

Hi Everyone,

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

ICU Rehab updates for March 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: dale.needham@jhmi.edu**

1. **Presentations topics can include:** unpublished research/quality improvement, preliminary data, and/or study protocols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 occurs in April 2025; you will be notified via email with a draft agenda for the meeting**

b. Registration now Open! 14th Hopkins ICU Rehab Conference: Nov 6 & 7, 2025

i. **New content every year (focuses on latest updates over the past year)**

ii. **June 30 is Deadline for Abstract Submission**

iii. **In-person format ONLY at: Johns Hopkins Hospital, Baltimore, MD USA**

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

v. **Instructions for First Time Attendees**: before attending the in-person Conference,

1. Register & complete our **separate online ICU Rehab Foundations course** (5.5 hours of content)

a. This Course is essential since the in-person Conference does **not** cover foundational content

b. See info Foundations Course info. below

c. 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/>
- d. **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. **Info at:** <https://asia-mobilization-network.org/home-2/>
 - v. **Discounted Registration for lower/middle income countries!**
- e. **Register ASAP! 8th Hospital Activity & Mobility Conference**
 - i. Virtual & In-Person formats:
 - 1. **Virtual:** Apr 8-9, 2025
 - 2. **In-person:** May 12-13, 2025
 - ii. **More info here:** www.hopkinsAMP.org
- 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. Home-based exercise program for COVID Pts w/ Residual Disability: RCT <https://tinyurl.com/yyjn4xpn>
2. Effects of Pilates Exercise on Core Stability after COVID Recovery: RCT <https://tinyurl.com/mry4n6k5>
3. Combined Resistance & Breathing Exercise Education in COVID: RCT <https://tinyurl.com/5fty67s>
4. Effect of Home-Base Breathing Exercise on Resp Func & Fatigue in COVID: RCT <https://tinyurl.com/mr3meukd>
5. Recovery Trajectories of COVID-19 Pts in ICU (Sweden): Cohort Study <https://tinyurl.com/2r9bmy2>
6. Func Outcome COVID vs Non-COVID Pt w/ Neuromuscular Disorder: Cohort Study <https://tinyurl.com/muszci6j>
7. Pain, Agitation, & Delirium Management Before & During COVID: Cohort Analysis <https://tinyurl.com/yfedf3xr>
8. Neuro or Psych Complication of COVID & Func Outcome: Case Control <https://tinyurl.com/yypj3fdb>
9. Virtual Post-ICU Rehab Service in COVID-19: Multidisciplinary Focus Group <https://tinyurl.com/3ehm8svu>

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

Rehab

1. ICUAW & Physical Rehab in ICU: BMJ State of Art Review <https://tinyurl.com/smzmnxf7>
2. Nutrition & Physical Rehabilitation for ICU Pts: Review <https://tinyurl.com/yc4n6ak6>
3. Protocolized Strategies for Early mob of ICU Pts: Narrative Review <https://tinyurl.com/ynpcvw9n>
4. Effects of Inspiratory Muscle Training in ICU: Meta-Analysis <https://tinyurl.com/2s8kb4y8>
5. Functional Outcomes of Inspiratory Muscle Training in Pts w/ ICUAW: RCT <https://tinyurl.com/9h724adn>
6. [Early Rehab or Mobility of ECMO Pts: ELSO 2024 Guideline](https://tinyurl.com/hc84f6w3) <https://tinyurl.com/hc84f6w3>
7. [Ambulation Protocol for ECMO Pts: Quality Improvement Initiative](https://tinyurl.com/42cp8v55) <https://tinyurl.com/42cp8v55>
8. [Dose Level & Duration of Rehab of Mech Vent Pts: Cohort Study](https://tinyurl.com/yvnp44wc) <https://tinyurl.com/yvnp44wc>
9. Impact of Mobilization Training Time in Post-op ICU: Cohort Study <https://tinyurl.com/eh2ube8b>
10. Early Mobilisation Practice in Zimbabwean & South African ICUs: A Delphi study <https://tinyurl.com/mv6suffz>
11. [Adverse Event During & After Early Mobilisation: Post hoc Analysis TEAM Trial](https://tinyurl.com/yc7wmz5u) <https://tinyurl.com/yc7wmz5u>
12. Phys Rehab in ICU Pts Receiving Vasoactive Drug: Observational Feasibility Study <https://tinyurl.com/p8e5j6b9>
13. [Enhancing ICU Early Mobility via Multidisciplinary Round: Observational Study](https://tinyurl.com/y5kanspx) <https://tinyurl.com/y5kanspx>
14. [Physical Activity in Critically Ill Burn Pts \(Netherlands\): Feasibility Study](https://tinyurl.com/39uzb7wj) <https://tinyurl.com/39uzb7wj>
15. [Exploring Crit Care Nurses' Clinical Practice in Early Rehab: Qualitative Study](https://tinyurl.com/3845cpt4) <https://tinyurl.com/3845cpt4>
16. Feasibility & Implementation of Early Mobilisation in ICU (Lebanon): Survey <https://tinyurl.com/6wtzxa7c>

Muscle & Function

17. [Definition of Hospital-Acquired Deconditioning: Scoping Review](https://tinyurl.com/ykxvkvbu) <https://tinyurl.com/ykxvkvbu>
18. Relation b/w AMPAC Score & Mobility in Fall & Pressure Injury: Cohort Study <https://tinyurl.com/42rbdztz>
19. Interrater Reliability of the AMPAC b/w Nurses & Physical Therapist <https://tinyurl.com/2hhrcuda>
20. Short Form Measure from PROMIS Adult Physical Function Item Bank <https://tinyurl.com/mpu44hrf>
21. [Reliability, Validity & Practicability of CPAX E-learning: Clinimetric Study](https://tinyurl.com/2p9y5p37) <https://tinyurl.com/2p9y5p37>
22. CPAX-D & Improving Quality of Physical Function Assessment in ICU: QI Project <https://tinyurl.com/y2kiju2y>
23. High-Protein Enteral Nutrition on Muscle Preservation in Mech Vent Pts: RCT <https://tinyurl.com/5xrfhsu>
24. Nutrition in Sepsis Pts in Maintaining Skeletal Muscle Area: Observational Study <https://tinyurl.com/47xj7bep>
25. Nutrition & Physical Rehabilitation for ICU Pts: Review <https://tinyurl.com/yc4n6ak6>

26. Cerebral Oxygen in Initial Mobility in ICU Pt & Outcomes: Observational Study <https://tinyurl.com/3tvpn489>
27. Creatinine Production Rate to Monitor Muscle in ICU Pts: Observational Study <https://tinyurl.com/mrxudf4j>

Outcomes after ICU, and Patient Outcomes Research

28. [QoL in Family of ICU survivor \(Australia\): Longitudinal Cohort Study](https://tinyurl.com/53s5nybw) <https://tinyurl.com/53s5nybw>
29. Social Economic Determinant & Long-Term Outcome in ICU Pts: Cohort Study <https://tinyurl.com/344h32fv>
30. Communicating to Patients and Families about PICS: Perspective/Commentary <https://tinyurl.com/34fext9y>
31. Ableism After Critical Illness: Secondary Analysis of Interviews <https://tinyurl.com/4r3c78xt>

Sedation, Delirium, Sleep, Agitation

32. [Propofol & Survival: Meta-analysis of RCT](https://tinyurl.com/4ky66mfw) <https://tinyurl.com/4ky66mfw>
33. [Midazolam vs Other IV Sedatives in Mech Vent Pts: Meta-Analysis of RCT](https://tinyurl.com/4sht6ezb) <https://tinyurl.com/4sht6ezb>
34. [Music Intervention for Improving Delirium in ICU: Meta-analysis](https://tinyurl.com/2tpfe9as) <https://tinyurl.com/2tpfe9as>
35. [Ketamine Infusion in ICU & Postop Traumatic Memory: RCT](https://tinyurl.com/ht8f78p8) <https://tinyurl.com/ht8f78p8>
36. Hallucination & Disturbed Behavior in ICU: Cohort Study <https://tinyurl.com/26ub8bhb>
37. [Early EEG for Monitoring Deeply Sedated Mech Vent Pts: Observational Study](https://tinyurl.com/yx3t32nt) <https://tinyurl.com/yx3t32nt>

Psychology

38. Effect of ICU Virtual Reality Intervention on Relatives' Mental Health Distress: RCT <https://tinyurl.com/ms3ues3k>

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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