

Hi Everyone,

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

****IMPORTANT** Update:** We are moving to a new, self-maintaining email list service to make subscribing/unsubscribing easier. **Please look for an email sent from “Sympa” (sent June 3, 2025). This was not a Spam e-mail!** I believe that everyone has been auto-subscribed to the listserv. However, if prompted by that e-mail, be sure to “subscribe” to keep receiving this monthly ICU Rehab email. Of course, un-subscribe if you don’t want to continue this monthly update. **If you have questions about the email listserv, please directly contact Madison (not me): Madison Greer (mgreer6@jhmi.edu)** **You may receive this monthly email twice, for the next couple of months, as we transition to the new system.**

ICU Rehab updates for June 2025

1. Announcements and updates below:

a. **Free – Happening in June! International ICU Diary Conference**

- i. Live online, in English with translated subtitles (**no** recording/on-demand version)
- ii. A series of **five** unique 90 min. presentations, offered weekly, starting **June 10**
- iii. Program and speakers: <https://www.icu-diary.org/styled/>

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. **NEW! Johns Hopkins Certification in Acute Rehabilitation Excellence-ICU**

- i. This **Hybrid Certificate course** has two parts:
 1. **Virtual (1.6 CEU expected): 16 hr** of didactic education available: **Sept 1 – Dec 30, 2025**
 2. **In-person, hands-on training (14 hr/1.4 CEU expected): Nov 4-5** at Johns Hopkins Hospital

- a. *the hands-on training happens immediately before the in-person Conference (above)*
 - ii. **Discount available** for purchase of Certification + ICU Rehab Conference (above)
 - iii. Register via <https://bit.ly/jhcareicu>
- e. **“Erupt Study” participation** <https://erupt-study.eu>
 - i. Aims to gather data on ICU mobilization practices & dosing **worldwide** for >6,000 patients in >200 ICUs.
 - ii. Endorsed by European Society of Intensive Care Medicine (ESICM)
 - iii. Info: visit homepage: <https://erupt-study.eu>
 - iv. **Want to join? Complete this brief survey:** <https://forms.office.com/e/cRJBMkuAnF>
- f. **Updated Monthly! ICU Rehab e-Resource Sheet:** <https://icurehabnetwork.org/resou>
- 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. Risk of Long COVID Symptoms: Meta-Analysis <https://tinyurl.com/435p5dxk>
2. Tele versus Face-to-Face Pulmonary Rehab Post-COVID: Meta-Analysis <https://tinyurl.com/5xe3xb4r>
3. Early Pulmonary Rehab for severe COVID: Cohort Study <https://tinyurl.com/yc5fskxp>
4. Long-Term Mental Health Post-COVID Critical Illness: Cohort Study <https://tinyurl.com/382brnjs>
5. Analgesedation & Delirium in ICUs: PANDEMIC Observational Study <https://tinyurl.com/bdd85w64>

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

Rehab

1. Australian Clinical Practice Guideline for ICU Rehab <https://tinyurl.com/ph5khp6>
2. Nurse-Led Early Mobility for ICU: Meta-Analysis <https://tinyurl.com/2ajr4ehb>
3. Virtual Reality for ICU Mobilization: Narrative Review <https://tinyurl.com/3xvs2bud>
4. Early Mobilization & Nutrition for ICU-Acquired Weakness: Narrative Review <https://tinyurl.com/28sns9y>
5. Cancer Pt Mobilization within 24 Hours Guided by ICU Mobility Scale: RCT <https://tinyurl.com/3fri8e4r>
6. Early Mobility Protocols for Surgical ICU Post-Open Cholecystectomy: RCT <https://tinyurl.com/3vvbutum>
7. Early Rehab for Status Epilepticus: Observational Study <https://tinyurl.com/34ranz54>
8. Acute Hemodynamic Changes Induced by PT in ICU Pts: Observational Study <https://tinyurl.com/yc74vvhk>
9. PT & Nurse Co-Mobilisation of Post-ICU Pts in Surgical Wards: Qualitative Study <https://tinyurl.com/5n88pv6a>
10. Respiratory Physiotherapy for Mechanically Vented Pts: Survey <https://tinyurl.com/yed9zy49>
11. Current Rehabilitation Practices of Physiotherapists in ICUs (UAE): Survey <https://tinyurl.com/4etwysza>

Muscle & Function

12. Use of Perme ICU Mobility Score in Hospitalized Pts: Scoping Review <https://tinyurl.com/yvck7wvd>
13. Translation of ICU Mobility Scale to French: Validation Study <https://tinyurl.com/58kw6tau>
14. Urea-to-Creatinine Ratio as Critical Care Biomarker: Meta-Analysis <https://tinyurl.com/4ty6wbyk>
15. AI Software for Analysis of Skeletal Muscle Ultrasonography: Prospective Study <https://tinyurl.com/4fna38we>
16. ICU-associated Sleep Fragmentation and Pneumonia Recovery in Mice <https://tinyurl.com/2mxv29sx>

Outcomes after ICU, and Patient Outcomes Research

17. Cognitive Impairment post-ARDS: Meta-Analysis <https://tinyurl.com/ykfuaaur>
18. Health-Related Quality of Life Post Sepsis: Systematic Review <https://tinyurl.com/2zv39vy7>
19. Discussing Expected Long-Term Quality of Life in ICU: RCT <https://tinyurl.com/bdkxmsfz>
20. Health-Related Quality of Life & Disability in ICU survivors: ERIC Analysis <https://tinyurl.com/4ynd7xe5>
21. One-year Outcomes in Sepsis (Japan): Cohort Study <https://tinyurl.com/2r49a9he>
22. Long-term Morbidity of Pneumonia in Mech Vent Pts: Cohort Study <https://tinyurl.com/w3fsdzdm>
23. Depression or Anxiety & ICU Survivor Long-Term Mortality: Cohort Study <https://tinyurl.com/3fwuf7ue>
24. Health After Discontinuing Antipsychotics Post Hospitalization: Cohort Study <https://tinyurl.com/355mr6w6>
25. Incidence & Associated Risk Factors for Falls Post ICU: Observational Study <https://tinyurl.com/5bvnpk2r>
26. Return to Driving After Critical Illness: Cross-sectional Study <https://tinyurl.com/w9cxftep>
27. Categorizing Care Settings to Measure Hospital & Institution-Free Days: Survey <https://tinyurl.com/268krres>

Sedation, Delirium, Sleep, Agitation

- 28. Dual Orexin Receptor Antagonists for Delirium: Scoping Review & Pilot RCT <https://tinyurl.com/bdddcezz>
- 29. ICU-associated Sleep Fragmentation and Pneumonia Recovery in Mice <https://tinyurl.com/2mxv29sx>

Dysphagia, Communication & SLP Issues

- 30. Communication Board for Mech Vent Pts (Sri Lanka): Cross-Sectional Study <https://tinyurl.com/yc7kp8sd>
- 31. High Flow Nasal Oxygen (HFNO), Swallowing & Dysphagia: Narrative Review <https://tinyurl.com/mw7efwjz>

Psychology

- 32. GP-led Brief Narrative Exposure for PTSD Post-ICU: PICTURE RCT <https://tinyurl.com/525fhe87>
- 33. Post-traumatic stress disorder in ICU survivors: Editorial (PICTURE RCT) <https://tinyurl.com/3z9r6r39>
- 34. Canine-Assisted Intervention for Anxiety in ICU Pts and Family: Prospective Study <https://tinyurl.com/bdeyts72>
- 35. Depression or Anxiety & ICU Survivor Long-Term Mortality: Cohort Study <https://tinyurl.com/3fwuf7ue>
- 36. Health After Discontinuing Antipsychotics Post Hospitalization: Cohort Study <https://tinyurl.com/355mr6w6>
- 37. Ukrainian Version of Impact of Events Scale-Revised (IES-R): Validation Study <https://tinyurl.com/mtwmj4pw>

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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