

Hi Everyone,

Welcome to the [early*] **November 2023 @ICURehab monthly email**. I am happy to share updates/announcements on educational opportunities, plus many **new** publications for this month!

*I must send this email a bit early since we are busy with final preparations for the Live Virtual format of our **Hopkins ICU Rehab Conference (last day to register is Nov 2 – see below!)**.

ICU Rehab updates for Nov 2023

1. **Announcements** and updates below:

a. **November 2 is last day to Register! 12th Johns Hopkins ICU Rehab Conference**

i. **New Info on Translations (new Zoom webinar feature for 2023!):**

1. **During Live format*, all presentations have subtitles with automated translations into >20 languages**

a. more info at: <https://icurehabnetwork.org/faq/>

ii. **Registration info & brochure:** <https://icurehabnetwork.org/>

1. **Registration deadline: Nov. 2, 2023!**

2. Brochure includes recognition of **NIDUS, APTA Cardio-Pulm, American Delirium Society, ASHA** and **APTA Acute Care**

iii. **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 – already opened! (Oct 19 to Dec 18, 2023)**

iv. **Continuing Education credit info:** <https://hopkinscme.cloud-cme.com/course/courseoverview?P=0&EID=45339>

v. **If Questions:** ICUrehab@jhmi.edu

b. **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. **“In Press” with *Lancet Respiratory Medicine* – will share weblink when available**

a. **See Recommended Measurement Instruments:** <https://www.pc-cos.org/>

c. **Child Long COVID Core Outcome Set (COS)...**

i. Project completed as of July 31, 2023

ii. **COS/COMS updates here:** <https://www.pc-cos.org/children>

- d. **Updated Monthly! ICU Rehab E-Resource Sheet:**
<https://icurehabnetwork.org/resources/>
- e. **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>
- f. **Fundamentals of ICU Rehab** training by Chris Perme, PT CCS FCCM
 - i. More info: www.permeseminars.com
- g. **For info about ICU & post-ICU functional measures, see: 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; scroll down to Cognitive>ICU Delirium
 - i. Free registration required to access the assessment
 - vi. **7 short educational videos for learning RASS & CAM-ICU:**
 - 1. <https://vimeo.com/showcase/9768694>
 - 2. 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
 - 2. **20-minute instructional video is available at above website**
 - 3. Korean, Turkish, Spanish, Japanese & Portuguese translations available (**Chinese is “in process”**) (see www.ImproveLTO.com)
 - 4. FSS-ICU version for **retrospective assessment** of patient’s pre-ICU **baseline status** is at above website
- h. **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

2. **COVID-Related Publications**

- 1. Rehab for Physical Capacity & Quality of Life for Post-COVID-19: Meta-analysis <https://tinyurl.com/js6kfuka>
- 2. Rehab for COVID-19 & Post COVID-19 Condition: Meta-analysis <https://tinyurl.com/2zzthczv>

3. Perme Score to Assess Mobility in COVID-19 Pts: Cohort Study <https://tinyurl.com/2rjs5by4>
4. Mobilization Practices during the SARS-CoV-2: Retrospective Analysis <https://tinyurl.com/2s33cwt4>
5. Pragmatic Approach to Mobilize COVID-19 ICU Pts <https://tinyurl.com/5c4xhe4p>
6. Functional Recovery Post COVID-19 ARDS: Multicenter, Observational Study <https://tinyurl.com/mw49r5p2>
7. Multiorgan MRI findings Post COVID-19 in the UK: Multicenter, Cohort Study <https://tinyurl.com/2s3t9pyw>
8. Post Hosp Recovery of Families of COVID-19 ICU Pts: International Investigation <https://tinyurl.com/ypnef4p2>

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

Rehab

1. Mobilization within 72 h of ICU Admission: Meta-Analysis of RCTs <https://tinyurl.com/2d3kfwj8>
2. Protein Provision & Exercise on Clinical Outcomes in ICU survivors: Sys Review <https://tinyurl.com/9subzjaz>
3. TARGET Protein-Clinical Outcomes of Enteral Protein in ICU: Study Protocol <https://tinyurl.com/4b7vrpte>
4. SAT & SBT via Telehealth Real-time Audit & Feedback for Adherence: Protocol <https://tinyurl.com/8d6vpbwe>
5. Cardiac Rehab & Outcomes of ICU Pts with Acute Heart Failure: Cohort Study <https://tinyurl.com/3p5ezfyv>
6. Early Mobilization in Pediatric ICU & WeeFIM Scores at Rehab: Retrospective Study <https://tinyurl.com/ytpdc2tf>
7. Pulmonary Rehab for Chronic Respiratory Disease: ATS Clinical Practice Guideline <https://tinyurl.com/nhjwpmtj>
8. Pulm Telerehab vs. Conventional Pulm Rehab: Secondary Analysis <https://tinyurl.com/2z9hcyet>
9. Core Outcome for Pulm Rehab of Pts with COPD: Results of Delphi survey <https://tinyurl.com/2fbb3zad>
10. Nurse-led Huddle Meeting for Early Rehab in ICU: QI Project <https://tinyurl.com/4s288d6b>
11. Nurse-Patient Interactions for Early Rehab in ICU: Qualitative Study <https://tinyurl.com/yanversd>
12. Barriers to Mobilization Practice in ICU: Editorial <https://tinyurl.com/2974umrz>
13. Interprofessional Mobility Program in Neurosurgical ICU: QI Project <https://tinyurl.com/455wtuk5>
14. Occupational Therapy Services for Pts in Neuro ICU: Cross-sectional Study <https://tinyurl.com/294rdky6>
15. Family Participation in Essential Care in ICU: Qualitative Study <https://tinyurl.com/3y8t3bdr>
16. Early Mobility & Family Partnerships in ICU: Scoping Review <https://tinyurl.com/bdf8y5cp>
17. Humanizing the ICU: Perspectives of Patients and Families: Qualitative Study <https://tinyurl.com/yckjeypi>
18. Greenery & Outdoor Facilities to Improve Wellbeing of ICU Pts <https://tinyurl.com/jt8kr75c>

Muscle, Strength, Mobility & Function

19. Thigh Ultrasound for Muscle Atrophy in Pediatric MV Pts: Observational Study <https://tinyurl.com/469sara7>

20. Respiratory Pressure Reference Equations: Cross-sectional Study <https://tinyurl.com/y7y69rtv>

Outcomes after ICU, and Patient Outcomes Research

21. HRQoL, Psychopathology & Disability in Survivors of ARDS: Cohort Study <https://tinyurl.com/5xjvmevy>

22. Association of Days Alive & Out of Hospital & HRQoL in Sepsis <https://tinyurl.com/yc5urm67>

23. Accounting for Competing Events in Long-Term Outcomes after ICU <https://tinyurl.com/9t4kcpbj>

24. Clinical Frailty Scale vs. Tilburg frailty Indicator: Observational Study <https://tinyurl.com/ytzp8wee>

25. Reconnection with ICU Survivors to Recovery Program Clinicians: Qualitative Study
<https://tinyurl.com/533vpfdd>

26. Post-ICU Stress Symptoms in Children & Their Parents: Cross-sectional Study
<https://tinyurl.com/ny5anaxr>

27. Pain, Anxiety & Depression in Pts with PICS: Analysis <https://tinyurl.com/3ytpva3z>

28. Restricting Symptoms After ICU among Older Adults: Longitudinal Study <https://tinyurl.com/4ctdhxfz>

Sedation, Delirium, Sleep, Agitation

29. Sleep Interventions to Reduce Delirium in ICU Pts: Meta-analysis <https://tinyurl.com/y8s7uy26>

30. Sedation & Analgesia Strategies for NIMV: Meta-analysis <https://tinyurl.com/2c2vfuuu>

31. Earplugs & Eye masks for Delirium Severity & Sleep Quality in CABG: RCT <https://tinyurl.com/mr22f249>

32. Eye Masks & Earplugs in Preventing Delirium in ICU Pts: RCT <https://tinyurl.com/h9fjvetb>

33. Haloperidol and delirium: Editorial <https://tinyurl.com/ynxwm5es>

34. Pre-op On-site CCU visits & Post-op Delirium in Cardiac Surgery: Retrospective
<https://tinyurl.com/mr36899y>

35. Sedation Among Interdisciplinary Team Members in ICU: Survey Study <https://tinyurl.com/ysm4h9x8>

Dysphagia, Communication & SLP Issues

36. Pharyngeal Electrical Stimulation for Postextubation Dysphagia in Stroke: Pilot RCT
<https://tinyurl.com/28txukwz>

37. SLP Involvement in the Pediatric ICU: Analysis <https://tinyurl.com/bdf3bjan>

Psychology

38. Educational Website in Psych Outcomes in Families of ICU Pts: Cohort Study
<https://tinyurl.com/z753ftn7>

39. Psych Symptoms in Difficult-to-Sedate ICU Survivors: Prospective Study <https://tinyurl.com/2skh9cj3>

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

Best wishes to everyone,
Dale