

Hi Everyone,

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

ICU Rehab updates for April 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 the 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. **Presentation topics can include:** unpublished research/quality improvement, preliminary data, and/or study protocols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. **American Delirium Society (ADS) Fellowship for OT, PT, SLP, RN & Pharmacists**

- i. ADS is offering **\$2,850 Fellowship** for quality improvement training at Vanderbilt University (June 26-27, 2025) + ADS Conference (June 29-July 1, 2025)
- ii. **Info:** <https://tinyurl.com/bortenfellowship>

c. **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 Foundations Course info. **below**

- 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. **Info at:** <https://asia-mobilization-network.org/home-2/>
 - v. **Discounted Registration for lower & middle income countries!!**

- f. **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

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

- h. **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>

- i. **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
- j. **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. Pulm Rehab Effect on Long COVID: Meta-Analysis <https://tinyurl.com/yc3ej5xk>
2. Early Rehab Interventions in Severe COVID-19: Observational Study <https://tinyurl.com/ywps8269>
3. Rehab Tools in Treatment of COVID Disabilities: Sys Review <https://tinyurl.com/2p8wyyjr>
4. Instruments to Assess Functional Capacity in COVID-19: Survey <https://tinyurl.com/b2pr2wza>
5. 1 Yr Mortality & Hospital Readmit in COVID <https://tinyurl.com/3xmkazaa>
6. Long COVID & Financial Hardship: National Survey Data <https://tinyurl.com/437pv6zn>

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

Rehab

1. [2024 PADIS: Update in Clinical Practice Guideline](https://tinyurl.com/bdb3eezy) <https://tinyurl.com/bdb3eezy>
2. [Executive Summary of 2024 PADIS](https://tinyurl.com/vwx4r6jy) <https://tinyurl.com/vwx4r6jy>
3. [Effect of Early Rehab in Mech Vent Pt: Meta-Analysis](https://tinyurl.com/282tm8rp) <https://tinyurl.com/282tm8rp>
4. Preventive Effects of Early Mobilisation on Delirium in ICU: Meta-Analysis <https://tinyurl.com/4wsbm3nx>
5. Nurse-Involved Early Mobilization in ICU: Meta-Analysis <https://tinyurl.com/mhu44un8>
6. Effects of Virtual Reality on Early Mobility in ICU Pts: Meta-Analysis <https://tinyurl.com/2uh3spmu>
7. Effectiveness of NMES in Exacerbation of COPD: Meta-Analysis <https://tinyurl.com/2npxhd4c>
8. Rehabilitation for Pts Undergoing ECMO: Integrative Review <https://tinyurl.com/mp4wzw7b>
9. ECMO/Blood Purification & Early Rehab in ICU (IPAM STUDY): Post-hoc Analysis <https://tinyurl.com/4vb3uu4u>
10. Early Mobilization in ICU: Quality Improvement Project <https://tinyurl.com/2dxtsf89>
11. Early Mobilisation in Windhoek (Namibia): Cross-sectional Study <https://tinyurl.com/s3cdrzn4>
12. Personalized Rehabilitation Strategies for Modern ICU: Editorial <https://tinyurl.com/3fjd6cnb>
13. Patients' Perspectives of Person-Centred PT in ICU: Qualitative Study <https://tinyurl.com/2s39uvzs>

Muscle & Function

14. Nandrolone in Muscle Growth & Anabolism in ICU Survivors (GAINS 2.0): Protocol <https://tinyurl.com/bddyxp8e>
15. Physical Activity Levels in ICU Survivors: Observational Study <https://tinyurl.com/zsrwchfh>
16. [Physical Activity Monitoring in Children after Mech Vent: Prospective Cohort](https://tinyurl.com/28maxj7d) <https://tinyurl.com/28maxj7d>
17. Wearable Devices for Patient Monitoring in ICU: Review <https://tinyurl.com/vywzvw9>

Outcomes after ICU, and Patient Outcomes Research

18. Development of Post-Hospital Interventions for ICU Survivors: Sys Review <https://tinyurl.com/mvs4m8fk>
19. [Social & Economic Factors in Crit Ill Survivorship: Scoping Review](https://tinyurl.com/2vxn4cn9) <https://tinyurl.com/2vxn4cn9>
20. ICU Recovery via Exercise, Nutrition, & Anabolic Interventions: Review <https://tinyurl.com/ypbxmd8w>
21. [Development of Core C2D2 w/ Common Data Elements: Modified Delphi Method](https://tinyurl.com/bj5raak5) <https://tinyurl.com/bj5raak5>
22. [Construction & Validation of QGEN-8 QoL Survey vs. SF-36](https://tinyurl.com/mu7ebv8p) <https://tinyurl.com/mu7ebv8p>
23. Core Outcome after Neonatal Sepsis: Consensus Statement <https://tinyurl.com/247eh687>
24. [Phenotype of Func Decline or Recovery in Sepsis Survivors: Cohort Study](https://tinyurl.com/5n7wdhex) <https://tinyurl.com/5n7wdhex>
25. [Patient Dignity in Long-Term Recovery after ARF: Prospective Cohort](https://tinyurl.com/58aftr3k) <https://tinyurl.com/58aftr3k>

Sedation, Delirium, Sleep, Agitation

26. [2024 PADIS: Update in Clinical Practice Guideline](https://tinyurl.com/bdb3eezv) <https://tinyurl.com/bdb3eezv>
27. [Executive Summary of 2024 PADIS](https://tinyurl.com/vwx4r6jy) <https://tinyurl.com/vwx4r6jy>
28. [Delirium in ICU from 2013–2023: Bibliometric Analysis](https://tinyurl.com/yrdzrrt7) <https://tinyurl.com/yrdzrrt7>
29. Preventive Effects of Early Mobilisation on Delirium in ICU: Meta-Analysis <https://tinyurl.com/4wsbm3nx>
30. [Association of SSRIs & Delirium in ICU: Sys Review](https://tinyurl.com/2eckejdjv) <https://tinyurl.com/2eckejdjv>
31. [Pt & Family Experience of Post-Op Delirium in ICU: Qualitative Study](https://tinyurl.com/2ze34jeb) <https://tinyurl.com/2ze34jeb>
32. [PK/PD of Propofol & Fentanyl in ECMO: Prospective Study](https://tinyurl.com/2ee8m4d8) <https://tinyurl.com/2ee8m4d8>

Psychology

33. Experience of Mech Vent Pts in ICU: Meta-Synthesis <https://tinyurl.com/yyubxdzd>
34. “ICU Feel Better” App for Patient-Reported Stressor: Prospective Cohort <https://tinyurl.com/3bpsckpz>

Dysphagia, Communication & SLP Issues

35. Nutritional in ICU w/ Focus on Swallowing Function & Rehab: Review <https://tinyurl.com/2wh6wjh5>

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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