <https://bit.ly/3xFsKVn>
40. Communication Success & Speaking Valve in Ventilated Pts <https://bit.ly/3OZBGMn>

Family

41. Family Visitation in ICU & Psychiatric Outcomes: Retrospective Study <https://bit.ly/3v49BMb>
42. Impact of Family Presence on ICU Delirium: Retrospective Cohort Study <https://bit.ly/3xCGSPc>
43. My Loved One Is in ICU - What Should I Know? <https://bit.ly/3Utgjz1>

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](http://www.hopkinsmedicine.org/pulmonary/research/outcomes%20after%20critical%20illness%20surgery/oacis_videos_news.html)

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

Best wishes to everyone,

Dale