

Hi Everyone,

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

ICU Rehab updates for March 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): provide your name, degrees, institutional affiliation

iii. **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 ****Priority is given to presentations topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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 **short title of the proposed presentation**

b. Save the Date! 13th Hopkins ICU Rehab Conference: Nov 7 & 8, 2024 at Johns Hopkins Hospital

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

ii. June 30, 2024 will be Deadline for Early Bird discount & Abstract Submission

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 13th Conference:
 - i. Register & complete our separate **online ICU Rehab Foundations course** (5.5 hours of content)
 - 1. This Course is essential since the 13th 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 online Foundation Course will open in Spring 2024**

- c. **Save the date! 9th European Conf on Weaning & Rehab in ICU: Nov 2-3, 2024 in Oslo, Norway**
 - i. <https://www.oslo-universitetssykehus.no/avdelinger/akuttklinikken/9th-european-conference-on-weaning-and-rehabilitation-in-critically-ill-patients2/>
 - ii. **Info regarding registration, abstracts, etc. will be updated on website (above)**

- d. **Child Long COVID Core Outcome Set (COS)...**
 - i. **E-pub available! European Respiratory Journal:**
<https://erj.ersjournals.com/content/early/2023/12/07/13993003.01761-2023>

- e. **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. Publication of Stage 2 (outcome measurement instruments) below:
 - 1. <https://www.sciencedirect.com/science/article/abs/pii/S2213260023003703>

- 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. Online Physical & Mental Rehab Post-COVID-19: REGAIN RCT <http://tinyurl.com/4uds5e7p>
- 2. Pulm Rehab & Exercise, Dyspnea, Fatigue Post-COVID-19: Meta-Analysis <http://tinyurl.com/2p97knyk>
- 3. Rehab Effectiveness in COVID-19: Cochrane Review <http://tinyurl.com/2mhturpz>
- 4. Protocol-based Rehab in COVID-19 (Japan): Retrospective Cohort <http://tinyurl.com/28upfa4f>
- 5. Brain MRI findings 6 mo. Post COVID-19 ICU: Prospective Cohort <http://tinyurl.com/2dudu5u4>

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

Rehab

- 1. Early ICU Mobilization Using Mobile Patient Lift: RCT <http://tinyurl.com/mr2duhve>
- 2. Photobiomodulation on Muscle Function: RCT <http://tinyurl.com/3n7f9eec>
- 3. Vibration Therapy on Physical Function in ICU Pts: RCT <http://tinyurl.com/3uyp82pn>
- 4. Treatment Fidelity in 94 RCTs of ICU Rehab: Scoping Review <http://tinyurl.com/dmbutcv5>
- 5. Adverse Events During Physical Rehab in ICU Trials: Commentary <http://tinyurl.com/2p8n9erm>

6. Preventive Interventions (Mobilization) against VAP: Umbrella review <http://tinyurl.com/yck925cc>
7. Effect of ICU Mobilization at 6 Mo. Post-ICU: Meta-Analysis <http://tinyurl.com/4fjanzxn>
8. Outcomes of Diaphragm Stimulation on MV Induced Dysfunction: Sys Review <http://tinyurl.com/4ycaauzy>
9. Ambulation of ECMO Pts for Lung Transplant: Cohort Study <http://tinyurl.com/9c2763s3>
10. Inspiratory Muscle Training in MV in ICU: Quality Improvement <http://tinyurl.com/3kcyrf7>
11. Sys & Cerebral Effects Protocolized Physiotherapy in MV Pts: Observational <http://tinyurl.com/wfkamcyk>
12. Early Rehab in PICU (Canada): Two Center Implementation <http://tinyurl.com/m27jpw6e>
13. Post-PICU Function & Early Rehab in Canada & England: Implementation <http://tinyurl.com/3hv9syn9>
14. ICU Rehab Culture: Group Concept Mapping & Ethnography <http://tinyurl.com/bde4m369>

Muscle & Function

15. Mobility Levels on ICU Discharge & Post-ICU: Retro Analysis <http://tinyurl.com/yta46km9>
16. Digital 1-Min Walk Test as Cardiorespiratory Endpoint <http://tinyurl.com/5dz9rznj>
17. Reference Values 1-min & 5 times Sit-to-Stand tests <http://tinyurl.com/2em9v3jd>

Outcomes after ICU, and Patient Outcomes Research

18. Mobile Critical Care Recovery Program for ARF Survivors: RCT <http://tinyurl.com/mehtuvr2>
19. Re-hospitalisation Rate & Risk Factors in Sepsis Survivors: Meta-Analysis <http://tinyurl.com/mrxb52ms>
20. Post-Hosp Physical Recovery & Rehab for ICU Survivors: Sys Review <http://tinyurl.com/4a3dba9y>
21. Prediction Model for Post-ICU Physical & Cog Problems: Prospective Study <http://tinyurl.com/5n8sd6yt>
22. Prediction of PTSD in Families of ICU Pts: Machine Learning Approach <http://tinyurl.com/mr23f6xn>
23. Post-Traumatic Stress in Sepsis 2 yr Post-ICU: Secondary Analysis of RCT <http://tinyurl.com/mwv7u6vt>
24. Societal costs of Sepsis: Disease Burden & Economic Cost in Netherlands <http://tinyurl.com/ycx4sspd>
25. Days Alive Out of Hospital & HRQoL at 6 m in Sepsis: Retrospective Cohort <http://tinyurl.com/4eyupfxc>
26. Oxygen Saturation Targets & Cognitive Outcomes in MV <http://tinyurl.com/2n56p2y6>
27. Psychotropics in Post-Hosp ICU survivors: Retrospective Cohort <http://tinyurl.com/4m9v5p4n>
28. Outcome after ICU Liberation Bundle in MV Pts: Prospective Cohort <http://tinyurl.com/yvhpvck2>
29. Online Resources for Families of ICU Survivors: Environmental Scan <http://tinyurl.com/bdhbxa67>
30. Telephone & Online Follow-up System for PICS: Review <http://tinyurl.com/mvnxbyr2>
31. Physical & Cognitive Impairment after Acute Respiratory Failure: Review <http://tinyurl.com/4jwuwz52>

Sedation, Delirium, Sleep, Agitation

32. Re-Orientation Reminder on Emergence Agitation after Gen Anesthesia: RCT <http://tinyurl.com/2s44zant>
33. Antipsychotics & QTc Interval in ICU Delirium: Secondary Analysis of RCT <http://tinyurl.com/y58avh3d>

34. Quality Improvement Initiative to Reduce Delirium: Time Series Analysis <http://tinyurl.com/2utktddc>
35. Data-Derived Subtypes of ICU Delirium: Secondary Analysis <http://tinyurl.com/yckcc7va>
36. Delphi Delirium Management Algorithm-Tool for Clinician: Expert Consensus <http://tinyurl.com/296yexvk>
37. Discussing About Delirium with Patients & families: Patient's Letter <http://tinyurl.com/yhfcpe5y>

Psychology

38. Wellness & Distress in Families of Cardiorespiratory Failure: Qualitative <http://tinyurl.com/2p8ykv4m>
39. Eye-movement Desensitisation for Mental Health of ICU Survivors: Trial Protocol <http://tinyurl.com/mtscwjpv>

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

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