

Hi Everyone,

Welcome to the **September 2023 @ICURehab monthly email**. There are updates/announcements on educational opportunities, plus **new** publications. **The publication list is shorter this month due to some scheduling conflicts among our team members. I expect that there will be a longer-than-normal publication list for October.**

## ICU Rehab updates for Sept 2023

1. Announcements and updates below:

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

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

1. Brochure includes recognition of **NIDUS, 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)

b. **Happening soon! 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:**

[https://jhjhm.zoom.us/webinar/register/WN\\_F73oFamuS\\_65WK2MyYKzDg](https://jhjhm.zoom.us/webinar/register/WN_F73oFamuS_65WK2MyYKzDg)

iv. Webinar will be recorded & posted to <https://icurehabnetwork.org/> (if you can't participate live)

v. **No continuing education credit is available**

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

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

d. **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>
- 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.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](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 (**Chinese is “in process”**) (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-Related Publications**

1. Impact of Early ICU Rehab in COVID-19 <https://tinyurl.com/hm6v9hzw>
2. Resp Muscle Exercise & Self-Management in COVID-19 Recovery: RECOVE RCT <https://tinyurl.com/45396pbv>
3. Home Inspiratory Muscle Training & Func Capacity in Long COVID: InsCOVID RCT <https://tinyurl.com/k26upfkb>
4. Pectoral Muscle Area & Mortality in COVID-19 <https://tinyurl.com/nhbd558b>
5. Incidence of ICU Delirium in Pts With & Without COVID-19 <https://tinyurl.com/288evctx>
6. New Antipsychotic, Benzo Use & Delirium Before & After COVID-19 <https://tinyurl.com/454fy4er>
7. Swallow, Communication, Voice & Cogn post COVID-19: PHOSP-COVID Analysis <https://tinyurl.com/39z7vhma>
8. Health-Related QoL of COVID-19 Survivors: Prospective Study <https://tinyurl.com/bdfj9w2d>

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

### **Rehab**

1. Mobility in the Evening & ICU Delirium (MENTAL): Feasibility RCT <https://tinyurl.com/mpnzcjhh>
2. Discrepancies of Sys Reviews of Early ICU Mobilisation: Meta-research Protocol <https://tinyurl.com/5he64mpa>
3. Guideline on Multimodal Rehab in Post-Intensive Care Syndrome <https://tinyurl.com/6spedewn>
4. Patient as Active Partner for Successful ICU Mobilization: Qualitative Study <https://tinyurl.com/4jcnwmmu>
5. PT in Mechanical Circulatory Support: ICU PT Perspectives <https://tinyurl.com/y4z2cbep>
6. Nasotracheal vs Orotracheal Intubation in ICU: Retrospective Analysis <https://tinyurl.com/yc2x5kzp>
7. Patients' Lived Body Experiences in ICU & Beyond: Meta-Ethnographic Synthesis <https://tinyurl.com/4kfunwfh>
8. Dose & Type of Activity to Improve Function in Older In-Patients: Meta-analysis <https://tinyurl.com/j26ydwvp>
9. Safety of Activity in Spinal Cord Injury: Prelim results from PROMPT-SCI trial <https://tinyurl.com/253vk798>

### **Pain, Sedation, Delirium, Agitation**

10. Correlation of Critical Care Pain Tool & Numeric Rating Scale in ICU <https://tinyurl.com/626jxrxa>
11. Mobility in the Evening & ICU Delirium (MENTAL): Feasibility RCT <https://tinyurl.com/mpnzcjhh>
12. Ramelteon to Prevent Postop Delirium After Gen. Anesthesia: RCT <https://tinyurl.com/4ct99kd8>
13. Haloperidol to Treat ICU Delirium: Meta-analysis of RCTs <https://tinyurl.com/46cc6t29>
14. Development & Validation of ICU Delirium Playbook for Provider Education <https://tinyurl.com/bdnfft9>

15. Association Between Gut Microbiota & Delirium in Acutely Ill Older Adults

<https://tinyurl.com/3rvmd6s7>

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