

Hi Everyone,

Welcome to the **July 2026 @ICURehab monthly email**. I am pleased to share updates and announcements on educational/research opportunities, plus new publications – see below!

ICU Rehab updates for July 2026

1. Announcements and updates below:

a. Registration open! 15th Johns Hopkins ICU Rehab Conference: Nov 5 & 6, 2026*

- i. Info here: <https://icurehabnetwork.org/>
- ii. *Consider **also** registering for JH CARE-ICU (**below**) happening **Nov 3 & 4, 2026**
- iii. **New content every year** (focuses on latest updates over the past year)
- iv. **Abstract deadline has passed (June 30): email icurehab@jhmi.edu to ask about late submission**
- v. In-person format ONLY at Johns Hopkins Hospital, Baltimore, MD USA

b. Fall 2026! Johns Hopkins Certification in Acute Rehab Excellence-ICU (JH CARE-ICU)

- i. This certificate course has two parts:
 1. **Virtual:** 16 hours (1.6 CEU) didactic education
 2. **In-person, hands-on training:** 14 hours (1.4 CEU): **Nov. 3 & 4, 2026*** at Johns Hopkins
- ii. *Consider **also** registering for Hopkins ICU Rehab Conference (**above**) happening **Nov 5 & 6, 2026**
- iii. Register: <https://bit.ly/jhcareicu>

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. 10th Asia-Pacific Conference on Early Rehabilitation in ICU

- i. **Date:** Oct 3-4, 2026 in Taipei, **Taiwan**
- ii. **Abstract deadline: July 15, 2026**
- iii. Info at: <https://10th-apem2026.seccm.org.tw/home>
- iv. **Virtual, On-demand & In-person Registration options (fees as low as \$US 50!)**

e. 10th European Conference on Weaning & Rehab in ICU

- i. **In-person format only: Sept 26-27, 2026** in Paris, France
- ii. Includes small-group, practical workshops
- iii. Info: <https://akademie.divi.de/kurse/divi-kurse-ueber/icu-recovery>

- 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 an 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:
<https://link.springer.com/epdf/10.1186/s13054-017-1827-6>
 - 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. Long-Term COVID Neuro Outcomes: Review <https://tinyurl.com/us8bt76x>

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

Rehab

1. ICU Rehab for Traumatic Brain Injury: Meta-Analysis <https://tinyurl.com/2chktjdj>
2. Early Mobility for Cardiac Surgery Pts: Meta-Analysis <https://tinyurl.com/36925j38>
3. Early Rehab & ICU-Acquired Weakness: Meta-Analysis <https://tinyurl.com/237dddvw>

4. Rehab in ICU-Acquired Weakness: Narrative Review <https://tinyurl.com/4e79w7kr>
5. Remote Multicomponent Rehabilitation in ICU Survivors: RCT <https://tinyurl.com/39k2mbyt>
6. Novel Physical ICU Restraint vs Traditional Wrist Restraints: RCT <https://tinyurl.com/mr2tn8et>
7. ICU PT Intensity (% Heart Rate Reserve): Exploratory Analysis <https://tinyurl.com/y8vsu73f>
8. Early Rehab for Mech Vent Pts: Prospective Study <https://tinyurl.com/6efbnp3a>
9. Inspiratory Muscle Training for Trach ICU Pts: Prospective Study <https://tinyurl.com/46vrju5n>
10. Early Progressive Exercise in the Pediatric ICU: Pre-Post Study <https://tinyurl.com/4dc4dj49>
11. Dose of Early Mobilization in Cardiac Surgery ICU: Retrospective Study <https://tinyurl.com/rui9zysb>
12. OT in ICU: Retrospective Study <https://tinyurl.com/ysdrjiff>
13. Nurse Mobility for Liver Transplant in ICU: QI Study <https://tinyurl.com/2yusnm8d>
14. Early Mobilization for ICU Delirium: Qualitative Study of Patients <https://tinyurl.com/y9m6utvb>
15. Airway Clearance in Chinese ICUs: Survey of RTs and PTs <https://tinyurl.com/5b45pxp7>
16. Post-ICU Nutrition and Rehab: Survey of Providers <https://tinyurl.com/4c7ahhn4>

Muscle & Function

17. 3 Sit-to-Stand Test Conditions in Chronic Resp Disease Pts: RCT <https://tinyurl.com/msz2saev>
18. German ICU Mobility Scale: Validation Study <https://tinyurl.com/nusbvvhv>
19. Energy Expenditure in Persistent Critical Illness: Prospective Study <https://tinyurl.com/5dff6m58>
20. Muscle Dysfunction and Recovery in ICU Mouse Model: Pre-Clinical Study <https://tinyurl.com/e9ewn45r>

Outcomes after ICU, and Patient Outcomes Research

21. Remote Multicomponent Rehabilitation in ICU Survivors: RCT <https://tinyurl.com/39k2mbyt>
22. The Future of ICU Survivorship: Editorial <https://tinyurl.com/2j382jj6>
23. Sepsis, Demographics, and Post-ICU HRQoL: TRANSFUSE Analysis <https://tinyurl.com/yp2n9hvp>
24. ICU Organ Dysfunction & Post-ICU Syndrome: Prospective Study <https://tinyurl.com/5n73kwxw>
25. Veterans' Post-ICU Outcomes: Retrospective Study <https://tinyurl.com/4fhz6syn>
26. Post-Cardiac ICU Outcomes: Review <https://tinyurl.com/2zehsnzu>

Sedation, Delirium, Sleep, Agitation

27. ABCDEF Bundle in an Australian ICU: Pragmatic RCT <https://tinyurl.com/4u47cpvm>
28. ICU Liberation Bundle Led by APRNs: Case Study <https://tinyurl.com/3svy7yd4>
29. Alarm Sounds & Sleep in ICU: Scoping Review <https://tinyurl.com/y6r2hwh5>
30. Sleep in Non-Invasive Vent Pts in ICU: Prospective Study <https://tinyurl.com/ev4hcs64>
31. Delirium vs Encephalopathy: Commentary <https://tinyurl.com/unk5h25b>
32. Early Mobilization for ICU Delirium: Qualitative Study of Patients <https://tinyurl.com/y9m6utvb>
33. Valproic Acid for Neurosurgical ICU Agitation: Retrospective Study <https://tinyurl.com/yf27u6se>

Dysphagia, Communication & SLP Issues

34. Safety of Enteral Feeding in High-Flow Nasal Cannula: Retrospective Study <https://tinyurl.com/5d6nmybe>

Psychology

35. Family Support in ICU: FICUS RCT <https://tinyurl.com/njcc4wfy>
36. Reliability of Diagnostic Interviews for Psych Disorders: Meta-Analysis <https://tinyurl.com/y7869f9z>
37. Psychological Distress in ICU: Systematic Review <https://tinyurl.com/4ukw6pum>
38. Epistemological Approach to Family Care for Unconscious ICU Pts: Review <https://tinyurl.com/57cra6b9>

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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Register NOW! 15th Hopkins ICU Rehab Conference (Nov 5 & 6, 2026) <https://icurehabnetwork.org/>

Learn how we are improving ICU patients' outcomes at our websites:

www.hopkinsmedicine.org/OACIS www.improveLTO.com <https://icurehabnetwork.org/> <https://tinyurl.com/icurehabsol>

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