Hi Everyone,

Welcome to the (early) **November 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 November 2026

1. **Announcements** and updates below:

    1. **Last chance!!! 15th Johns Hopkins ICU Rehab Conference: Nov 5 & 6, 2026***
        1. Info here: **https://icurehabnetwork.org/**
        2. *Consider **also** registering for JH CARE-ICU (**below**) happening **Nov 3 & 4, 2026**
        3. **New content every year** (focuses on latest updates over the past year)
        4. In-person format ONLY at Johns Hopkins Hospital, Baltimore, MD USA

    2. **Online Johns Hopkins ICU Rehab Foundations course (5.5 hours)**
        1. Foundations course content remains the same from year to year
        2. **Content available for 6-month duration after registration**
        3. **Info here**: **https://icurehabnetwork.org/online-foundation-course/**

    3. **Last chance!!! Johns Hopkins Certification in Acute Rehab Excellence-ICU (JH CARE-ICU)**
        1. 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
        2. *Consider **also** registering for Hopkins ICU Rehab Conference (**above**) happening **Nov 5 & 6, 2026**
        3. **Register: https://bit.ly/jhcareicu**

    4. **International survey:** infrastructure, equipment & resources for rehab in ICU & Step-Down
        1. **Target Audience**: PTs in ICU or Step-Down
        2. **Duration**: ~15 minutes
        3. **Survey Link** (until Dec 2026): Survey, click
        4. **Please complete survey & share with ICU PTs**
        5. **Questions**: debora.schujmann@hc.fm.usp.br

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

    6. **Resources/tools for adult ICU, pediatric ICU, & hospital-wide mobility**:
        1. http://www.johnshopkinssolutions.com/solution/activity-mobility-promotion-amp/
        2. https://browse.welch.jhmi.edu/early-mobility

    7. **For info about ICU & post-ICU functional measures, see:** www.ImproveLTO.com

1. Website created from an NIH-funded grant for improving outcomes measurement in critical care research
2. Info about **ICU-specific measures & long-term outcome measures** (physical, cognitive, mental health & quality of life)
3. Free full-text review article on **ICU mobility/physical function measures** here: https://link.springer.com/epdf/10.1186/s13054-017-1827-6
4. Free full-text review article on **understanding patient outcomes after ICU**: https://bit.ly/2NTM77u
5. **FREE web-based, self-assessment of RASS/CAM-ICU sedation/delirium assessments, at:**
    1. www.ImproveLTO.com/instruments; scroll down to Cognitive>ICU Delirium
        1. Free registration required to access the assessment
6. **Delirium Educational Videos & Quiz for RASS & CAM-ICU (English, Spanish & Italian!):**
    1. www.icudeliriumplaybook.com
    2. **free full text publications:**
        1. https://academic.oup.com/atsscholar/article/3/4/535/8364602
        2. https://academic.oup.com/atsscholar/article/5/2/259/8363381
7. **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
8. **Validated Survey to Assess Barriers to ICU Mobility** - free full text article available at: https://bit.ly/2zbYHGA
    1. Survey is free as part of "Complimentary Critical Care Rehab Toolkit" at: https://tinyurl.com/icurehabsol

2. COVID-Related Publications

- **None this month**

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

Rehab

1. Dose-Stratified Effects of Early Mobilization in Mech Vent: Meta-Analysis https://bit.ly/47erb2k
2. Virtual Reality for Pediatric ICU Rehab: Systematic Review https://bit.ly/4dyzV6O
3. Early Mobilization in Pediatric ICU: European Consensus Statement https://bit.ly/4yevwNW
4. Key Principles for Obesity ICU Rehab: Review https://bit.ly/4zwMI2j

5. Nurse-Led Early ICU Mobilization: RCT https://bit.ly/4zo959R
6. Virtual Reality during ICU Cycle Ergometry: Pilot RCT https://bit.ly/4hKbKVu
7. Remote Post-ICU Rehab (iRehab RCT): Mixed-Methods Fidelity Assessment https://bit.ly/4dDLGsI

8. PT in Medical ICU: Quality Improvement Project https://bit.ly/4yW2P9q
9. Early ICU Mobilization Post-HNC Surgery: Observational https://bit.ly/3VwNduy
10. Mobilization Trajectories of ICU Pneumonia: Latent Class Analysis https://bit.ly/4s6OyUY
11. Nurse-led Early Mobilization & ICU-Acquired Weakness: Retrospective Study https://bit.ly/4zwC3og

12. Barriers to ICU Rehab: Survey of Nurses https://bit.ly/4B3tL8L
13. Barriers to ICU Rehab (Saudi Arabia): Survey https://bit.ly/4s0jeHn
14. Cognitive Rehab across ICU Continuum: Intervention Development https://bit.ly/4s4SfdR

Muscle & Function

15. Physical Function Post-Lung Transplant & 1-Year Outcomes: Retrospective https://bit.ly/4jSOIx2

Outcomes after ICU, and Patient Outcomes Research

16. Core Outcome Measurement Set for Adult ICU Pts: CoreMS-ICU Protocol https://bit.ly/47eTWfa
17. Cognitive Impairment Post-ICU: Scoping Review https://bit.ly/4dyo88H
18. Long-Term Outcomes after VV-ECMO: CO-PILOT Secondary Analysis https://bit.ly/4ymo7Mv

19. Driving Assessment Post-ICU: Prospective Study https://bit.ly/4ykRJtQ
20. Caregiver Roles in Post-ICU Care: Qualitative Analysis https://bit.ly/4hMBmkB

Sedation, Delirium, Sleep, Agitation

21. Remimazolam vs Propofol for Mech Vent: Meta-Analysis https://bit.ly/47fTdKM
22. Daily Sedation Interruption for Mech Vent: Cochrane Review https://bit.ly/4hSZ4dB

23. ICU Sedation Strategy & Patient Experience: A2B RCT Analysis https://bit.ly/4rYE8qx
24. Haloperidol for ICU Delirium: AID-ICU Analysis https://bit.ly/4AUa9E2
25. Improving Delirium Recognition & Communication in ICU: Quality Improvement Project https://bit.ly/4zwNA75
26. Physical Restraint in Older ICU Pts: Qualitative Study of Nurses https://bit.ly/4ifXHXQ

Dysphagia, Communication & SLP Issues

- **None this month**

Psychology

27. EMDR for Psych Distress Post-ICU: Scoping Review https://bit.ly/3VJsLXl
28. PICU Diaries for PTSD & Distress in Parents: RCT https://bit.ly/4dwqKUv
29. Impact of Music on Cortisol in Mech Vent: RCT https://bit.ly/4jTupj3
30. Lived Experience of Mech Vent: Phenomenological Analysis https://bit.ly/4hVIMAK

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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