

Hi Everyone,

Happy New Year! Welcome to the **January 2025 @ICURehab monthly email**. I am happy to share updates and announcements on educational opportunities, plus **new** publications – see below!

ICU Rehab updates for January 2025

1. **Announcements** and updates below:

a. **Call for Presentations & RSVP to Attend: 14th International ICU PM&R Meeting** – San Francisco, CA USA

i. Once again, I am organizing this meeting, timed to coincide with American Thoracic Society (ATS) Conference: <https://conference.thoracic.org/>

1. **There is no registration fee (free of charge!)**

- a. **Sat. May 17, 2025 from ~1:30 to 6:30 pm (exact time TBD), with social event immediately thereafter**
- b. **Location:** UCSF Parnassus Campus (~5 miles/8 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 ICURehab@jhmi.edu -- provide your name, degrees, institutional affiliation**

iii. **If you want to give a 10-min. presentation**, please contact **ME**: 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 ****Priority is given to presentations topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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 **proposed short title of the presentation**
3. **acceptance of presentations will be made in April 2025; you will be notified via email with a draft agenda for the meeting**

b. Register now! 8th Hospital Activity & Mobility Conference

- i. Virtual & In-Person formats happening in **Spring 2025**
- ii. **Exact Dates & More info here: www.hopkinsAMP.org**

c. Save the Date! 14th Hopkins ICU Rehab Conference: Nov 6 & 7, 2025

- i. New content every year (focuses on latest updates over the past year)
- ii. **In-person format ONLY at: Johns Hopkins Hospital, Baltimore, MD USA**
- iii. **Info here: <https://icurehabnetwork.org/>**

- d. **Online Johns Hopkins ICU Rehab Foundations course (5.5. hours)**
- i. Foundations course content remains the same from year to year
 - ii. **Content available for 6 month duration after registration**
 - iii. Info here: <https://icurehabnetwork.org/online-foundation-course/>
- e. **Updated Monthly! ICU Rehab e-Resource Sheet:** <https://icurehabnetwork.org/resources/>
- f. **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>
- g. **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
- h. **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. Effect of Cardiorespiratory Rehab in Long-COVID: Sys Review <https://tinyurl.com/yv7jjatp>
2. Interventions for Management of Long- Covid: Living Sys Review <https://tinyurl.com/tu22jd4r>

3. Diaphragmatic Strengthening Exercises in Post COVID-19: RCT <https://tinyurl.com/2y5a7bt7>
4. Effectiveness of 12-wk Tele-Rehabilitation in Long COVID: RCT <https://tinyurl.com/ynsurzt8>
5. Conventional vs Virtual Reality-Simulated Treadmill Exercise in Post-COVID-19: RCT <https://tinyurl.com/mpfv7et>
6. Effect of Cardiopulm Rehab on Cognition, Psychology & Sleep in Long COVID: RCT <https://tinyurl.com/4zv658j9>
7. Tele-Counseling Effect on Functional Performance & QoL post-COVID: RCT <https://tinyurl.com/kxx7k229>

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

Rehab

1. [Impact of Early Mobilization in ICU After CABG: Sys Review https://tinyurl.com/46xxfjja](https://tinyurl.com/46xxfjja)
2. [Early Mobilization in ICU Pts Receiving Vasoactive Drugs in Shock: Meta-Analysis https://tinyurl.com/32j6wbw4](https://tinyurl.com/32j6wbw4)
3. [Outcomes in Early Mobilisation in Critically Ill Children: Scoping Review https://tinyurl.com/mrypvrij7](https://tinyurl.com/mrypvrij7)
4. [Success Rate of Hi- vs. Lo-IMT in Weaning \(IMweanT\): RCT https://tinyurl.com/5bke8pvn](https://tinyurl.com/5bke8pvn)
5. [Impact of IMT & PEP on Lung Function & Extubation in ICU: RCT https://tinyurl.com/43jpymlw](https://tinyurl.com/43jpymlw)
6. Home-Based Exercise & Self-Management in Lung Cancer Resection: RCT <https://tinyurl.com/2kfs3hse>
7. [Implementing Early Rehab for COPD Pts on Mech Vent: Prospective Study https://tinyurl.com/53wpp4zu](https://tinyurl.com/53wpp4zu)
8. [Virtual Reality in Promoting Mobilization in Critical Care: Narrative Review https://tinyurl.com/2vywkubz](https://tinyurl.com/2vywkubz)

Outcomes after ICU, and Patient Outcomes Research

9. [Virtual Assessment Protocol for TUG, Chair Rise & 1MSTS in Older Adults https://tinyurl.com/hhmnfewe](https://tinyurl.com/hhmnfewe)
10. [Stakeholder Perspectives on Categorizing Care Setting for Hospital-free Day https://tinyurl.com/mvxe8znd](https://tinyurl.com/mvxe8znd)

Sedation, Delirium, Sleep, Agitation

11. Management of Pain & Sedation in ICU: BMJ State of the Art Review <https://tinyurl.com/mr2yb3fb>
12. Effect of Eye Mask on Sleep Quality & Pain in Pts w/ CABG: RCT <https://tinyurl.com/5n7pwenm>
13. Quetiapine vs. Haloperidol in Management of Hyperactive Delirium: RCT <https://tinyurl.com/35zubnap>
14. Family-led Intervention for Delirium in ICU: Mixed Methods Pilot Study <https://tinyurl.com/53yzucuz>
15. [Using Touch & Movement to Reverse Inattention in Delirium: Observational Study https://tinyurl.com/y5auve2f](https://tinyurl.com/y5auve2f)
16. Physical Restraint Practice in ICU, Family Perspective: Qualitative Study <https://tinyurl.com/mpvabpky>
17. Recommendation for Future Delirium Treatment Trials in Older Adults (NIDUS) <https://tinyurl.com/ejdf972>
18. [Quality & Barrier to Sleep in Non-Mech Vent Pt in ICU & Ward \(Australia\): Survey https://tinyurl.com/4vsd74za](https://tinyurl.com/4vsd74za)
19. [Night-time Sleep of ICU Pts: Qualitative Study https://tinyurl.com/4majnc54](https://tinyurl.com/4majnc54)

Dysphagia, Communication & SLP Issues

20. Dysphagia Rehab in Acute or Critical Illness: Meta-Analysis <https://tinyurl.com/4y4awj9k>

Psychology

21. Non-pharma Interventions for Anxiety in ICU: Meta-Analysis <https://tinyurl.com/333z4hvh>
22. Vidatalk App Efficacy on Family Psychological Symptoms in ICU: Pilot study <https://tinyurl.com/kwf6pww2>
23. Animal-Assisted Intervention Services in UK ICU: National Service Evaluation <https://tinyurl.com/4fdjp27z>

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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