

Hi Everyone,

Welcome to the **August 2023 @ICURehab monthly email**. There are updates/announcements on educational opportunities, plus many **new** publications (Note: there are no more bit.ly links for publications – each publication title has hyperlink instead)

## ICU Rehab updates for August 2023

### 1. Announcements and updates below:

#### a. Register now (**free!**): **Johns Hopkins @ICURehab webinar (via Zoom)**

- i. **Date:** Sept 20, 2023, 12 to 1pm (Eastern time USA)
- ii. **Topic:** **Johns Hopkins Activity & Mobility Promotion (JH-AMP): Systematically Combating Hospital Harm**– including live Q&A
- iii. **Free Registration here:**  
[https://jhjhm.zoom.us/webinar/register/WN\\_F73oFamuS\\_65WK2MyYKzDg](https://jhjhm.zoom.us/webinar/register/WN_F73oFamuS_65WK2MyYKzDg)
- iv. Webinar will be recorded & subsequently posted to <https://icurehabnetwork.org/> (if you can't participate live)
- v. **No continuing education credit is available**

#### b. **Register now!** 12th Johns Hopkins ICU Rehab Conference

- i. **Registration info & updated brochure:** <https://icurehabnetwork.org/>
  1. Brochure updates include recognition of **APTA Cardio-Pulm, American Delirium Society, ASHA** and **APTA Acute Care**
- ii. **Fully virtual** with 2 identical formats (attend via one or both formats for a single registration fee):
  1. **Live format via Zoom (Nov 8-11, 2023)**
  2. **On-demand for >8 weeks (Oct 19 to Dec 18, 2023)**
- iii. **Continuing Education credit info:** <https://hopkinscme.cloud-cme.com/course/courseoverview?P=0&EID=45339>
- iv. **If Questions:** [ICUrehab@jhmi.edu](mailto:ICUrehab@jhmi.edu)

#### c. 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/>

#### d. **NEW!!** Child Long COVID Core Outcome Set (COS)...

- i. Project completed as of July 31, 2023 – stay tuned for updates regarding consensus on measurement instruments
- ii. COS/COMS info updates are posted: <https://www.pc-cos.org/children>

- e. **Updated Monthly! ICU Rehab E-Resource Sheet:**  
<https://icurehabnetwork.org/resources/>
- f. **Resources/tools for adult ICU, pediatric ICU, & hospital-wide mobility:**
  - i. <http://www.johnshopkinsolutions.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](http://www.permeseminars.com)
- h. **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
      - i. Free registration required to access the assessment
  - vi. **7 short educational videos for learning RASS & CAM-ICU:**
    - i. <https://vimeo.com/showcase/9768694>
    - ii. free full text publication: <https://www.atsjournals.org/doi/10.34197/ats-scholar.2022-0011OC>
  - vii. **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
- i. **Validated Survey to Assess Barriers to ICU Mobility** - free full text article available at: <https://bit.ly/2zbYHGA>
  - i. Survey is free as part of "Complimentary Critical Care Rehab Toolkit" at: [bit.ly/icurehabsol](http://bit.ly/icurehabsol)

## 2. **COVID Publications**

Note: there are no more bit.ly links for publications – each publication title has hyperlink instead

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

1. [Body Composition & Physical Performance 1 yr Post COVID-19](#)
2. [Sex-differences in Longitudinal Recovery of Neuromuscular Function in COVID-19 ARDS](#)
3. [Restrictive Visitation & PTSD in Families of ICU Pts with COVID-19](#)
4. [Medical & Mental Health Sequelae Post COVID-19 Hospitalization: Cohort Study](#)
5. [Mitigating Neuro, Cog, & Psych Sequelae of COVID-19-related Crit Illness](#)
6. [Post-Acute Sequelae of COVID-19: Multisystem Manifestations](#)
7. [Long COVID—Unravelling Complex Condition](#)
8. [Researching COVID to Enhance Recovery \(RECOVER\) Adult Study Protocol: Cohort Study](#)

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

Note: there are no more bit.ly links for publications – each publication title has hyperlink instead

#### **Rehab**

1. [Early Mobilization in MV Pts: Sys Review & Meta-Analysis](#)
2. [Early Mobilization Protocol & Muscle Strength in Critc Ill Pts: RCT](#)
3. [Early Mobilization on Pulm Parameters & Complications post CABG Surgery: RCT](#)
4. [Early In-Bed Cycling for MV Pts: Protocol for Multicenter RCT](#)
5. [Sensory Stimulation on Psychosocial & Clinical Outcomes on ICU Pts: RCT](#)
6. [Early Mobilisation practice in ICUs: Cross-Sectional Survey in China](#)
7. [Individualized Goal Setting for Pediatric ICU Based Rehab Using COPM](#)
8. [Mobility Dose on Discharge Disposition in Crit Ill Stroke Pts: Cohort Study](#)
9. [Active & Early mobilization of ICU Pts during MV?: Letter](#)
10. [Rehab across Life Course & Crit Care Pathway: Editorial](#)
11. [Ward-Based prog to Improve care for Older Pts: Evaluation of Randomised CHERISH trial](#)
12. [Variation in estimates of late-life activity limitations across National Cohort Studies](#)

#### **Muscle & Function**

13. [Comorbid Subtypes of Patients with Acute Resp Failure: Latent Class Analysis](#)

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

14. [1 yr Post-ICU & Impact of Demographic, Clinical & Psychosocial factors: Cohort Study](#)
15. [AHRF after Lower TV Vent facilitated by ECCO2R: Outcomes of REST Randomised Trial](#)
16. [Effects of IV Fluid Restriction in Adult ICU Pts with Septic Shock: Long-Term Outcomes](#)
17. [Narrative Review of Post-Intensive Care Syndrome](#)

18. [Impact of ABCDEF Bundle Compliance Rates on PICS: Secondary Analysis Study](#)
19. [Pain, Anxiety & Depression in Pts with PICS: Secondary Analysis](#)
20. [Decade of PICS: Bibliometric Network Analysis](#)
21. [Recovery Goals to Facilitate Goal setting After Crit Illness](#)

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

22. [Pharmacologic Sleep Promotion Modalities in ICU: Sys Review](#)
23. [ICU Delirium—Decade of Learning: Review](#)
24. [Sensory Stimulation for Preventing Delirium in SICU: RCT](#)
25. [Intra Op Suggestions to Prevent Postop Delirium in TAVR: RCT](#)
26. [Safety & Feasibility of Novel Restraint Device for ICU Pts w MV: Pilot Study](#)
27. [Opioids Increase Risk of Delirium in Crit Ill Pts: Propensity Score Analysis](#)
28. [Delirium Severity Screening in ICU-Screenings Tools: Observational Study](#)
29. [Diagnostic accuracy of CAM-ICU tool by Nursing Assistants -Prospective study](#)
30. [Delirium, Neurofilament Light Chain & Cog Impairment: Analysis of Cohort study](#)

#### ***Dysphagia, Communication & SLP Issues***

31. [Swallowing & Oral-Care Program on Resuming Oral feeding Post Extubation: RCT](#)
32. [Eye Control-Med device, for communication in MV Pts: Pilot Study](#)
33. [High-flow Trach & Speaking Valve during weaning from MV](#)

#### ***Psychology***

34. [Early Psychiatric Assessment, Referral, & Intervention Study: Protocol for Pilot RCT](#)
35. [Prevalence & Predictive Factors of PTSD Sym 3 mo Post ICU: Prospective Study](#)
36. [Interruption of Home Psychotropic Medications at ICU: Retrospective Study](#)
37. [Antipsychotic Medication in Crit Ill Adult Pts: Cohort Study](#)
38. [Family Functioning and Post ICU: Cross-Sectional study](#)

#### **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