

Hi Everyone,

Welcome to the **Jan 2024 @ICURehab** monthly email. *Happy New Year!* I am happy to share updates and announcements on educational opportunities, plus *many new* publications!

ICU Rehab updates for Jan 2024

1. Announcements and updates below:

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

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

1. Interviews with **ICU survivors & families** (adult & pediatric)
2. Comprehensive **Literature List** of citations from all presentations
3. **Transcript** of #ICURehab Tweets (incl. photos of slides/presentations)
4. **Award Winner Announcements** for Best Abstracts & Exhibitor Hall Game Card

ii. If Questions: ICUrehab@jhmi.edu

b. ***Moving Back to In-Person Format for 2024...**

i. **Save the Date! 13th Johns Hopkins ICU Rehab Conference: Nov 7 & 8, 2024**

c. **Call for Presentations & RSVP to Attend: 14th International ICU PM&R Meeting** – San Diego, CA USA

i. Once again, I am organizing this meeting, timed to coincide with American Thoracic Society (ATS) Conference: <https://conference.thoracic.org/>

1. **There is no registration fee (free of charge!)**

- a. **Sat. May 18, 2024 from ~1:30 to 6:30 pm (exact time TBD), with social event immediately thereafter**
- b. **Location:** UCSD Medical Center (~3.5 miles/5.5 km from ATS Convention Center)
- c. **To attend, 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)**
- e. **There is no CME/CEU credit for this *free* meeting**

ii. For those unfamiliar with the meeting format/content, see example agenda from **last year** (attached pdf)

1. **to be clear, the attachment is from last year and is NOT the agenda for the 2024 meeting in San Diego**

- iii. ***RSVP to** Madison Greer (mgreer6@jhmi.edu): provide your name, degrees, institutional affiliation
- iv. **If you want to give a 10-min. presentation****, please contact **ME ASAP** (dale.needham@jhmi.edu).
 - 1. ****Priority is given to presentations topics that are:** unpublished research/quality improvement, preliminary data, and/or study protocols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**
- d. **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://www.sciencedirect.com/science/article/abs/pii/S2213260023003703>
- e. **Child Long COVID Core Outcome Set (COS)...**
 - i. **NEW: Accepted in *European Respiratory Journal* (no e-pub yet...)**
 - ii. COS/COMS updates here: <https://www.pc-cos.org/children>
- 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.johnshopkinsolutions.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
- i. **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
- j. **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. Early Mobilisation in COVID-19 ICU: Observational Study <http://tinyurl.com/4wavy2pm>
2. Bed Occupancy on 6 mo. Post-ICU Outcomes in COVID-19: Cohort Study <http://tinyurl.com/3hpeapnp>
3. 3-yr Outcomes of Omicron Wave in China: Cohort Study <http://tinyurl.com/2nj3d56z>
4. Long-term Outcomes in COVID-19 & Future Research <http://tinyurl.com/4bwxv5ta>
5. Outcomes & Management After COVID-19 Crit Illness: Review <http://tinyurl.com/vf396z3a>

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

Rehab

1. NMES & Early Activity on ICU-acquired Weakness in MV Pts: RCT <http://tinyurl.com/3wpt6js9>
2. Transcutaneous Electrical Diaphragmatic Stimulation in ICU Pts: RCT <http://tinyurl.com/5n933jyt>
3. Passive ROM & Joint Stiffness in ICU: RCT <http://tinyurl.com/5bzhrhzk>
4. Early Enhanced Occupational Therapy in ICU: Feasibility Trial <http://tinyurl.com/yc3f86hv>
5. Early Rehab & Mobilisation for Children in UK Pediatric ICU: Feasibility Study <http://tinyurl.com/mrxw6hte>
6. Heart Failure & Early Mobilization with Virtual Reality: RCT Protocol <http://tinyurl.com/4hu5xufb>
7. Control Intervention Design for Stroke Clinical trials: Recommendations <http://tinyurl.com/2pu3y7hs>
8. Physiotherapy Management of MV Pts with CAP: Clinical Practice Guideline <http://tinyurl.com/55k9ndhu>
9. Protocolized Physical Therapy on MV in Prolonged Weaning: Observational Study <http://tinyurl.com/5n6uw6jm>
10. Body-Weight Support Gait Training in Neurological ICU: Observational Study <http://tinyurl.com/2h6ybpcp>
11. PT & OT on Pt Functionality & Mobility: Cohort Study <http://tinyurl.com/2vxpx44j>
12. Mobilization Level & ADLs in ICU Pts: Post-Hoc Analysis <http://tinyurl.com/ypj2majt>
13. Optimal Dose of Mobilisation in ICU: Cohort Study <http://tinyurl.com/yf5zp2un>
14. Perceptions of ICU Early Mobilization: Sys Review of Qualitative Studies <http://tinyurl.com/5feya2we>
15. Patients' Experiences & Motivation with Early Rehab in ICU: Qualitative Study <http://tinyurl.com/2s34fk54>

Muscle & Function

16. Measuring Diaphragm Thickness & Function Using Point-of-Care Ultrasound <http://tinyurl.com/2txb527y>
17. Muscle Force Estimation for Monitoring Robotic Rehab Therapy in ICU <http://tinyurl.com/u2wmxpd5>
18. Myofiber Necrosis in ICU Muscle Wasting: Cohort Study <http://tinyurl.com/4j96kuwy>
19. Perme ICU Mobility Score for Difference & Responsiveness Analysis: Cohort Study <http://tinyurl.com/5n7wan5e>
20. Metabolic Effects of Intermittent vs Continuous Feeding in ICU Pts: RCT <http://tinyurl.com/4hdb86ad>

Outcomes after ICU, and Patient Outcomes Research

21. Functional Recovery in ECMO vs. non-ECMO ARDS Survivors: Cohort Study <http://tinyurl.com/3tjv4kyn>
22. Feasibility & Acceptability of Physician-led ICU Follow-up Service: Cohort Study <http://tinyurl.com/mvrv3apn>
23. Clinimetrics of Core Outcome Measures for Nutritional in ICU: Meta-Analysis <http://tinyurl.com/bdeyptn4>
24. Neuropsychiatric sequelae following ECMO in ICU: Cohort Study <http://tinyurl.com/mv3bpfs6>
25. Return to Work After Hospitalization for Sepsis: Cohort Study <http://tinyurl.com/5yxzuj3s>
26. Psych Symptoms & QOL in Intubated vs Non-Intubated ICU Survivors: Cohort Study <http://tinyurl.com/kccas9w2>
27. Long-term Outcomes ICU Weakness, Polyneuropathy & Myopathy: Review <http://tinyurl.com/3bb62r9u>

Sedation, Delirium, Sleep, Agitation

28. Intervention to Prevent & Reduce Agitation & Physical Restraint use in ICU: RCT <http://tinyurl.com/5h2fra6k>
29. Intervention Post cardiac surgery to Prevent Postoperative Delirium: RCT <http://tinyurl.com/27xbh28b>
30. Prevention for Delirium on Guideline Adherence in ICU nurses: Protocol of RCT <http://tinyurl.com/4h97zrc3>
31. Stopping Delirium Using the Awake-and-Walking ICU Approach <http://tinyurl.com/y5w9he54>
32. Relationship Between Pain & Delirium in ICU: Cohort Study <http://tinyurl.com/mryvuaws>
33. CAM-ICU for Diagnosis of Delirium in ICU: Cochrane Meta-analysis <http://tinyurl.com/56w4kpf2>
34. Performance Characteristics of Electronic Delirium Screening: Review <http://tinyurl.com/4wajk73y>

Dysphagia, Communication & SLP Issues

35. Management of Swallowing Disorders in ICU Pts: Multinational Expert Opinion <http://tinyurl.com/y34f6wzd>
36. Prevalence & Recovery with Dysphagia in ICU Trauma Unit: Cross-Sectional Study <http://tinyurl.com/2ytkhmak>

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