

Hi Everyone,

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

## ICU Rehab updates for Feb 2024

1. Announcements and updates below:

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

i. I organize this small meeting to coincide with timing of ATS Conference:

<https://conference.thoracic.org/>

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

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. **\*RSVP to** Madison Greer ([mgreer6@jhmi.edu](mailto:mgreer6@jhmi.edu)): provide your name, degrees, institutional affiliation

iii. **If you want to give a 10-min. presentation\*\***, please contact **ME ASAP** ([dale.needham@jhmi.edu](mailto: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 **\*\*Priority is given to presentations topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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 **short title of the proposed presentation**

**b. 13<sup>th</sup> Hopkins ICU Rehab Conference: Nov 7 & 8, 2024 at Johns Hopkins Hospital**

i. Registration will open in **Spring 2024**

ii. Early bird discount & abstract deadline: June 30, 2024

iii. **Details:**

1. This 2-day **Adult ICU Rehab Conference** is **in-person only (no virtual option)**

a. Conference is **ALL-NEW content**, focused on the latest updates over the past year

- b. Instructions for First Time Attendees** -- before attending the in-person 13<sup>th</sup> Conference:
- i. Register & complete our separate **online ICU Rehab Foundations course** (5.5 hours of content)
    1. This Course is essential since the 13<sup>th</sup> Conference does not cover foundational content
  - ii. Note: the **Foundations course** content remains the same from year to year (i.e., you don't need to attend it more than once, unless you want a refresher)
    1. **Registration for Foundation Course will open in Spring 2024**
- c. 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>
- d. 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>
- 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:**
  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](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. Muscle Abnormality Worsen after Long COVID (Netherlands): Case-Control Study <http://tinyurl.com/49ud958u>
2. Post-COVID-19 ICU-Acquired Weakness & Long-Term Function: Cohort Study <http://tinyurl.com/3j4antt4>
3. SPPB, Chester step test in Post-COVID-19: Remote vs. In-Person Assessment <http://tinyurl.com/nhd9ca4m>
4. Persistent Post–COVID-19 Neuromuscular Symptoms: Review <http://tinyurl.com/5e97kfty>
5. Medium & Long-Term Effects of Post-COVID-19 (UK): Cohort Study <http://tinyurl.com/ub86xtjn>
6. Long-Term Effects of COVID-19 after ICU: Prospective Longitudinal Study <http://tinyurl.com/5n85tx34>
7. Impact of Long COVID on Productivity & Informal Caregiving (UK): Survey <http://tinyurl.com/2neme7aj>
8. Survival & Long-Term Functionality after COVID-19 ECMO: Cohort Study <http://tinyurl.com/mwh5kmt6>
9. Sedative & Analgesic Use in COVID-19 Pandemic & Outcomes: Cohort Study <http://tinyurl.com/2aw9v2tb>
10. Sedation Practices on Mortality in COVID-19-Assoc ARDS Pts: Descriptive Study <http://tinyurl.com/wwcxewy>
11. Brain Health After COVID-19, Pneumonia, MI, or ICU: Cohort Study <https://bit.ly/3vK518z>
12. Post COVID-19 Neuro-psychiatric & Nervous System Injury: Cohort Study <http://tinyurl.com/52ak3dt5>

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

### **Rehab**

1. Optimal Timing of Early Mobilization in ICU: Network Meta-Analysis <http://tinyurl.com/52484kjk>
2. Exercise Modulates Inflammatory Responses & Improves Survival in Murine Model <http://tinyurl.com/4px8xnkt>

3. Inflammation, Altered metabolism & Functional Electrical Stimulation-Cycling in ICU <http://tinyurl.com/yeytnvrj>
4. Resistance Training with or without Beta-HMB in ICU: Multi-center RCT <http://tinyurl.com/5d4hf45z>
5. Higher vs Lower Protein in ICU Pts with AKI: Meta-analysis of RCTs <http://tinyurl.com/y982knfw>
6. In-Bed Cycling & Muscle Strength: Retrospective Study <http://tinyurl.com/4dwck32b>
7. Diaphragm Neurostimulation in ARDS: Feasibility Study <http://tinyurl.com/yc7y8yfh>
8. Early Mobilization with Subarachnoid Hemorrhage (France): Survey <http://tinyurl.com/556e5e5e>
9. Effects of Mobility Dose on Discharge Disposition in ICU Stroke Pts: Cohort Study <http://tinyurl.com/393azd8u>
10. Pediatric ICU Early Mobility Program & Functional Status: Observational Study <http://tinyurl.com/3n4xt4xc>
11. Age & Mobility Levels in Physical Rehab with Clinical Outcomes in ICU: Cohort Study <http://tinyurl.com/z4snr9dp>
12. Effect of Health Policy for Interdisciplinary Rehab in ICUs (Japan) <http://tinyurl.com/4ypu9a8u>
13. Mobilization During Mech Vent- Pts, Nurses & PTs: Qualitative Study <http://tinyurl.com/4cb3975r>
14. Early Mobilization in ICU Acquired Weakness: "How I Do It" <http://tinyurl.com/j2zh5ce6>

#### **Muscle & Function**

15. Short-term effects of Mech Vent on Body Composition: Letter <https://bit.ly/3HpvmLx>

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

16. Physical Activity & Sedentary Behavior in ICU survivors: Sys Review <http://tinyurl.com/ye275z6a>
17. Long-Term Neuropsychiatric, Neurocog & Func Outcomes of ECMO: Meta-analysis <http://tinyurl.com/bh7ukvta>
18. Care Intervention on Psych Outcomes ICU Pts: Umbrella Review of Meta-analyses <http://tinyurl.com/yewk896n>
19. Long-term Functional Disabilities in ICU Survivors: Prospective Cohort Study <http://tinyurl.com/yksrwu7p>
20. Development of Prediction Model for Post-ICU Long-Term Problems: Cohort Study <http://tinyurl.com/yc5s7f4b>
21. Pre & Post-ICU Mental & Func Health Status of ICU Survivors (Germany): <http://tinyurl.com/3j8sbbxh>
22. Survey of Sensory Impairment in Post ICU: Cohort Study <http://tinyurl.com/3awak77u>
23. Education, Income & Job in ICU & Post-ICU Survival (Sweden): Cohort Study <http://tinyurl.com/5h9wwrsz>
24. Post-ICU Clinic to Help Pts with PICS: "How I Do It" <http://tinyurl.com/ssen25aa>

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

25. Ramelteon to Prevent Postop Delirium After Gen Anesthesia: RCT <https://tinyurl.com/ypp62r59>
26. Long-term Outcomes with Haloperidol vs Placebo in ICU Pts with Delirium: RCT <http://tinyurl.com/5ybxvsvw>
27. Adverse Events Related to Physical Restraint Use in ICUs: Literature Review <http://tinyurl.com/yzmsnre4>
28. Modification in ICU Design May Affect Delirium & Circadian Melatonin: Pilot Study <http://tinyurl.com/2wa9eer5>
29. Strategies to apply 2013 or 2018 Pain, Sleep Disruption Guidelines: Meta-Analysis <http://tinyurl.com/4kvdpyyp>

30. Delirium, Benzodiazepine & Mortality with Sleep in ICU: Retrospective study <http://tinyurl.com/2h5xkwd6>

31. Cognitive Impairment in ICU: Concept Analysis <http://tinyurl.com/mtx2mfhu>

32. Sleep Continuity & Quality in ICU Pts at High Risk of Reintubation: Pilot Study <http://tinyurl.com/mr35czy5>

33. Validity of Chinese Richards–Campbell Sleep Questionnaire <http://tinyurl.com/4szm6c6c>

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

34. Laryngeal Hypersensitivity Questionnaire for Artificial Airways: Validation study  
<http://tinyurl.com/55wddc2c>

***Psychology***

35. Patients' Perceptions of Virtual Live Music in ICU: Survey <http://tinyurl.com/ycx83jxb>

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

Best wishes to everyone,

Dale