

EARLY MOBILIZATION OF CRITICALLY ILL PATIENTS



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BSC. PT, CHIEF SPECIALIST PHYSIOTHERAPIST

 **30** JANUARY
2025

 09:00 AM
13:00 PM

 **GRAND**
HYATT HOTEL

 **4** CME
POINTS



WORKSHOP | EARLY MOBILIZATION OF CRITICALLY ILL PATIENTS

WORKSHOP DESCRIPTION:

Early mobilization of ICU patients has gained considerable interest in recent years. It has been demonstrated to improve physical function and quality of life in ICU survivors. It also reduces duration of mechanical ventilation, ICU and hospital length of stay (LOS). Multiple studies have confirmed that early mobilization in ICU is both safe and feasible.

ICU rehabilitation is considered as new specialty in which the physiotherapist is dealing with critical ill patients with one or more disorders (e.g. ortho, neuro, cardio, pulmonary, renal ...etc.).

Implementing these interventions requires creating a new ICU culture based on proactive rehabilitation and interdisciplinary collaboration between all critical care and rehabilitation clinicians. In this workshop, I'd like to explain what early mobilization in ICU is and how to implement it clinically.

OBJECTIVES:

- Realize the concept of early rehabilitation and mobilization in the ICU.
- Describe and discuss how to implement early mobilization programs for critically ill patients.
- Evaluate their own readiness to implement the early mobilization program.
- Deal with ICU devices, monitoring systems and medications for mobilization of ICU patients.
- Screen an ICU patient, use the assessment tools and analyze them for mobilization purpose.
- Weigh the risks and benefits in order to make a decision for safe and effective early mobilization in the ICU.
- Realize the precautionary measures that should be taken while treating certain conditions.
- Understand the role of the multidisciplinary team in the mobilization session.



WORKSHOP

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WORKSHOP TIMETABLE

08:00 am – 08:30 am	Registration and welcome
08:30 am – 09:30 am	Lecture: “Early mobilization of critically ill patient” Why? When? & How?
09:30 am – 10:30 am	Demonstration of early mobilization of ICU patient
10:30 pm – 11:00 pm	Tea break
11:00 am – 12:30 pm	Simulation training
12:30 pm – 13:00 pm	Debriefing session and workshop closure

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1-3 FEBRUARY
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