

Hi Everyone,

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

## ICU Rehab updates for April 2024

1. Announcements and updates below:

- a. **Call for Presentations & RSVP to Attend (Free): 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 Hillcrest 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 **\*\*Priority is given to presentations topics that are:** unpublished research/quality improvement, preliminary data, and/or study protocols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**

## **Registration Open! 13<sup>th</sup> Hopkins ICU Rehab Conference: Nov 7 & 8, 2024 at Johns Hopkins Hospital**

- i. **Early Registration is OPEN now!** (we are still finalizing brochure & Continuing Education credit): <https://icurehabnetwork.org/>
- ii. **June 30, 2024 is 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 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., don't attend it more than once, unless you want a refresher)
    - 1. Registration for online Foundation Course opens in Spring 2024
  
- c. **NEW! Save the Date! 8<sup>th</sup> Asia Pacific Conference--Early Rehab in ICU: Aug 24-25, 2024 in Ho Chi Minh City, Vietnam**
  - i. <https://vnpta.org/icurehab-2024/>
  - ii. Info regarding registration, abstracts, etc. will be updated on website (above)
    - 1. Registration fees will be discounted for lower/middle income countries
  
- d. **Save the Date! 9th European Conference 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)
  
- e. **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>
  
- f. **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>
  
- g. **Updated Monthly! ICU Rehab e-Resource Sheet:** <https://icurehabnetwork.org/resources/>
  
- h. **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>
  
- i. **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. **Updates! Delirium Educational Videos & Quiz for RASS & CAM-ICU (English & Spanish!):**
  - 1. [www.icudeliriumplaybook.com](http://www.icudeliriumplaybook.com)
  - 2. **free full text publications:**
    - i. <https://www.atsjournals.org/doi/10.34197/ats-scholar.2022-0011OC>
    - ii. <https://www.atsjournals.org/doi/full/10.34197/ats-scholar.2023-0114OC>
- 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
- 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](http://bit.ly/icurehabsol)

## 2. **COVID-Related Publications**

- 1. Robotic-Assisted In-Bed Mobilization in COVID-19 MV Pts: Pilot RCT <http://tinyurl.com/3rhmmx5>
- 2. Physical Rehab in Awake, Intubated & Proned COVID-19-ARDS Pts: Case Study <https://tinyurl.com/jsus96pf>
- 3. 16 wk Home-Based Exercise on HRQOL, Func Capacity in COVID-19 Survivors: RCT <http://tinyurl.com/mr22ndnb>
- 4. Low vs. Moderate-Intensity Aerobic Training in Post-Discharge COVID-19: RCT <https://tinyurl.com/5n96h6va>
- 5. Cardiopulmonary Telerehab using Func Exercises in Post COVID-19: RCT <https://tinyurl.com/5czjdb4y>
- 6. Core Outcome Set for Long COVID in Children: Delphi Consensus <http://tinyurl.com/27t434r7>
- 7. Functional Recovery Post-Acute COVID-19 in Adults: Meta-Analysis <https://tinyurl.com/ydsauvaf>
- 8. Self-Reported Daily Functioning in Post COVID-19 among Veterans: Cohort Study <https://tinyurl.com/4m2nmhrp>
- 9. 1-yr Survival & Quality of Life after First Wave of COVID-19 in MV Pts in Italy <https://tinyurl.com/2epn6veu>
- 10. Deep Sedation Use during Pandemic without COVID-19: Retrospective Study <http://tinyurl.com/ya254aap>
- 11. Memories of ICU Stay in Severe COVID-19: Letter to Editor <https://tinyurl.com/46ks958x>
- 12. Online assessment for Cognition & Memory Post Covid-19: Cohort Study <https://tinyurl.com/3ym8svr6>
- 13. COVID-19 and PTSD in ICU Survivors: Prospective Cohort Study <https://tinyurl.com/rvbdesxh>

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

#### **Rehab**

1. Clinical Effect of Pulmonary Rehab in Patients with MV: Meta-Analysis <https://tinyurl.com/mryvarrv>
2. Early ICU Mobilization Using Mobile Patient Lift: RCT <https://tinyurl.com/4kapf8jr>
3. Humanizing ICU-Personalized Rehab (China): Pilot RCT <https://tinyurl.com/5apnussk>
4. Robot-Assisted Early Mobilization for ICU Pts: Feasibility Study <http://tinyurl.com/z947tcef>
5. Non-Invasive Electromagnetic Phrenic Nerve Stim in ICU: Feasibility <https://tinyurl.com/493s5dkj>
6. ECMOve: Mobilization Device for ECMO Patients <http://tinyurl.com/5n73cc5s>
7. Predictive Factors in ICU PT Session Length (Brazil): Longitudinal Study <http://tinyurl.com/cpcu5s2z>
8. New Data on ICU Rehab Interventions: Updated Meta-Analysis of RCTs <https://tinyurl.com/bdfadrbr>
9. Active Mob Assoc with Adverse Events & Mortality in MV ICU Pts: Meta-analysis <https://tinyurl.com/535fz7d2>
10. Exercise therapy for Prevention of PICS: Review <https://tinyurl.com/2xpa3dmt>
11. Barriers & Facilitators for Early Mobility in Pts with Delirium: Sys Review <https://tinyurl.com/mr49m5sx>
12. ICU Nurses Knowledge on Early Mobility of MV Pts (China): Survey <https://tinyurl.com/mwm9u8nv>
13. Challenges on Pt Mobilization for Cardiac ICU Nurses: Qualitative Study <https://tinyurl.com/4kbda5wd>
14. Early Mobilization in ICU: Navigating to Pt-Centred Approach <https://tinyurl.com/47vhzb86>
15. Patient Perceptions of ICU Physiotherapy: Qualitative Study <http://tinyurl.com/76hvnum4>

#### **Muscle & Function**

16. Norm Values for TUG, gait speed & 5TSTS Tests (Thailand) <http://tinyurl.com/3ne7mkyk>
17. Resp Muscle Assessments & Vent Weaning Outcomes: Meta-Analysis <https://tinyurl.com/mrfzcba2>

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

18. Brain & Muscle Dysfunction in ARDS Survivors: NHLBI Workshop Report <https://tinyurl.com/bddduypz>
19. Feasibility of In-Person Peer Support for ICU survivors (Australia): Pilot RCT <http://tinyurl.com/2976yiy8>
20. Reducing Fragmentation of Post-ICU Care (Australia): Qualitative <http://tinyurl.com/3kray3dm>
21. ICU Pts frailty & 6mo Mortality & Recovery Outcomes: Retrospective Study <https://tinyurl.com/5n6td6vx>
22. Exercise therapy for Prevention of PICS: Review <https://tinyurl.com/2xpa3dmt>
23. PICS-Family – Psych, Social & Physical Impairments: Review <https://tinyurl.com/498h95z9>
24. Uniting Acute Management & Long-term Recovery for ARDS <https://tinyurl.com/3fjz3sfn>
25. Oxygen Target & Long-Term Cognition: Editorial <https://tinyurl.com/26hev7rn>

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

26. Dexmedetomidine to Prevent Post-Op Delirium in Cardiac Surgery: RCT <https://tinyurl.com/ytdtn86b>
27. Antipsychotics in Treatment of ICU Delirium: Meta-Analysis of RCTs <https://tinyurl.com/5x4382za>
28. Ketamine for Primary Analgosedation in ICU MV Pts: Retrospective Study <https://tinyurl.com/4ee6k2jz>
29. Interventions to Promote Sleep, Circadian Biology & Delirium: Scoping Review <http://tinyurl.com/fcw6ptam>
30. Dark Nighttime Interventions & Sleep Quality in ICU: Meta-Analysis <https://tinyurl.com/yc5cke4y>
31. Sound & Darkness Interventions for ICU Sleep Quality: Network Meta-Analysis <https://tinyurl.com/437h8fmp>
32. Pain Assessment with Behavioral Pain Scale in Awake ICU Patients <https://tinyurl.com/3ft266dm>
33. Spanish Translation & Cultural Adaptation of ICU Delirium Playbook <http://tinyurl.com/hskus3zk>
34. Delusional Memories from ICU Stay: Sys Review <https://tinyurl.com/4hmmvff4>
35. Psych Disorders in Families of Pts with Delirium: Prospective Study <https://tinyurl.com/2rhfzabh>
36. Barriers & Facilitators for Early Mobility in Pts with Delirium: Sys Review <https://tinyurl.com/mr49m5sx>

#### **Psychology**

37. Dyspnea in Mech Vent Patients: ERS/ESICM Statement <https://tinyurl.com/2h9xwv4f>
38. Beauty, beautician & empathy in ICU <http://tinyurl.com/m8nsf269>

39. Psych Disorders in Families of Pts with Delirium: Prospective Study <https://tinyurl.com/2rhfzabh>

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

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***Learn how we are improving ICU patients' outcomes at our websites:***

[www.hopkinsmedicine.org/OACIS](http://www.hopkinsmedicine.org/OACIS) [www.mobilization-network.org](http://www.mobilization-network.org) [www.improveLTO.com](http://www.improveLTO.com) [bit.ly/icurehabsol](http://bit.ly/icurehabsol)

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