Hi Everyone,

Welcome to the **Feb 2023** **@ICURehab monthly email**. There are lots of updates/announcements, plus many new publications!

ICU Rehab updates for Feb 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/networking 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 ****Priority is given to topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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. Johns Hopkins Activity & Mobility Promotion (JH-AMP) 6th Annual Conference**
     - i. **Dates**: On-demand Apr 1 to June 1, 2023; In-Person April 26-28, 2023
     - **ii. Early-bird pricing ends 2/28/23**
       1. Use code ICUConf23 **for *additional* 25% discount on registration!!**
     - iii. Content: JH-AMP 8-Step Framework, Evidence & Innovation, Safe Patient Mobility, Best Practices + In-Person Interactive Workshops, Panels, Roundtables & Networking
     - iv. **For more info & to register: www.HopkinsAMP.org/conference or HopkinsAMP@jhmi.edu**

   - c. **Free Resources from 11th Johns Hopkins Critical Care Rehab Conference**…
     - i. Registration closed with almost 750 attendees from ≥25 countries
     - **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. Multidisciplinary Rehab in COVID-19: RCT http://bit.ly/3ZxVImm
2. Sys Review of Trials Investigating Therapeutic Modalities for Post-Acute COVID-19 http://bit.ly/3iTlIIt
3. Early Rehab in Severe COVID-19: Propensity Score Analysis https://bit.ly/3FrQ9wI
4. Timing Out-of-bed Mobilization & Mobility levels in COVID-19 https://bit.ly/3X54tCs

5. Impact of Post-COVID-19 Clinic on Hospital Admissions & ED Visits https://bit.ly/3D2MGo0
6. Function of Severe COVID-19 Patients attending Pulmonary Rehab https://bit.ly/3jTiXHn
7. Fatigue, Post-Exertional Malaise & Orthostatic Intolerance in Post COVID-19 Rehab https://bit.ly/3QeF2wd
8. Diaphragm Muscle Weakness After COVID-19 Hospitalization https://bit.ly/3GTRSN5

9. 3 Months After Inpatient Rehab in COVID-19 Survivors https://bit.ly/3uY6Xqa
10. 6 Mo follow-up Post-COVID-19 in Hospitalized & Non-hospitalized in South Africa https://bit.ly/3ZOcYUK
11. Acute Disease Severity & 1-year QoL Post COVID-19: Prospective Cohort Study https://bit.ly/3izZICi

12. Neuropsychiatric Conditions & Risk of Severe COVID-19 & Other Resp Infections http://bit.ly/3H3tpVV
13. Subjective & Objective Cognitive function after COVID-19: 6 Mo follow-up http://bit.ly/3HhAy4S
14. Cognitive Impairment, Anxiety & Depression: Post COVID-19 Rehab http://bit.ly/3WbCm3H

15. PTSD in Family Members of COVID-19 Pts https://bit.ly/3PxDYD4
16. Anxiety, Depression & Stress among Families of COVID-19 Pts: Longitudinal Study http://bit.ly/3ixiWZt

17. Long COVID Review: Major findings, Mechanisms & Recommendations https://go.nature.com/3IVA5Xw

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

Rehab

1. Effect of Mobilization at 6 Months after Critical Illness: Meta-Analysis https://bit.ly/3ikbLUb
2. Clustering ICU Pts using Individualized Learning for Mobilization Dosage https://bit.ly/3k6rCq2
3. Early Mobilization in ICU Pts on Vasoactive drugs: Prospective Study https://bit.ly/3WMLixG
4. Daily Variation in Physical Activity during Mech Ventilation http://bit.ly/3ZGqYji
5. Early Active Mobilisation & Clinical Outcomes & Adverse Events: Critical Appraisal http://bit.ly/3R9t3k5

6. Inspiratory Muscle Training with or without Pulmonary Rehab for COPD: Cochrane Review http://bit.ly/3iIjmMp
7. Perceptions of ICU Pts & Clinical Staff on Virtual Reality: Qualitative Study https://bit.ly/3We6qMZ
8. Infection Control & Device Management when Mobilizing ICU Pts https://bit.ly/3FzuAKK
9. Early Progressive Mobilization in Severe Subarachnoid Hemorrhage https://bit.ly/3kbaxuQ

Muscle, Mobility & Function

10. Rate & Assessment of Muscle Wasting during ICU: Meta-analysis https://bit.ly/3GRJ76n
11. Activin A level & Physical function in ICU Pts https://bit.ly/3QW5J9l
12. ICU-Acquired Weakness & Skeletal Muscle Proteostasis in Rats https://bit.ly/3ZbtHkz
13. Skeletal Muscle Quality & Disability in Sepsis http://bit.ly/3H3aFFV
14. Clinically Important Difference in 6MWD in Pulmonary Arterial Hypertension https://bit.ly/3QEeEvF

Outcomes after ICU, and Patient Outcomes Research

15. Socioeconomic Status & Outcomes in Critical Care: Meta-Analysis https://bit.ly/3Is3XdO
16. HRQoL 1-year Economic Evaluation post ECMO http://bit.ly/3WlGbmR
17. Published Outcome Sets vs Outcomes in Regulatory Guidance from FDA & EMA https://bit.ly/3ZAly9C
18. Effect Size Estimates of Risk Factors for PICS-Family: Meta-analysis http://bit.ly/3XxSfTL

Sedation, Delirium, Sleep, Agitation

19. Nighttime Dexmed for Delirium Prevention in Non-Ventilated Cardiac Surgery: RCT http://bit.ly/3kvfWgJ
20. Nighttime Dexmed for Postop Delirium Prevention: Editorial on RCT http://bit.ly/3QSNb9M
21. Dexmed for Adult Cardiac Surgery: Meta-analysis http://bit.ly/3ku5tlB
22. Haloperidol for Treatment of ICU Delirium: Editorial on AID-ICU RCT https://bit.ly/3GIAZFb
23. Prolonged Sedation with Sevoflurane vs IV Sedation in ICU: RCT http://bit.ly/3XGNZRX
24. Short-term Periop Cognitive Therapy with Exercise in Neurocognitive Disorder: RCT http://bit.ly/3tyUFVt
25. Melatonin or Ramelteon in ICU Delirium Prevention: Meta-Analysis http://bit.ly/3ZIY6ag

26. Predisposing & Precipitating Factors Associated with Delirium: Sys Review http://bit.ly/3W7p9cg
27. Prognostic Significance of Delirium Subtypes in Critically Ill Pts https://bit.ly/3XaTjfI
28. Quantitative EEG Signatures of Delirium & Coma in Mech Vent ICU Pts https://bit.ly/3XMtq5U

29. Catatonia & Delirium: Comorbidity, Prevalence & Therapeutic Response in Inpatients https://bit.ly/3QrInIk
30. Benzodiazepines & Antipsychotics Before & After Hospital Visitation Restrictions http://bit.ly/3iPd79E
31. New & Persistent Sedative Prescriptions Among Older Adults After ICU http://bit.ly/3ZUmuWf

32. Subjective Sleep Assessment vs. Polysomnography in Mech Vent Pts http://bit.ly/3wh38x1
33. Impact of Pharmacist-Driven Multicomponent Sleep-Promoting Protocol on ICU Delirium https://bit.ly/3ZSZLd6

Psychology

34. Mobile App-based Coping Skills for Cardioresp Failure Survivors: Pilot RCT https://bit.ly/3k2S2c3
35. Subjective Mental & Phys Health Correlation with EQ-5D-5L Values in Critical Illness http://bit.ly/3CKrm6x
36. Clinical Impact of Rehab & ICU Diary on Critically ill Pts: Meta-analysis https://bit.ly/3D2MGo0

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**

Best wishes to everyone,

Dale