

Hi Everyone,

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

## ICU Rehab updates for September 2024

1. Announcements and updates below:

### **a. Register now! 13<sup>th</sup> Hopkins ICU Rehab Conference**

i. **Sept 30 is deadline for \$100 discount (see Foundations Course below)**

ii. **Oct 7 is deadline for Hotel Discounts**

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

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

v. **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

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)

3. Foundations course provides **\$100 coupon** for in-person conference (**Sept 30 deadline!**)

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

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

b. **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/>

c. **Updated Monthly! ICU Rehab e-Resource Sheet:** <https://icurehabnetwork.org/resources/>

d. 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>

e. 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. **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. **Chinese (NEW!),** Korean, Turkish, Spanish, Japanese & Portuguese translations available (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
- f. **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. Home Pulm Rehab & Exercise Capacity in Post COVID-19 Pts: RCT <https://tinyurl.com/mrxt2v72>
- 2. Extubated Rehab-Focused ECMO in Peds COVID-2019: Case Series <https://tinyurl.com/mr2wrndt>
- 3. ICU Rehab Dose & Hospital Outcomes COVID-19: Retrospective Study <https://tinyurl.com/mt9aa2hh>
- 4. Research Priorities in COVID-19 Rehab <https://tinyurl.com/2mcrjhvw>
- 5. Cog & Psych Symptom Trajectory 2-3 Yrs Post COVID-19 Hosp in UK <https://tinyurl.com/42fh4myw>
- 6. PASC in Pre-Delta, Delta & Omicron Eras <https://tinyurl.com/52vbbsuc>
- 7. Hearing Loss Post COVID-19 in Young Adults in South Korea <https://tinyurl.com/4whf2yb>
- 8. Need of ICU COVID-19 Pts' Relatives: Cross-Sectional Study <https://tinyurl.com/3yf8d4k2>
- 9. Long COVID Clinical Update: Review <https://tinyurl.com/5yc9v2ka>
- 10. Long COVID Defined: 2024 NASEM Definition <https://tinyurl.com/mv3d793a>
- 11. Delirium & COVID-19: Review Article <https://tinyurl.com/4sezrrfp>

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

**Rehab**

1. Inspiratory Muscle Training in Intubated Pts w/ Difficult Weaning: RCT <https://tinyurl.com/4p7axkez>
2. NMES in Mech Vent ICU Patients: Network Meta Analysis <https://tinyurl.com/mryxrmw6>
3. German Guideline on Positioning & Early Mob in Crit Ill <https://tinyurl.com/r7e2r787>
4. Completeness of Reporting in RCTs in Rehab Journals: Meta-Research Study <https://tinyurl.com/thcxfeex>
5. Virtual Reality Upper Limb Rehab in Prolonged Crit Ill: Proof-of-Concept <https://tinyurl.com/2p4f7s6t>
6. Family Participation in ICU Rehab: Qualitative Study <https://tinyurl.com/bcuumk44>
7. Age & Mobility Levels During Phys Rehab w/ Clinical Outcomes in ICU <https://tinyurl.com/kpkurf6u>
8. In-Hospital Tool Predicting Post-ICU Func Impairment in Older Adults: Pilot Study <https://tinyurl.com/559vusms>
9. Culture of Early Mob for Physicians in Adult ICU: Cross-Sectional Study <https://tinyurl.com/5ds9vkaf>
10. Work-Related Musculoskeletal Complaints of Physios in ICU: Cross-Sectional <https://tinyurl.com/46dyxw9s>

**Muscle & Function**

11. Microvascular Autoregulation in Muscles in ICU: Pilot Study <https://tinyurl.com/47xhe2m9>

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

12. Changes in Quality of Life 1 Yr Post ICU Survival: Prospective Cohort <https://tinyurl.com/3hjpvr3k>
13. Nutritional Therapy for Prevention of PICS: Review <https://tinyurl.com/54af37x8>
14. PICS: Review of Definitions, Potential Therapies & Research Priorities <https://tinyurl.com/2929phcc>
15. Tx Strategies for Inflammation, Immunosuppression & Catabolism (PICS): Editorial <https://tinyurl.com/3cf9rcyp>

**Sedation, Delirium, Sleep, Agitation:**

16. Dexmedetomidine for Reducing Mortality in Pts w/ Septic Shock: RCT <https://tinyurl.com/26ruuif4>
17. Occupational Therapy & Delirium in ICU: Meta-Analysis <https://tinyurl.com/4n8tabd2>
18. ICU Liberation: ABCDEF Bundle & Quality Improvement Intervention <https://tinyurl.com/4z9yp9sv>
19. Behavioral Assessment w/ Coma Recovery Scale in ICU Pts: Cohort <https://tinyurl.com/28fybk6m>
20. Opioid Practice Patterns in Mech Vent Patients: Retrospective Cohort <https://tinyurl.com/bdh4bsas>
21. Identifying & Treating Hypoactive Delirium: Editorial <https://tinyurl.com/4zvy2c73>

**Psychology**

22. Implementation Strategies Using (MOST) Framework: Commentary/Position <https://tinyurl.com/3phvk3rs>

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,

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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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