

Hi Everyone,

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

ICU Rehab updates for May 2025

1. **Announcements** and updates below:

a. **Last chance to register (virtual/on-demand too!): 9th Asia-Pacific Conference on Weaning & Early Mobilization in ICU**

i. **Date: May 31 & June 1, 2025** in Tokyo, Japan

ii. **Join from anywhere in the world via Hybrid format!!**

1. In-person + Live ZOOM, including **1 month On-Demand access**

iii. **Detailed Agenda & Info:** <https://asia-mobilization-network.org/home-2/>

iv. **Discounted Registration for lower & middle income countries!!**

b. **Registration 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**

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. **Updated Monthly! ICU Rehab e-Resource Sheet:**

<https://icurehabnetwork.org/resources/>

e. **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>

f. **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
- g. **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. Subjective Symptoms 2 years Post-COVID: Cohort Study <https://tinyurl.com/3vkw6hsx>
- 2. Post-Exertional Malaise 3 years Post-COVID Hospitalization: CO-FLOW Study <https://tinyurl.com/dfty7em6>
- 3. Long COVID Longitudinal Health International Study: Qualitative Analysis <https://tinyurl.com/2p9m8t2a>

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

Rehab

- 1. In-Bed Cycling for ICU Pts: Meta-Analysis <https://tinyurl.com/yjr3r3xf>
- 2. Feasibility & Safety of Upper Extremity Ergometry in CICU: Observational Study <https://tinyurl.com/mrxn2w56>
- 3. Physiotherapy & Optimised Enteral Nutrition Post-ICU: PHOENIX RCT Protocol <https://tinyurl.com/y3mwhfph>
- 4. Metabolic Cost of Physical Rehab in ICU: Observational Study <https://tinyurl.com/bp9y2xz8>
- 5. Early Exercise Therapy for Traumatic Spinal Cord Injury Pts in ICU: PROMPT-SCI <https://tinyurl.com/yfxdmp7k>
- 6. Rehab & Long-Term Survival in ICU Pt with Traumatic Brain Injury: Cohort Study <https://tinyurl.com/2s3knsps>
- 7. FMEA-Based Nursing & Early Rehab for Cardiac ICU Pts: Cohort Study <https://tinyurl.com/mtzn3n6s>
- 8. Mobility Levels of ICU Patients & Extubation Success: Cohort Study <https://tinyurl.com/2pds2skx>
- 9. Multi-D Rounds to Enhance Early Mobilization in ICU Pts: Observational Study <https://tinyurl.com/3xwzrrff>
- 10. Human-Centered Virtual Reality for Early Mobility in ICU: Mixed Methods Study <https://tinyurl.com/2ubphr5j>
- 11. Strengths & Weaknesses of Physiotherapy in ICU: Qualitative Study <https://tinyurl.com/3e3wyv9e>

Muscle & Function

12. Dyspnea among Mechanically Ventilated Patients: Systematic Review <https://tinyurl.com/ymcajk2f>
13. Sarcopenia & VA-ECMO Mortality in Postcardiotomy Shock: Retrospective Analysis <https://tinyurl.com/5tdjs3z3>

Outcomes after ICU, and Patient Outcomes Research

14. Quality of Life After Critical Illness: Qualitative Study <https://tinyurl.com/msxh92mk>
15. PICS & Caregiver Burden: MIND-USA Analysis <https://tinyurl.com/hd9zphe3>
16. Financial Hardship in Family of ICU Pts: Cohort Study <https://tinyurl.com/2zu2k4su>

Sedation, Delirium, Sleep, Agitation

17. Early Mobilisation for ICU Delirium Prevention: Meta-Analysis <https://tinyurl.com/4wsbm3nx>
18. Haloperidol for Delirium: Meta-Analyses <https://tinyurl.com/ycke75bv>
19. Dexmedetomidine for Septic Encephalopathy Prevention: RCT <https://tinyurl.com/3wfuu43u>
20. Inhaled Sedation in ARDS: SESAR RCT <https://tinyurl.com/p5s8y3fm>
21. Person-Centered OT for ICU Delirium Prevention: RCT Protocol <https://tinyurl.com/yc25b3fk>
22. Dexmedetomidine for ICU Agitation: Target Trial Emulation <https://tinyurl.com/bdz3kh9n>
23. Management of Acute Encephalopathy in ICU: SRLF (France) Consensus Statement <https://tinyurl.com/4peby74t>

Dysphagia, Communication & SLP Issues

24. Dysphagia in ICU Pts during Acute & Post-Acute Recovery: Systematic Review <https://tinyurl.com/ncy5s5up>
25. Endoscopic Evaluation of Laryngeal Func Post-Extubation: Prospective Study <https://tinyurl.com/4vjbe4us>

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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