

Hi Everyone,

Happy New Year, and welcome to the **Jan 2023 @ICURehab monthly email**. There are lots of updates/announcements, plus many new publications!

ICU Rehab updates for Jan 2023

1. Announcements and updates below:

a. Call for Presentations & RSVP: 13th International ICU PM&R Meeting – Washington, DC, USA

- i. Once again, I am organizing this meeting, timed to coincide with the American Thoracic Society (ATS) Conference

1. There is no registration fee (free of charge!)

- a. **Sat. May 20, 2023 (~1:30 - 6:30 pm (exact time TBD), **with social event immediately thereafter**)**
- b. **Location:** GW University in Washington DC, USA (~1.5 miles/2.5 km from ATS Convention Center)
- c. **You must RSVP***; invitation is open to clinicians & researchers (commercial attendees/vendors may not attend)
- d. **This is a live in-person meeting; we will NOT record it & NOT have live streaming (i.e. no Zoom)**

- ii. For those unfamiliar with the meeting format/content, see example agenda from **past year** (attached pdf)

- iii. ***RSVP to** Madison Greer (mgreer6@jhmi.edu): provide your name, degrees, institutional affiliation

- iv. **If you want to give a 10-min. presentation****, please contact **ME ASAP** (dale.needham@jhmi.edu).

1. ****Priority is given to presentations topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**
2. Please send **me** your name, degrees, institutional affiliation, and **proposed short title of the presentation.**

b. *Register ASAP: 1 month away!* Virtual Conference: 7th Asia Pacific Early Mobilization & Rehab in ICU

- i. **Date:** Feb 3-4, 2023 (Live virtual, with on-demand access for those in other time zones)

ii. Abstract deadline extended to Jan 14, 2023!

- iii. **Registration fees as low as \$US 58** for Allied Health from lower income countries

- iv. Info & registration: <https://www.2023icurehab.org/> + email: 2023.icurehab@gmail.com

c. Updates from 11th Johns Hopkins Critical Care Rehab Conference...

- i. Registration closed with almost 750 attendees from ≥ 25 countries

1. Transcript of Conference Live Tweeting: <https://icurehabnetwork.org/2022-conference/>

- a. **>1,200 tweets from 175 participants resulting in >7.8 million impressions**
- b. This Twitter transcript includes photos of slides & weblinks

ii. ICU Rehab Conference Literature Lists (100's of citations!)

1. Available here: <https://icurehabnetwork.org/conference-archives/>
 - a. Developed by **Carrie Price, MLS** (Medical Librarian)
2. Includes all citations from presentations at 11th Hopkins ICU Rehab Conference.

- iii. **ICU Patient Interviews (adult & pediatric):** <https://icurehabnetwork.org/conference-archives/>

- iv. **Poster & Oral Abstract Winners:** <https://icurehabnetwork.org/conference-archives/>

v. Save the Date: 12th Johns Hopkins ICU Rehab Conference Nov. 8-11, 2023

1. Decision about virtual vs. in-person format will be made in Spring 2023
2. **More info:** <https://icurehabnetwork.org/> or email ICUrehab@jhmi.edu

- d. **Adult Long COVID Core Outcome Set (COS)...**
 - i. Project 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. **Results of Stage 2 (i.e. recommended measurement instruments) available!**
 - 1. **See Recommended Measurement Instruments:** <https://www.pc-cos.org/>
- e. **Updated ICU Rehab Resource Sheet:** <https://icurehabnetwork.org/resources/>
- f. **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>
- g. **Fundamentals of ICU Rehab** training by Chris Perme, PT CCS FCCM
 - i. More info: www.permeseminars.com
- h. **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
 - a. 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
- i. **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. Comparing Rehab Outcomes in Mech Ventilated COVID-19 Pts <https://bit.ly/3FqtoJB>
2. Initial SaRS-CoV-2 Positivity & Pt-Reported Well-being 3 Months after Illness <https://bit.ly/3Y5tizr>
3. In-Hospital & 6-Month Outcomes in COVID-19 Pts on ECMO <http://bit.ly/3OJPIHQ>
4. Long-lasting Symptoms after Acute COVID-19 & their Resolution <https://bit.ly/3Hj80ZI>
5. Post-COVID-19 Symptoms 2yrs After SARS-CoV-2 in Hospitalized vs Non-Hospitalized Pts <https://bit.ly/3VSDaL8>
6. Long COVID Among Hospitalized & Non-Hospitalized: Meta-analysis <https://bit.ly/3uIKiOz>
7. Course of Health in Non-Hospitalized Children with COVID-19 <https://bit.ly/3Bqpwwz>
8. Post-COVID-19 Morbidity in Children, Adolescents & Adults: Matched Cohort Study <http://bit.ly/3AT1wfu>
9. Residual Lung Abnormalities Post COVID-19 Hospitalization: UKILD Study <https://bit.ly/3iGEwtX>
10. Psychological Recovery after COVID-19 ICU Admission: Randomized Pilot Feasibility Study <http://bit.ly/3ua9Q6V>

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

Rehab

1. OT-Guided Cognitive Interventions in ICU Pts: Feasibility RCT <http://bit.ly/3Fa27w4>
2. Early Cognitive Rehab Training in ICU Pts with Cognitive Impairment: RCT <https://bit.ly/3PIGXyo>
3. Exercise, Protein & NMES in ICU Survivors: Pilot RCT <https://bit.ly/3iIjgEh>
4. Early NMES in Heart Failure Decompensation: Pilot RCT <https://bit.ly/3PdZqBV>
5. Mobilization of ICU Pts Receiving Norepinephrine: Retrospective Cohort Study <http://bit.ly/3XM3GFH>
6. Early ICU Mobilization in Latin America: Survey <https://bit.ly/3Pm5cMN>
7. Early Mobility Interventions & Associated Outcome Measures: Review <http://bit.ly/3PaihJ2>
8. Effects of Systematized Rehab Nursing Program: Non-Randomized Study <http://bit.ly/3imtJoT>
9. Lung Aeration with Resp PT using Lung Ultrasound in MV Pts: Cohort Study <https://bit.ly/3HzijbJ>
10. Chest PT for Pneumonia in Adults: Cochrane Review <https://bit.ly/3HlHKxd>
11. Walking-based Home Program for Improving Cardio-Respiratory Performance: RCT <https://bit.ly/3Y52dwr>

Muscle, Mobility & Function

12. Effect of Enteral Amino Acid on Muscle & Gut Function in ICU Pts: RCT <http://bit.ly/3GUg6Y4>
13. Clinical Properties of 6-Clicks & Functional Status Score for ICU in UAE <https://bit.ly/3heh9ry>
14. Reliability, Validity & Determinants of 6-MWT in Adult Asthma Pts <https://bit.ly/3USNqlq>

Outcomes after ICU, and Patient Outcomes Research

15. Screening Tools for PICS & PTSD in ICU Survivors: Scoping Review <http://bit.ly/3PaihJ2>
16. 1-year Hospital Readmission for Recurrent Sepsis: French Nationwide Study <https://bit.ly/3UDbTet>
17. Predictors of Missed Visits in 20-year Follow-up for TBI Model System: Cohort Study <https://bit.ly/3F7XtgO>

Sedation, Delirium, Sleep, Agitation

18. Music for Prevention of Delirium in Post CABG Pts: RCT <http://bit.ly/3ONrVRR>
19. Preventive Effects of Preop Ramelteon on Postop Delirium: Meta-analysis <http://bit.ly/3u8626c>
20. Self-assessment Tool for Nurses' Competence in Recognizing & Managing Delirium <http://bit.ly/3VhXbed>
21. Interventions for Deprescribing Antipsychotics among ICU Pts <https://bit.ly/3iIo0d3>
22. Stress Response during Early Sedation with Dexmed vs Usual-care in MV pts <http://bit.ly/3GSzDrW>
23. Prevalence of Sleep Disturbance in ICU Pts: Meta-analysis <https://bit.ly/3BwL8S1>
24. ICU Team Perspectives on Physical Restraints: Qualitative Study <https://bit.ly/3W4DtTk>
25. Postop Delirium & Long-term Cognitive & Functional Decline after Cardiac Surgery <https://bit.ly/3HjcXBp>
26. Association between Frailty, Delirium & Mortality in ICU: Binational Registry Study <http://bit.ly/3AUeJ8a>

Psychology

27. Mental Frailty in ICU Survivors: 1-year Retrospective Cohort Study <https://bit.ly/3F8bX0a>

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