

Hi Everyone,

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

ICU Rehab updates for February 2025

1. **Announcements** and updates below:

a. **Call for Presentations & RSVP to Attend: 15th 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](mailto:ME@dale.needham@jhmi.edu): 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 ****Priority is given to presentations topics that are: unpublished research/quality improvement, preliminary data, and/or study protocols**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**

1. **Virtual:** Apr 8-9, 2025

2. **In-person:** May 12-13, 2025

ii. **More info here: www.hopkinsAMP.org**

c. Registration opens in February! 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. **Registration Open! 9th Asia-Pacific Conference on Weaning & Early Mobilization in ICU**
- i. **Date: May 31 & June 1, 2025** in Tokyo, Japan
 - ii. **Abstract deadline: April 10, 2025**
 - iii. **Join from anywhere in the world via Hybrid format!!**
 1. In-person + Live ZOOM, including 1 month On-Demand access
 - iv. **Discounted Registration for lower/middle income countries!**
 - v. Info at: <https://asia-mobilization-network.org/home/english/>
- f. **Updated Monthly! ICU Rehab e-Resource Sheet:** <https://icurehabnetwork.org/resources/>
- g. **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>
- h. **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

- i. **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. Physical Therapy Outcome Measure in Long Covid: Sys Rev <https://tinyurl.com/48a7xnnc>
2. Outpatient Rehab Program for Post-COVID: RCT <https://tinyurl.com/ycktk8a3>
3. Rehab Based on Cog Behavioral Model for Post-COVID: RCT <https://tinyurl.com/yfwv42b6>
4. **Remote vs Hybrid Pulmonary Tele-rehab in COVID-19: RCT** <https://tinyurl.com/ukn9k5b2>
5. Exercise Rehab of Different Training Modalities in Post-COVID: RCT <https://tinyurl.com/48dvcn6e>
6. **Virtual Care as Future of Long COVID Rehabilitation** <https://tinyurl.com/2s3k4f9n>
7. **Effect of COVID Pandemic in Acute Resp Failure Survivors: Prospective Cohort** <https://tinyurl.com/3tkbrxxh>
8. **2024 Update of RECOVER-Long COVID Research Index: Observational Cohort** <https://tinyurl.com/m8rx95zj>
9. **Prevalence & Activity-Limiting Condition in Post-COVID: Cross-sectional Study** <https://tinyurl.com/yc5vrb6k>
10. **Long-Term Prevalence of PTSD in Family of COVID Pt: Follow-up study** <https://tinyurl.com/5ab6yem4>
11. **Physiotherapy Framework to Manage Long COVID: Clinical Approach** <https://tinyurl.com/3n5mpp56>
12. **Shared Medical Appointment to Improve Rehab Care for Long COVID** <https://tinyurl.com/4n3ssm6h>
13. **Research, Education, Clinical Practice, & Policy: Long COVID Physio Forum** <https://tinyurl.com/4faedkz4>

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

Rehab

1. Effect of Early Rehab on Therapeutic Outcome in Mech Vent Pts: Meta-Analysis <https://tinyurl.com/4tsf6rek>
2. OT Interventions & Early Engagement for Pts in ICU: Sys Review <https://tinyurl.com/5n7xu5xn>
3. **Effect of NMES for Pts w/ Moderate to Severe COPD: Meta-analysis** <https://tinyurl.com/ycc7a5eh>
4. Impact of Inspiratory Muscle Strength Training in ICU: RCT <https://tinyurl.com/2fs459hu>
5. Evaluating Optimal Rehab strategies in ICU (IPAMICS study): Study protocol <https://tinyurl.com/bdfms3xm>
6. High vs Low Protein in ICU: Bayesian Meta-Analysis <https://tinyurl.com/2ehen8s8>
7. Nutritional Screening, Status, & Intake in Trials of Rehab after Crit Ill: Sys Review <https://tinyurl.com/yfszzsez>
8. Energy Expenditure According to ICU Phases: Descriptive Cohort Study <https://tinyurl.com/mryp2u7n>
9. Nutritional Support in the ICU: *BMJ* State of the Art Review <https://tinyurl.com/mufa9j93>
10. Caregiver Pathway to Reduced PICS in Caregivers of ICU Survivors: RCT <https://tinyurl.com/bdf92j34>
11. Rehab & Social Determinants of Health in ICU Recovery Literature: Sys Review <https://tinyurl.com/yc4hnvra>
12. Designing Post-Hospital Intervention in ICU recovery: Sys Review <https://tinyurl.com/ft69yv89>
13. Video Game Therapy in Neuroscience ICU: Pilot Study <https://tinyurl.com/yc2t49xt>
14. Virtual Reality Therapy for Upper Extremity Mob in ICU: Feasibility Study <https://tinyurl.com/29znmxsj>
15. Enhancing Early Mob w/ Mobile Pt Lift Device: Letter to Editor <https://tinyurl.com/56h625d6>
16. Mobility in Cardiac Surgery ICU: Behavior Mapping Study <https://tinyurl.com/yc6vfmhj>
17. Simulation-Based Early Mobility for PICU Nurse: Quasi-experimental <https://tinyurl.com/2abubs3r>
18. Sustainability of Early Mobility Protocol in Pediatric ICU <https://tinyurl.com/ycxcp5d9>
19. Workload of PT procedures in ICU (Brazil): Descriptive study <https://tinyurl.com/37d4j968>
20. First Out-of-Bed Mob & Severe Acquired Brain Injury (FOOBScan): Survey <https://tinyurl.com/3mzvvtz>
21. Status of Early Rehab in ICU in Korea: Survey <https://tinyurl.com/2jmd5e98>
22. Physiological Principles of Exercise: Review <https://tinyurl.com/4d5unbyk>

Muscle & Function

23. Respiratory Muscles Func in Weaning Vent-dependent Pt: Cohort Study <https://tinyurl.com/2x2pkbtw>
24. Nutrition Intake, Muscle Thickness, & Recovery in NIMV Pts: Prospective Study <https://tinyurl.com/2s47dx5f>

Outcomes after ICU, and Patient Outcomes Research

25. [Efficacy of Rehab after Discharge to Improve QoL: Meta-Analysis](https://tinyurl.com/4wn7ehxm) <https://tinyurl.com/4wn7ehxm>
26. Designing Post-Hospital Intervention in ICU recovery: Sys Review <https://tinyurl.com/ft69yv89>
27. Rehab & Social Determinants of Health in ICU Recovery Literature: Sys Review <https://tinyurl.com/yc4hnvra>
28. Caregiver Pathway to Reduced PICS in Caregivers of ICU Survivors: RCT <https://tinyurl.com/bdf92j34>
29. [Core Outcome Set for Adult ICU \(Denmark\): Modified Delphi Consensus](https://tinyurl.com/4n3adb42) <https://tinyurl.com/4n3adb42>
30. [Resilience, Survival, & Functional Independence in ICU Pts: Retrospective Cohort](https://tinyurl.com/3mfexjru) <https://tinyurl.com/3mfexjru>
31. Nutrition Intake, Muscle Thickness, & Recovery in NIMV Pts: Prospective Study <https://tinyurl.com/2s47dx5f>

Sedation, Delirium, Sleep, Agitation

32. Diagnostic Accuracy of CAM-IMC: Prospective Cohort Study <https://tinyurl.com/ykyaeuk5>
33. [ICU Delirium Screening & Cognitive Testing: Cross-sectional Study](https://tinyurl.com/6dm3eza7) <https://tinyurl.com/6dm3eza7>
34. [Advancing Delirium Assessment in Neurocritically Ill Adults: Editorial](https://tinyurl.com/mupv6bbw) <https://tinyurl.com/mupv6bbw>
35. [Windows in ICU & Post-operative Delirium: Retrospective Cohort Study](https://tinyurl.com/bd967kcn) <https://tinyurl.com/bd967kcn>
36. [Improve Delirium Awareness & Screening in MICU: QI Project](https://tinyurl.com/233fbjtz) <https://tinyurl.com/233fbjtz>
37. [World Delirium Awareness & Quality Survey \(2023\): Point Prevalence Study](https://tinyurl.com/94ffvy8s) <https://tinyurl.com/94ffvy8s>

Psychology

38. PTSS & Hope after ICU: Longitudinal Cohort Study <https://tinyurl.com/257fs85n>

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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