

Hi Everyone,

Welcome to the **October 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 October 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. 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

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

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

f. 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>

g. 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
- h. **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. Pulmonary Rehab in ICU & at Home via Telerehab (COVID-19): RCT <https://bit.ly/3UVAe5a>

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

Rehab

- 1. Korean ICU Rehab Clinical Practice Guidelines <https://bit.ly/4h116lh>
- 2. ASSOBRFIR (Brazil) ICU PT Clinical Practice Guidelines <https://bit.ly/4yAXQdO>
- 3. 2026 AHA/ASA Stroke Rehab Guidelines <https://bit.ly/4j30XGX>
- 4. Safety Recommendations for Early ICU Rehab: Consensus Statement <https://bit.ly/4rbgDd7>
- 5. Inspiratory Muscle Training for ICUAW: Network Meta-Analysis <https://bit.ly/4yFgKiW>
- 6. Rehab Prescription Tools in ICU: Scoping Review <https://bit.ly/4ywxsSj>
- 7. Early Mobilization in Oncology ICU: Scoping Review <https://bit.ly/4it6R40>
- 8. Rehab & Post-ICU Syndrome: Narrative Review <https://bit.ly/4AeaqKY>
- 9. Nutrition & Exercise in Critical Illness (NEXIS): RCT <https://bit.ly/4xlpxAQ>
- 10. Nexus of NEXIS: Underscoring the Need for ICU Rehab: Editorial <https://bit.ly/4A4bTKu>
- 11. Early Rehab for Sepsis or Acute Resp Failure (EVER) - Korea: RCT <https://bit.ly/4yC9vZN>
- 12. Continuous Mobility Training for Prolonged Mechanical Ventilation: RCT <https://bit.ly/4xnQ6L8>

13. PT Techniques for Mech Vent Weaning: RCT <https://bit.ly/4rdmY7Z>
14. IMST Techniques for Resp Function in Mech Vent Pts: RCT <https://bit.ly/46jzSYC>
15. High Intensity Interval Training in Interstitial Lung Disease: RCT <https://bit.ly/3TBdaZa>
16. Early Rehab w/ Robotic Exoskeleton in Cardiac Surgery ICU: REACT-CVTS RCT Protocol <https://bit.ly/4gSVlxJ>
17. Mech Vent Rehab from ICU to Post-Hospital: MOVE-ICUtoHOME RCT Protocol <https://bit.ly/46p9iNG>
18. Computerized Cognitive Post-ICU Rehab: the RETURN-III RCT Protocol <https://bit.ly/3VdfI5w>
19. Early ICU Rehab in Japan: Multicenter Point-Prevalence Study <https://bit.ly/4yA9tlc>
20. ICU Rehab in South Korea: Nationwide Point-Prevalence Study <https://bit.ly/4xWYGSo>
21. Describing Usual Care Mobilization using RTSS from CYCLE RCT <https://bit.ly/4xWQQZ5>
22. Implementing In-bed Cycle Ergometry using RTSS from CYCLE RCT <https://bit.ly/4xpydM2>
23. Early RN-Led Pediatric ICU Rehab: Quality Improvement <https://bit.ly/4yG2N5m>
24. Early Resp PT & Mobilization in Mech Vent Pts: Before-After Study <https://bit.ly/4gSXUzR>
25. Mobilization & Chest PT for Prolonged Weaning: Retrospective Study <https://bit.ly/4AjGaFt>
26. Virtual Reality Rehab Post-ICU: Pilot Feasibility Study <https://bit.ly/4hqtpkL>
27. Virtual Reality Rehab for Post-ICU Traumatic Brain Injury: Case Report <https://bit.ly/4it3Ale>
28. Contemporary Phase 1 Cardiac Rehab: Case Report <https://bit.ly/3V3Qn8G>
29. Early Cognitive ICU Rehab: Qualitative Study of Pt & Family <https://bit.ly/4gS0o1h>

Muscle & Function

30. Chelsea Critical Care Physical Assessment (CPAx) for Neuro ICU: Clinimetrics <https://bit.ly/4h3GMWL>

Outcomes after ICU, and Patient Outcomes Research

31. Mortality & Functional Outcomes Post-ECMO: Meta-Analysis <https://bit.ly/3TwLynU>
32. Computerized Cognitive Post-ICU Rehab: the RETURN-III RCT Protocol <https://bit.ly/3VdfI5w>
33. Mech Vent Rehab from ICU to Post-Hospital: MOVE-ICUtoHOME RCT Protocol <https://bit.ly/46p9iNG>
34. Post-ICU Frailty of Older Sepsis Pts: Post-hoc Analysis of RCT <https://bit.ly/4xYnXeW>
35. Post-ICU Clinics & Peer Support Groups: Cross-Sectional Survey of CAIRO <https://bit.ly/4AhMZY4>
36. BEYOND PICS: Conceptual Framework for Post-ICU Recovery: Review <https://bit.ly/4izSFpQ>

Sedation, Delirium, Sleep, Agitation

37. Ketamine for Analgesedation in Mech Vent Pts: RCT <https://bit.ly/4xJ4jTr>
38. Post-Op Transcranial Electrical Stimulation & Delirium: RCT <https://bit.ly/4AdLCt8>
39. Local Anesthesia via an SSD Port in Orally Intubated Pts: RCT Protocol <https://bit.ly/4xoCTSu>
40. Sedation Interruption & Early Mobility: Quasi-Experimental Study <https://bit.ly/4rkPEMr>
41. Delirium Prevalence & Practices in Australia & New Zealand: Cross-Sectional Study <https://bit.ly/4cFqHW6>
42. Patient-Directed Sedation: Editorial <https://bit.ly/4yFf1es>
43. Preventing Post-Op Delirium: Editorial <https://bit.ly/4xTiZjo>

Dysphagia, Communication & SLP Issues

44. Dysphagia in Cardiac Pts during Intensive Rehab: Cross-Sectional Study <https://bit.ly/4h7wkNW>

Psychology

45. Digital Exposure Therapy for Post-ICU PTSD: Pilot Feasibility Study <https://bit.ly/4yx0wcl>
46. Prescribing of Psychoactive Medication Post-ICU: Retrospective Study <https://bit.ly/4AJCRy3>
47. 'Get to Know Me Board' in ICU: Survey of Residents <https://bit.ly/4h2Pgxo>

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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