

Hi Everyone,

Welcome to the **December 2023 @ICURehab monthly email**. I am happy to share updates and announcements on educational opportunities, plus *many new* publications!

ICU Rehab updates for Dec 2023

1. Announcements and updates below:

a. ***Free* Resources from 12th Johns Hopkins ICU Rehab Conference**

i. Check out <https://icurehabnetwork.org/2023-conference/> for:

1. Comprehensive **Literature List** of citations from all presentations
2. Social Media updates,
 - a. including a **Transcript** of all #ICURehab Tweets (incl. photos of slides/presentations)
3. **Virtual Exhibitor Hall** with Game Card for free registration to the 2024 Conference*

ii. If Questions: ICUrehab@jhmi.edu

iii. ***Save the Date! 13th Johns Hopkins ICU Rehab Conference: Nov 6-9, 2024**

b. Adult Long COVID Core Outcome Set (COS): <https://www.pc-cos.org/>

- 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. **NEW: Publication of Stage 2 (outcome measurement instruments) below:**

1. <https://authors.elsevier.com/c/1i17d7tFB1Ttet> (**free access until Dec 22, 2023**)

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

- i. Project completed as of July 31, 2023 & **is under peer review**
- 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. Core Outcome Measurement Instruments for Post-COVID-19: Delphi Study <https://tinyurl.com/s8u9yrxw>
- 2. Pulmonary Physiotherapy in Severe COVID-19 Pneumonia (PPTCOVID): RCT <https://tinyurl.com/y4u6vw8j>
- 3. Home-based Pulm Rehab on Anxiety & Depression in COVID-19: RCT <https://tinyurl.com/bd2hr8na>
- 4. Music Intervention on Adaptation & Anxiety in Prone Positioned COVID-19 Pts: RCT <https://tinyurl.com/4xds6v3a>
- 5. Functional Dependence on Clinical Outcomes in COVID-19: Observational Study <https://tinyurl.com/2xfpwhjx>
- 6. Neuropathies Between 2020 & 2021 COVID-19 Surges in Large UK ICU: QI Project <https://bit.ly/3MZRu2j>
- 7. Incidence of Delirium in COVID-19 ICU Patients: Letter <https://tinyurl.com/4xe7wv9a>
- 8. Mental Health, Quality of life, & Coping with Long COVID: Qualitative Study <https://tinyurl.com/5d4pw7z7>
- 9. Function, Fatigue, & HRQoL 1 yr after COVID-19: Meta-Analysis <https://tinyurl.com/pvtw9de2>
- 10. Long-term Health Impacts of COVID-19 Among Adults in England <https://tinyurl.com/3xd2dt5c>
- 11. Severity & 2-yr Post COVID-19 Physical Symptoms: Observational Study <https://tinyurl.com/25p3pys5>

12. Thinking & Emotional Difficulties of Long COVID: Guide for Pts & Families <https://tinyurl.com/ysxw2f5c>
13. Anxiety & Depression in Family Members of COVID-19 ICU Pts: Exploratory Study <https://tinyurl.com/6n2bv3r7>

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

Rehab

1. Rehab in ICU Pts 2023: Japanese Clinical Practice Guidelines <https://tinyurl.com/3a4cj5kt>
2. Early Mobilisation in 72 hrs of ICU: Network Meta-Analysis <https://tinyurl.com/muctdk7c>
3. Electrical Stimulation Cycling & Arm Cranking Exercise: Meta-Analysis <https://tinyurl.com/mt88zjwc>
4. Protective Restraint Influence on Unplanned Extubation & Skin Injury: RCT <https://tinyurl.com/5abwhx64>
5. Interactive Handgrip Game on Surgical Pts Requiring ICU: RCT <https://tinyurl.com/2zxws2mj>
6. Outcomes of Neuromuscular Electrical Stimulation in ICU Pts: RCT <https://tinyurl.com/4w8z7acf>
7. Inflammation on Effect of Functional Electrical Stimulation in ICU Pts: Cohort Study <https://tinyurl.com/yj49nkjr>
8. Physiotherapists' View in Becoming Partners in Rehab in ICU: Qualitative Study <https://tinyurl.com/ucwjk5ce>
9. Comparison of Perceptions & Barriers to Mobilization in ICU: Service Evaluation <https://tinyurl.com/3f2bhcje>
10. Barriers & Facilitators to Physical Rehab in ICU: Qualitative Study <https://tinyurl.com/5fkwjrw4>
11. Barriers & Enablers to Early Mobilization with Burn in ICU: Qualitative Study <https://tinyurl.com/dpezkzwf>
12. Physical Therapy in ICU in Three Asian Countries: Cross-Sectional Study <https://tinyurl.com/2e786fdc>
13. Higher Protein on Outcomes in ICU Pts with AKI: Post Hoc Analysis <https://tinyurl.com/yn8b7jcn>

Muscle & Function

14. Five-Repetition Sit-to-Stand Test, Responsiveness in IPF: Cohort Study <https://tinyurl.com/2mcy8us>

Outcomes after ICU, and Patient Outcomes Research

15. Long-Term Neurologic Outcomes in Sepsis: Meta-Analysis <https://tinyurl.com/5n8ezrt2>
16. Instruments to Assess PICS assessment: Scoping Review & Delphi study <https://tinyurl.com/96eucfh5>
17. Japanese Healthy Aging Brain Care Monitor Self-Report Tool for PICS: Survey <https://tinyurl.com/5294m52p>
18. Survival-incorporated Median vs Median in Survivors or in Always-Survivors <https://tinyurl.com/yxnxn3xr>
19. Anxiety Sensitivity during Critical Illness & Long-Term Recovery: Review <https://tinyurl.com/5h3n3p7z>

Sedation, Delirium, Sleep, Agitation

20. Creating ICU for Future: Patient-Centered Design to Optimise Recovery <https://tinyurl.com/y77pupca>
21. Early Sedation with Dexmedetomidine in Post-op ICU Pts: Sys Review <https://tinyurl.com/juc99zyk>
22. Haloperidol to Decrease Burden of Delirium in ICU Pts: RCT <https://tinyurl.com/4jjuvap6>
23. Sedation in ICU: International survey <https://tinyurl.com/jyp8a5jh>
24. Trends in Opioids for Pts with ARF following “Analgesia-First” Guidelines <https://tinyurl.com/vpefpm6>
25. Sleep Patterns in ICU Pts & in ICU Survivors: Retrospective Study <https://tinyurl.com/2ca369xn>
26. Language Concordance & Restraint Use in MV Pts: Cohort Study <https://tinyurl.com/ys23rf8f>
27. ICU Nurses' Perception of 3 Methods for Delirium Screening: Survey <https://tinyurl.com/23j7pytv>

Dysphagia, Communication & SLP Issues

28. Communication with Artificial Airway Tool (CAT): Pilot Study <https://tinyurl.com/22cy4bcy>

Psychology

29. Self-Care Mental Health App Intervention for PICS: RCT <https://tinyurl.com/bparw9ax>
30. Animal-Assisted Therapy on Pain, Fear & Anxiety in PICU: Experimental Study <https://tinyurl.com/4ravb86z>
31. Self-reported Symptoms Experienced by ICU Pts: Observational Multicenter Study <https://tinyurl.com/47nv6x5d>
32. Cognitive, Physical, & Psychological Symptoms in ICU Survivors: Descriptive Study <https://tinyurl.com/mr277eat>
33. Anxiety Sensitivity during Critical Illness & Long-Term Recovery: Review <https://tinyurl.com/5h3n3p7z>
34. Transitioning to Reality & Diary of ARDS Survivor <https://tinyurl.com/66bp472p>

Family Issues

35. Standardized Family Participation Program in the ICU: Stepped-Wedge Cluster RCT <https://tinyurl.com/4tswnt84>
36. Family Member's Experiences with ICU Liaison Nurse Service: Qualitative Study <https://tinyurl.com/bvth5k3h>
37. Online Information Tool on PTSD in Relatives of ICU Pts: RCT <https://tinyurl.com/5dfs44z7>
38. ICU Patients' Relatives Perspective on Digital Diary: Pilot Study <https://tinyurl.com/mv6pkvad>

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