

Hi Everyone,

Welcome to the **September 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 September 2026

1. **Announcements** and updates below:

a. Register now! 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. **First time attendees:** prerequisite for this Conference is **Online Foundations Course** (**below**) since Conference **only** covers “latest updates” since last year
- v. In-person format ONLY at Johns Hopkins Hospital, Baltimore, MD USA

b. 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/>

c. 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>

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

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

e. International survey: infrastructure, equipment & resources for rehab in ICU & Step-Down

- i. Target Audience: PTs in ICU or Step-Down
- ii. Duration: ~15 minutes
- iii. Survey Link (until Dec 2026): [Survey, click](#)
- iv. Please complete survey & share with ICU PTs
- v. Questions: debora.schujmann@hc.fm.usp.br

f. Soon!!! 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>

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 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 & Italian!):**

1. www.icudeliriumplaybook.com
2. **free full text publications:**
 - i. <https://academic.oup.com/atsscholar/article/3/4/535/8364602>
 - ii. <https://academic.oup.com/atsscholar/article/5/2/259/8363381>

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, Hebrew, 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: <https://tinyurl.com/icurehabsol>

2. **COVID-Related Publications**

1. Ultra-Low Ventilation & 1-Year Functional Outcomes COVID ARDS: RCT <https://bit.ly/4wSp52Z>
2. Rivaroxaban, Colchicine, & Famotidine-Loratadine for Long COVID Fatigue: RCT <https://tinyurl.com/bp85dvk8>
3. Skeletal Muscle in Long COVID & ME/CFS: Cohort Study <https://bit.ly/4grPQWc>
4. Min Important Diff in Long COVID Incremental Shuttle Walk Tests: Cohort Study <https://bit.ly/4qaYKKY>

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

Rehab

1. Early ICU Rehab: Umbrella Review Protocol <https://bit.ly/4xxz8ur>
2. Clinician Implementation of Early Mobilization in ICU: Systematic Review <https://bit.ly/4wiUkDh>
3. Physical Restraint in ICU: Narrative Review <https://bit.ly/4qbVz61>
4. Key Principles for Rehab of ICU Pts with Obesity: Narrative Review <https://bit.ly/4fQPVTg>
5. Pancreatitis Early Rehab & Long-Term Outcomes : RCT <https://bit.ly/3TRI3cP>
6. Nurse-Led Early Mobilization & Post-ICU Syndrome: RCT <https://bit.ly/4wuG2jd>
7. Cost-Effectiveness of iRehab Remote Multicomponent Post-ICU Rehab <https://bit.ly/4qaYUSA>
8. Acceptability of iRehab Remote Multicomponent Post-ICU Rehab: Qualitative Study <https://bit.ly/4xtetHQ>
9. Acceptability of Post-ICU PT & Nutrition (PHOENIX RCT): Qualitative Study <https://bit.ly/4x4f2rR>
10. Enhancing ICU Rehab with Virtual Reality: Pilot Study <https://tinyurl.com/5n7zs3ek>
11. Guided Imagery for Early Brain Injury Rehab in Neuro ICU: Pilot Study <https://bit.ly/45h1DAB>
12. Structured Exercise Program in ECMO: Pilot Study <https://bit.ly/4wrjz6L>
13. Feasibility of Early Mobility during Pediatric ECMO: Retrospective Study <https://bit.ly/45TMI4P>
14. Early ICU Mobilization by Nurses (Iran): Survey <https://bit.ly/4qatV9n>
15. OT Knowledge, Attitude & Practice Survey: Survey Validation Study <https://tinyurl.com/yc2z2yvb>
16. Nursing Role across the ICU Rehab Continuum: Commentary <https://bit.ly/4graCW4>

Muscle & Function

17. Muscle Wasting in Critical Illness: Meta-Analysis <https://bit.ly/3RIMF3d>
18. Machine-Learning Prediction of ICU-Acquired Weakness: Validation Study <https://bit.ly/4gaW37L>
19. Hospital Mobility Scale for Neuro ICU Pts: Clinimetric Study <https://tinyurl.com/2w5ukxnx>
20. Facilitators and Barriers to Implementing the CPAX-Nor in ICU: Qualitative Study <https://bit.ly/4hMgnyX>

Outcomes after ICU, and Patient Outcomes Research

21. Pneumonia Core Outcome Set: ERS Statement <https://bit.ly/4wps8Pm>
22. New-Onset Frailty & Discharge Outcomes in Sepsis (Korea): Cohort Study <https://tinyurl.com/yc6hc2ed>
23. Peri-Discharge Management after Sepsis: Qualitative Study <https://bit.ly/4z3Go2G>
24. Post-ICU Syndrome - Beyond Multi-D Care: Letter <https://tinyurl.com/2v23bp2e>

Sedation, Delirium, Sleep, Agitation

25. Self-Management of Dexmed. Sedation by Mech Vent Pts: RCT <https://bit.ly/45UEW5m>
26. Nurse-Led ICU Delirium Prevention: RCT <https://bit.ly/4wTAXLZ>
27. Clocks on the ICU for Pt Orientation: QI Project <https://bit.ly/4fSspFy>
28. Ketamine Sedation in ICU & Patient-Centered Outcomes: Meta-Analysis <https://bit.ly/4wlhPMO>
29. Analgesia & Sedation during Neuromuscular Blockade: Review <https://bit.ly/4cyFvp5>
30. Understanding Delirium (Fever Dreams, Demons & Nightmares): Review <https://tinyurl.com/32jstyw3>
31. Delirium, Chronic Conditions & Dementia in Older Adults: Retrospective Study <https://tinyurl.com/v3547env>
32. Physical Restraint Time & Delirium: Retrospective Analysis <https://tinyurl.com/yzrt7h2b>
33. Sleep Medication Prescription in ICU (Japan): Retrospective Study <https://bit.ly/4wphhVB>
34. Sedation Practice for Mech Vent Pts: Qualitative Study <https://bit.ly/4gqmEir>

Dysphagia, Communication & SLP Issues

35. Speaking Valves & Early Mobilization in Trach ICU Pts: RCT <https://bit.ly/4wmJNas>

Psychology

- 36. Interventions for Psych Post-ICU Syndrome: Systematic Review <https://bit.ly/3UsSthZ>
- 37. Flexible ICU Visitation & Pts' Mental Health: Cluster RCT <https://bit.ly/45qiVLA>
- 38. ICU-Specific Virtual Reality for Post-ICU Mental Health: RCT <https://bit.ly/4qayuk5>
- 39. 2-Year Psych & Neuro Risks Post-Infections: Cohort Study <https://tinyurl.com/2s4juhs5>
- 40. Long-Term Psychosocial Adaptation in ECMO Pts: Cross-Sectional Study <https://bit.ly/3UbgtWO>
- 41. Music Therapy in ICUs: Cross-sectional Survey <https://bit.ly/4fNyi6Q>
- 42. Implementation of a Psychosocial Team in ICU: Letter to the Editor <https://bit.ly/4i8ptpw>
- 43. Impact of Former ICU Pts' Experiences on Nursing Practice: Qualitative Study <https://bit.ly/4g1FOX7>
- 44. ICU Family Well-Being Booklet: Qualitative Study <https://bit.ly/4zcFEbl>

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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