

Hi Everyone,

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

ICU Rehab updates for October 2024

1. **Announcements** and updates below:

a. Register now! 13th Hopkins ICU Rehab Conference

i. Oct 7 is deadline for Hotel Discounts!!!

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. 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

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
- 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

2. **COVID-Related Publications**

- 1. Online Intervention on Exercise Capacity, Fatigue & QoL: RCT <https://tinyurl.com/2rxvp2tn>
- 2. Effect of Cardiopulmonary Rehab Protocol: RCT <https://tinyurl.com/49h6jknP>
- 3. Layperson-Delivered Behavioral Activation During COVID-19: HEAL-HOA RCT <https://tinyurl.com/2rjfvjzm>
- 4. Gait Analysis in Covid 19 Survivors <https://tinyurl.com/4nzf6ahj>
- 5. 3 & 6 Mo Outcomes Post Molnupiravir Tx for COVID-19 Pts (PANORAMIC): RCT <https://tinyurl.com/2tb993mx>
- 6. 1-Year Outcomes of Lower Vs Higher O2 in ICU Pts w/ COVID-19 <https://tinyurl.com/2xh8pkkw>
- 7. Financial Toxicity of COVID-19 Infection & Common Comorbidities: NHIS Analysis <https://tinyurl.com/mrxhwcc4>
- 8. 1 Yr Outcomes in COVID-19 & non-COVID-19 ICU Survivors: Cohort Study <https://tinyurl.com/3n3dwtxb>
- 9. COVID-19 Long Term Observational After Critical Care: Cohort Study <https://tinyurl.com/2hr8dyvz>
- 10. N95 Respirator Seal Integrity Post Extended-Use In ICU: Cohort Study <https://tinyurl.com/yc8z3hca>
- 11. Pulm Rehab for People w/ Persistent Symptoms Post COVID-19: Review <https://tinyurl.com/ywdmjsex>
- 12. Long COVID Science, Research & Policy: Review <https://tinyurl.com/53mxv54y>
- 13. Long-Covid, PICS, & Post-Sepsis Syndrome: Review <https://tinyurl.com/4s8y2tap>

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

Rehab

1. PRACTICE Core Outcome Set of Physical Rehab in Crit Illness: Delphi Consensus <https://tinyurl.com/5n6chfn8>
2. Early Mob Protocol Effects on Muscle Strength in ICU Pts: RCT <https://tinyurl.com/twnjdu99>
3. Bedside Cycling in ICU Post Liver Transplantation: RCT <https://tinyurl.com/2fvyc7ak>
4. Early Mobility Practice for ICU Pts in ICU in China: Delphi Consensus <https://tinyurl.com/4u5fyucb>
5. Evidence-Based Early Rehab Program on VVECMO Pts: Cohort Study <https://tinyurl.com/5cn63rwf>
6. Early Mobility & Quality Indicators in ICU Brazil: Cohort Study <https://tinyurl.com/2puthm63>
7. Early Mobility & Pneumonia in TBI in NCCU: Historical Study <https://tinyurl.com/bde697ud>
8. Mobility w/ Femoral Catheters in Burn ICU: Retrospective Study <https://tinyurl.com/3db88kzc>
9. Music Therapy Program in the Neurologic Inpatient Setting: Qualitative Study <https://tinyurl.com/yeyj6s66>
10. Live Music in ICU: Pilot Study <https://tinyurl.com/yp25c9t5>
11. Virtual Reality Strategies for Promoting Mobility in ICU: Case Report <https://tinyurl.com/yys2vyrz>
12. Sensory Stimulations on Thirst in Mech Vent Pts: Letter <https://tinyurl.com/bdhh76n2>
13. Instrument to Assess Family Engagement in ICU Mobility: Psychometric Testing <https://tinyurl.com/mu665vm5>
14. ICU nurses' Intent for Early Mobility: Multi-Centre Cross-Sectional Survey <https://tinyurl.com/mt7rf6wj>
15. Early Mobility in Neuro ICU: Editorial/Review <https://tinyurl.com/3nau9y5y>
16. Financial Incentive on Early Rehab & Outcomes in ICU (Japan): Retro. Study <https://tinyurl.com/465ts4ku>
17. Sex-Based Differences in ICU Care of MV pts (Toronto): Multi-Center Analysis <https://tinyurl.com/y3cacxza>
18. Pt Practice & Org Factors w/ Early Mobility in ICU Pts: Secondary Analysis <https://tinyurl.com/ymbv4yus>
19. Rehab Partnership w/ Pts in ICU: PT'S Perspectives/Qualitative Study <https://tinyurl.com/36uwztus>
20. Mobilization of Post-ICU Pts: Qualitative Study <https://tinyurl.com/4bx3c3s2>

Muscle & Function

21. ICUAW Risk Factors: Overview of Sys Review & Meta-Analysis <https://tinyurl.com/5637f42n>
22. Inability to Sit-to-Stand in MICUs Survivors: Prospective Cohort Study <https://tinyurl.com/mv8w7u4h>
23. Nutrition, Muscle Thickness & Outcomes for NIV ICU Pts: Prospective Study <https://tinyurl.com/yck4wyn2>
24. Novel U/S Approach in ICU Pts: Longitudinal Observational Feasibility Study <https://tinyurl.com/mdbj8ry>
25. Biomarkers for Muscle Atrophy in NCCU: Prospective Study <https://tinyurl.com/rwvrk8fz>
26. Upper Limb Nerve Injury in ARDS Prone: Meta-Analysis <https://tinyurl.com/5n6w58df>
27. Glucocorticoid Tx on ICU Pts Muscle Function: Secondary Analysis <https://tinyurl.com/27jc6ttk>

Outcomes after ICU, and Patient Outcomes Research

28. Post-Sepsis Intervention in Large Learning Health System: Qualitative Study <https://tinyurl.com/3bezw5b3>
29. Sample Size in Multi-stakeholder Delphi surveys <https://tinyurl.com/y2nd67yf>

Sedation, Delirium, Sleep, Agitation:

30. Ketamine Analgo-Sedation for MV ICU Pts: Rapid Practice Guideline <https://tinyurl.com/3a3e5mbv>
31. Suvorexant for Delirium in Older Adults After Hospitalization: RCT <https://tinyurl.com/3k523ns3>
32. Quality Indicator for Sedation, Analgesia & Delirium in Germany: Cohort Study <https://tinyurl.com/5b9p4drk>
33. Development of Family Intervention for Delirium in ICU: Co-Design Study <https://tinyurl.com/3ss6tkb9>
34. Nurses Report ABCDEF Care Bundle in ICU in Turkey: Cross-Sectional Study <https://tinyurl.com/5yxpw7n2>

Dysphagia, Communication & SLP Issues:

35. Post-Extubating Dysphagia in ICU Pts: Meta-analysis <https://tinyurl.com/5y9xxjpx>
36. Nurse-Led Dysphagia Screening in ICU: Implementation Study <https://tinyurl.com/y64jh5tv>

Psychology

37. Flexible Visitation in ICU on Family Mental Health: 12 Mo Results from RCT <https://tinyurl.com/jpx27s23>
38. ICU Diaries on Psych Disorders & Sleep Quality: Meta-Analysis <https://tinyurl.com/mr35ezx6>
39. Clinical Utility of IES-R for DSM-V PTSD <https://tinyurl.com/yc238ph9>
40. Pt-Recorded Audio File Story Improves Communication & Empathy <https://tinyurl.com/2s44n5d7>
41. Coping w/ Complicated Grief in Relatives of ICU Pts: Single-Center Cohort Study <https://tinyurl.com/nhzrttrs>

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,

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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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