

Hi Everyone,

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

ICU Rehab updates for August 2024

1. **Announcements** and updates below:

a. Register now! 13th Hopkins ICU Rehab Conference

i. **Abstract deadline (for posters) extended to Aug 15:**

<https://icurehabnetwork.org/2024icurehabconference/>

ii. **Date:** Nov 7 & 8, 2024 at Johns Hopkins Hospital

iii. **Info:** <https://icurehabnetwork.org/icurehabconference/>

iv. **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

2. 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)

ii. Registration for **online Foundation Course** is

open: <https://icurehabnetwork.org/online-foundation-course/>

b. Register ASAP: Live Virtual or In-person Format! 8th Asia Pacific Conference--Rehab in ICU

i. **Date/Location:** Aug 24-25, 2024 in Ho Chi Minh City, Vietnam

ii. **Online access to Conference presentations for 1 month**

iii. **Info:** <https://vnpta.org/icurehab-2024/>

iv. **Registration fees are discounted for lower/middle income countries**

v. Workshop registration is filling quickly – register now!

c. 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. **Abstract submission deadline: August 20**

- 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.johnshopkinssolutions.com/solution/activity-mobility-promotion-amp/>
 - ii. <https://browse.welch.jhmi.edu/early-mobility>
- f. **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. **Delirium Educational Videos & Quiz for RASS & CAM-ICU (English & Spanish!):**
 1. 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
 2. **20-minute instructional video is available at above website**
 3. **Chinese (NEW!),** Korean, Turkish, Spanish, Japanese & Portuguese translations available (see www.ImproveLTO.com)
 4. FSS-ICU version for **retrospective assessment** of patient's pre-ICU **baseline status** is at above website
- g. **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. Cardio Rehab on Cardioresp Fitness & Clin Symp Burden in Long COVID: RCT <https://tinyurl.com/33euh59y>
2. Return-to-Work Post-COVID-19: Meta-Analysis <https://tinyurl.com/mvbyh7cu>
3. In-patient Delirium & Disability & Cog Impair Post COVID: Prospective Cohort <https://tinyurl.com/4jymr8at>
4. Healthcare Utilization 9 mo. Pre & Post- COVID-19 Hosp: Retrospective Cohort <https://tinyurl.com/39ba92pj>
5. Function after Acute Rehab in COVID-19 Pts: Retrospective study <https://tinyurl.com/3ewv5s4p>
6. Tracking Cog Trajectories in Older COVID-19 Survivors 2.5 Yrs Post-Infection: <https://tinyurl.com/6r8n2u8w>

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

Rehab

1. Abdominal Massage & ROM with Enteral Nutrition in ICU: RCT <https://tinyurl.com/29fytu9f>
2. Impact of Family Support Intervention on Hosp Costs & Readmit in ICU Pts: RCT <https://tinyurl.com/28adnrkv>
3. Risk Prediction Models for ICUAW in ICU Pts: Sys Review <https://tinyurl.com/yxcuv4sy>
4. Ventilator-Tube Holder for Mobilizing Trach Pts: Pilot Usability Study (TrachVest) <https://tinyurl.com/yhmtdds5>
5. Communication in Pts w/ Artificial Airway: Core Outcome Set <https://tinyurl.com/4d2j33pm>
6. Readiness for Oral Intake in Post-Extubated ICU Pts: Prospective Study <https://tinyurl.com/y99md2p8>
7. Cycling in ICU: Editorial <https://tinyurl.com/2p9k95yw>

Muscle & Function

8. Physiological & Clinical Effects of FES-Cycling: Meta Analysis <https://tinyurl.com/yctt544>
9. Musculoskeletal Ill Health on QoL & Function Post ICU: Prospective Cohort <https://tinyurl.com/yzd4eztv>
10. Reliability & Validity of FSS-ICU Chinese version: Translation Study <https://tinyurl.com/yt4y6scu>
11. Perme ICU Physical Therapy Competency <https://tinyurl.com/58xunm27>

Outcomes after ICU, and Patient Outcomes Research

12. Inflammation & Post-Intensive Care Syndrome (PICS): Sys Review <https://tinyurl.com/mr435h2b>
13. Post-Intensive Care Syndrome Care: Editorial <https://tinyurl.com/3m5399s4>
14. Individualized Digital Recovery Goal Attainment for ICU Survivors: 2 Yr Cohort <https://tinyurl.com/mtskmepb>
15. Musculoskeletal Health on QoL & Function Post ICU: Prospective Cohort <https://tinyurl.com/yzd4eztv>
16. Sociodemo of ICU Survivors Phys Impairment: Exploratory Analysis <https://tinyurl.com/3sbta2km>
17. Reduced QoL in ARDS Survivors: DACAPO Cohort Study <https://tinyurl.com/bdz8sa78>
18. Comorbidity & Changes in HRQoL in Crit Care Survivors: Review <https://tinyurl.com/332jrxae>
19. Pain & Psychopathology Post ICU Admission: Cohort study <https://tinyurl.com/nhbtfm3m>
20. Return to Work After Out of Hospital Cardiac Arrest: Multicentric French Cohort <https://tinyurl.com/yuxk92nc>
21. Recruit & Retention of ICU Family: Review of RCTs <https://tinyurl.com/mr4a4kjp>
22. Post ICU F/U Services Barriers & Facilitators: Qualitative Study <https://tinyurl.com/d8b6j6wx>

Sedation, Delirium, Sleep, Agitation:

23. BIS Monitoring vs. Clinical Assessment for Deep Sedation in ICU: RCT <https://tinyurl.com/2hh2p5dk>
24. Effectiveness of Bundle Interventions on ICU Delirium: Meta-Analysis <https://tinyurl.com/nfyn2nar>
25. Measuring Pain & Discomfort in Lightly Sedated MV ICU Pts: Cohort <https://tinyurl.com/4kh7dpzd>
26. Inflammatory Subphenotype & Acute Brain Dysfunction in MV Pts: Cohort <https://tinyurl.com/97ncfv8y>
27. Delirium Screening in Crit Ill Children: Secondary Analysis of PICU Up! <https://tinyurl.com/8ze8svc5>
28. 4A's Test for Detecting Delirium in ICU Pts: Prospective Observational <https://tinyurl.com/2zau86m3>
29. Sleep & Circadian Health of ICU Survivors: 12-Month F/U Observational Study <https://tinyurl.com/3ht4d588>
30. Physical Restraint & Associated Agitation: Retrospective Study <https://tinyurl.com/mw696zda>
31. Delirium in the US: Delirium Awareness Day prevalence Study Results <https://tinyurl.com/4bcseenvc>

Psychology

32. Risk Prediction Model for Detecting PICS Mental Disorders <https://tinyurl.com/3s9e7tba>
33. Pain & Psychopathology Post ICU Admission: Cohort study <https://tinyurl.com/nhbtfm3m>
34. Resilience Post Severe Crit Illness (RESIREA): Prospective Observational Study <https://tinyurl.com/4wkp27j2>
35. Behavioral Health Interventions & Selective Outcome Reporting: Review <https://tinyurl.com/mwykv76y>
36. Clinical Practices for ICU Psychologists in France: Survey <https://tinyurl.com/4b7kw253>

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

www.hopkinsmedicine.org/OACIS www.mobilization-network.org www.improveLTO.com bit.ly/icurehabsol

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