

Hi Everyone,

Welcome to the **November 2024 @ICURehab** monthly email. **I am sending the November email early since once November actually arrives, we will be busy with final preparations for the Johns Hopkins ICU Rehab Conference (see below – last chance to register!!!).** I am happy to share updates and announcements on educational opportunities, plus **new** publications – see below!

ICU Rehab updates for November 2024

1. **Announcements** and updates below:

a. Last chance to Register! 13th Hopkins ICU Rehab Conference

i. Register before Nov. 1, to save \$50 late registration fee

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. Register for **online Foundation Course**

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

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

c. **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>

d. **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, 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
- e. **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. Efficacy of Virtual Visitation in ICU during COVID-19 Pandemic: RCT <https://tinyurl.com/4fuu8b2f>
- 2. Clinical Comparison of PICS & Long COVID: Review <https://tinyurl.com/3khwtx2c>
- 3. Changes in Memory & Cognition during SARS-CoV-2: Human Challenge Study <https://tinyurl.com/mryvdrf>

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

Rehab

- 1. Leg Cycle Ergometry in ICU Pt: Updated Meta-Analysis <https://tinyurl.com/y6hzvdje>
- 2. Defining Standards for ICU PT in Australia & New Zealand: Delphi study <https://tinyurl.com/3n5hhe64>
- 3. Early Goal-Directed Activity after Cardiac Surgery <https://tinyurl.com/2r9w7kzr>
- 4. EHR to Classify Risk for ICU Patient Mobility: Cross-Sectional Study <https://tinyurl.com/mr38k7y3>
- 5. Characterizing Physical Rehab in Canadian ICU: Secondary Analysis of Pilot RCT <https://tinyurl.com/7raaezd6>
- 6. Perceived Barriers of Clinical Roles towards ICU Mobility: Survey <https://tinyurl.com/2m2k8svx>
- 7. Staff Perceived Barriers to Patient Mobility: Survey <https://tinyurl.com/4x7vcfd3>
- 8. Early Rehab Activity in ICU in Central China: Survey <https://tinyurl.com/2p9vrs44>
- 9. ICU Experiences with Music Therapy during Invasive Procedure: Qualitative <https://tinyurl.com/55m5rpyw>
- 10. Music as Healing in ICU Survivors: Editorial <https://tinyurl.com/2n5b36y7>
- 11. Culture of an Awake & Walking ICU: Review <https://tinyurl.com/mwdr3m2v>
- 12. Early Rehab in ARDS: Review <https://tinyurl.com/m43vaws8>

Muscle & Function

13. Skeletal Muscle in ICU Survival & Recovery: Review <https://tinyurl.com/mwf5ci8t>

Outcomes after ICU, and Patient Outcomes Research

14. Virtual Peer Support for ICU Survivors: Pilot RCT <https://tinyurl.com/5n6kcb57>
15. In-Person Peer Support for ICU Survivors: (ICURESOLVE) Pilot RCT <https://tinyurl.com/ytkmnuwt>
16. eHealth Interventions in Treating PICS Outcomes: Sys Review <https://tinyurl.com/2s3v4szw>

17. Restricting Symptoms & Disability after ICU: Prospective Longitudinal Study <https://tinyurl.com/5fn47wyu>
18. Inability to Stand at ICU Discharge & Readmission: Retrospective Cohort Study <https://tinyurl.com/5fa6zuu9>
19. Inappropriate Medications Post ICU: Prospective Cohort Study <https://tinyurl.com/bdz3u9vc>

20. Updates on PICS Post-ARDS: Review <https://tinyurl.com/52a8bf4f>
21. PICS Physical Impairments & Function: Review <https://tinyurl.com/yvwtp8ju>
22. Long-Term Cognitive Function among ICU Survivors: Review <https://tinyurl.com/pf63jd2y>
23. Multidisciplinary Team Approaches to Assessing & Addressing PICS: Review <https://tinyurl.com/5xfx6r75>
24. Financial Impact of PICS: Review <https://tinyurl.com/yb8kv5vf>
25. Care Transitions after Critical Illness: Review <https://tinyurl.com/2rhu4jhe>
26. PICS-Family: Review <https://tinyurl.com/ywthuxcr>

27. Caregiver Strain & Emergency Healthcare Use in ICU Survivors: Research Letter <https://tinyurl.com/ye25t29z>
28. Chronic Critical Illness and Outpatient Follow-Up: Retrospective Analysis <https://tinyurl.com/mpztpstz>

Sedation, Delirium, Sleep, Agitation:

29. Remifentanyl vs. Dexmedetomidine for Cardiac Surgery NIV Intolerance: RCT <https://tinyurl.com/4425xptm>
30. Bispectral Index Monitoring vs Clinical Assessment for Deep Sedation in ICU: RCT <https://tinyurl.com/5n8c7nr2>

31. Subsyndromal Delirium in ICU: Meta-Analysis <https://tinyurl.com/3dwuxz4z>
32. Mg Sulfate for Emergence Agitation Post General Anesthesia: Meta Analysis <https://tinyurl.com/32u4uhtj>
33. ICU Diaries—Harmful or Harmless: Sys Review & Qualitative Synthesis <https://tinyurl.com/y9neby53>

34. [Communication with Patients in Delirium \(You Are Safe\): Case Study](https://tinyurl.com/4tne5k26) <https://tinyurl.com/4tne5k26>
35. Flyer w/ Re-Orienting Messages for ICU Delirium (You are Safe): Brief Report <https://tinyurl.com/2p9dekfc>

36. New Lighting Technology vs Fluorescent on Delirium in ICU: Comparative study <https://tinyurl.com/384s5vjh>
37. Vascular Complications in Extremities of Restrained ICU Pts: Prospective Study <https://tinyurl.com/yc76psah>
38. Neuroleptic Malignant Syndrome: Review <https://tinyurl.com/3zye9bby>

Psychology

39. PICS—Mental Health: Review <https://tinyurl.com/kxzs9d8j>

4. Videos & News

Video & podcast postings below:

OACIS Videos & News: <https://www.hopkinsmedicine.org/pulmonary/research/outcomes-after-critical-illness/oacis-videos-news>

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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