

Hi Everyone,

Welcome to the **March 2023 @ICURehab monthly email** (*I am sending early because I am tied up during first week of March*). There are lots of updates/announcements, plus many new publications!

### ICU Rehab updates for March 2023

1. **Announcements** and updates below:

a. **RSVP now to attend + LAST Call for Presentations:** **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 **prior year** (attached pdf)

iii. **\*For registration to attend: RSVP to** Madison Greer ([mgreer6@jhmi.edu](mailto:mgreer6@jhmi.edu)): provide name, degrees, institutional affiliation

iv. **If you want to give a 5 or 10-min. presentation\*\*, please contact ME ASAP** ([dale.needham@jhmi.edu](mailto: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 **\*\*Priority is given to topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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) 6<sup>th</sup> 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](http://www.HopkinsAMP.org/conference) or [HopkinsAMP@jhmi.edu](mailto:HopkinsAMP@jhmi.edu)

c. **Free Resources** from 11<sup>th</sup> Johns Hopkins Critical Care Rehab Conference...

i. **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 11<sup>th</sup> Hopkins ICU Rehab Conference.

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

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

i. Decision about virtual vs. in-person format will be made in Spring 2023

ii. **More info:** <https://icurehabnetwork.org/> or email [ICUrehab@jhmi.edu](mailto:ICUrehab@jhmi.edu)

- e. **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/>
- f. **Updated Monthly! ICU Rehab E-Resource Sheet:** <https://icurehabnetwork.org/resources/>
- g. **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>
- h. **Fundamentals of ICU Rehab** training by Chris Perme, PT CCS FCCM
  - i. More info: [www.permeseminars.com](http://www.permeseminars.com)
- i. **For info about ICU & post-ICU functional measures, see:** [www.ImproveLTO.com](http://www.ImproveLTO.com)
  - i. Website created from a NIH-funded grant for improving outcomes measurement in critical care research
  - ii. 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](http://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](http://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](http://www.ImproveLTO.com))
    - 4. FSS-ICU version for **retrospective assessment** of patient's pre-ICU **baseline status** is at above website
- j. **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](http://bit.ly/icurehabsol)

## 2. **COVID Publications**

### **COVID-19 Related Issues**

1. Rehab Interventions for Post-Acute COVID Syndrome: Sys Review <http://bit.ly/418Arkj>
2. HRQoL during Rehab in ICU Neuropathy/Myopathy after COVID: Prospective Cohort <http://bit.ly/3X49URV>
3. Interdisciplinary Treatment for COVID ICU Survivors & Psych Outcomes <http://bit.ly/3lOlyd5>
4. Effect of Video Visitation on ICU Pts & Family during COVID: RCT <http://bit.ly/3xydcm2>
5. Clinician Perceptions of ICU Family Visiting Restrictions during COVID: <http://bit.ly/3WZd4q4>
6. Symptom, Disability & Financial Trajectories at 1, 3 & 6 Mo. after COVID <http://bit.ly/3YOO0Di>
7. Fatigue & Symptoms at 3mo post COVID: Multi-center Prospective Cohort <https://bit.ly/3Hm9U3>
8. COVID vs Non-COVID PICS at ICU Follow-Up Clinic <http://bit.ly/3Hp20N5>
9. Two-Year Follow-Up of Symptoms & Return to Work Post-COVID <http://bit.ly/3l0XL2s>

10. COVID-19 Influence on Functional Status after ARDS <http://bit.ly/3YRW2v6>
11. Long Covid—Update for Primary Care <http://bit.ly/3jhXjMQ>
12. Biomarkers of Inflammatory, Hypercoagulation & Delirium in COVID <http://bit.ly/3Dt0W9O>
13. Mental Health Correlation with Inflammatory Biomarkers in COVID-ARDS <https://bit.ly/3HEGJAi>
14. Association between COVID & Mental Disorders in Spouses of ICU Pts <https://bit.ly/3WPGnLE>
15. Functioning of Family Experiencing ICU Care & COVID Impact: Qualitative Study <https://bit.ly/3YcywsE>

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

#### **Rehab**

1. Effect of Early Mobility on Long-Term Cognitive Impairment after ICU: RCT <http://bit.ly/3JwHBbt>
2. Music-Guided Exercise Intervention in ICU survivors: RCT <http://bit.ly/3WPLwmX>
3. Ward-Based “Eat Walk Engage” Program on Complications & Delirium: CHERISH RCT <http://bit.ly/3I3Nzyj>
4. TEAM RCT Commentary: Early ICU Mobilisation in Adults <https://bit.ly/3lvV49r>
5. Feasibility & Safety of PT for Intubated Patients with Malignancy <http://bit.ly/3qP4i06>
6. Early Passive Orthostatic Training & Diaphragm Atrophy in MV: Case Control Study <http://bit.ly/3IpPEpA>
7. Loading during Inspiratory Muscle Training in ICU Pts with Weaning Difficulties <http://bit.ly/3xmZj9Y>
8. Aloud real-time reading of ICU diaries: Feasibility Study <https://bit.ly/3ImgwFY>
9. ICU nurse’s knowledge regarding Early Mobility: Cross-Sectional Survey <http://bit.ly/3XLF3dO>
10. Communication tools for Mechanically Ventilated Pts: Scoping Review <http://bit.ly/3XweGHN>
11. Virtual Reality for Cognitive Rehab: Beginner's Guide for Clinicians <http://bit.ly/3HWn6Ug>
12. ICU Rehab: Where are we and What are we aiming at? <http://bit.ly/3XLi0ir>
13. Exercise & Nutrition in ICU Patients: What is the Correct Formula? <http://bit.ly/3RlwC6v>

#### **Muscle, Mobility & Function**

14. Variability in Skeletal Muscle Protein Synthesis Rates in Critically Ill Pts <http://bit.ly/3RXXxVN>
15. Methodologic & Clinimetric Eval. of Inspiratory Muscle Ultrasound in ICU <http://bit.ly/40foqZK>
16. Early Rehab Index: Translation & Adaptation to Brazilian Portuguese <http://bit.ly/3st4L8o>
17. 1 Minute Sit to Stand Remotely: PERSPIRE Cohort study <http://bit.ly/3Hpblo7>

#### **Outcomes after ICU, and Patient Outcomes Research**

18. Employment Outcome after Critical Illness: Sys review <http://bit.ly/3ElZkzc>
19. ARF Survivors' Feedback on Phone-Based Follow-Up Using Core Outcome Set <http://bit.ly/3IgrDv>
20. Mortality as Measure of Treatment Effect in ICU RCTs <http://bit.ly/3wFHuTk>
21. Health Expectations & QoL after ICU: Multicenter Prospective Study <https://bit.ly/40cZORi>
22. Communication Tools in Mech Vent Pts with Artificial Airway: Consensus <https://bit.ly/41beukB>
23. Unmet Non-Medication Needs after Hosp D/C & Readmit: Prospective Cohort <http://bit.ly/3Y9FDSE>

#### **Sedation, Delirium, Sleep, Agitation**

24. Effects of Melatonin on Post-op Delirium after PCI in Elderly: RCT <http://bit.ly/3IBKL3S>
25. Mobility in Evening to Treat delirium (MENTAL): Protocol for Feasibility RCT <https://bit.ly/3Rvu85D>
26. Actigraphy Sleep Measurement in ICU Pts: Ramelton vs. Placebo <http://bit.ly/40slVDh>
27. Aloud real-time reading of ICU diaries: Feasibility Study <https://bit.ly/3ImgwFY>
28. Adherence to ICU Delirium Guideline 5 years after Implementation: Cohort study <http://bit.ly/3JAqNQZ>
29. Blood Pressure Variability Cognitive Outcomes in ICU Pts <http://bit.ly/3KoMG6k>
30. ABCDEF bundle on Delirium, Func. Outcomes & QOL in ICU: Sys Review <http://bit.ly/3XwHAaZ>
31. Dexmed for Prevention of Delirium in ICU or Postop: Sys Review <http://bit.ly/3IEbYvM>
32. Factors assoc with Delirium among ARDS survivors: Nationwide Cohort Study <http://bit.ly/3xlFtfh>

#### **Psychology**

33. Preexisting Mental Health Disorders & Adverse Outcomes in ICU pts <http://bit.ly/3XruawU>
34. Ten recommendations for child-friendly visiting policies in ICU <http://bit.ly/3XSjubs>

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_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