

# ICU and Acute Care Update



**Chris L. Wells, PhD, PT, CCS, ATC, FCCM**

## Faculty

Chris Wells is a Cardiovascular and Pulmonary Clinical Specialist in the Department of Rehabilitation Services at the University of Maryland Medical Center. She is a Fellow in the American College of Critical Care Medicine. She delivers patient care in the intensive care setting and assists with program and staff development, clinical competencies, and oversees clinical research opportunities for therapists. Dr. Wells holds a bachelor's degree and advanced master's degree in physical therapy and was awarded a Doctor of Philosophy in Education, Department of Developmental Movement, from the University of Pittsburgh. She holds an appointment as Associate Professor, Adjunct position, at the University of Maryland School of Medicine in the Department of Physical Therapy and Rehabilitation Science where she lectures in the areas of cardiopulmonary dysfunction, and rehabilitation and acute care practice. She is an active member within the Academy of Cardiopulmonary of the American Physical Therapy Association. Dr. Wells' line of funded research is in the rehabilitation and functional outcomes for the older adult suffering critical illness and hospital acquired disability.

Disclosure: Financial: Chris Wells receives a speaking honorarium from Education Resources, Inc.

Non-Financial: Chris has no non-financial relationships to disclose.

## About this Webinar

Therapists working with patients in ICU face complex challenges. An important clinical scenario found in patients during an ICU stay is the limitation and deterioration of functional status. For selected patients in ICU, early mobility and physical activity can lead to an increase in functional capacity and improve quality of life. It is also possible to have an associated decreased length of hospital stay and subsequent reduction in hospital costs. The content of this course will guide clinicians through the process of understanding and managing adult ICU patients from patient selection, therapeutic interventions to choice of outcome measures. This course is also designed to inspire clinicians to reflect on and understand the clinical principles which promote best practices and positively influence the recovery of patients in ICU.

## Learning Objectives

- Identify relevant medical information and equipment settings in the environment of the ICU that influences decision making during the evaluation and treatment of a patient.
- Apply at least two current literature and evidenced-based trends to progress functional recovery for patients that suffer critical illness.
- Apply exercise physiology principles to prescribe an effective exercise program.
- Implement an integrative rehabilitation plan to address pulmonary dysfunction.
- Analyze the complexity of critical illness via a case scenario to develop an evaluation and intervention approach to provide comprehensive care.

## Audience

PTs, OTs and SLPs working in an acute care setting with primarily adults. The focus will be on cardiovascular and pulmonary critical illness. It is recommended that participants have a basic knowledge of lines, tubes and ventilators. If not, it is recommended you review this online course: "Lines, Tubes, Ventilators and Diagnostic Screening for Stability vs Instability: Cardiopulmonary Examination and Monitoring," available on the Education Resources, Inc. website: [www.educationresourcesinc.com](http://www.educationresourcesinc.com)

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## Schedule – Day 1 10:00 am - 6:15 pm EST (US)

- 9:40 – 10:00am Webinar Registration/Zoom Course Opens
- 10:00-11:30 am Research updates: Implications on the clinical decision process  
ABCDEF bundle: opportunities for interdisciplinary collaboration
- 11:30–12:30 pm Medical review: critically thinking through a case - yellow/red flags for early mobility
- 12:30–12:45 pm **BREAK**
- 12:45-1:45 pm Advanced interpretation of vital signs  
Early mobility and physiological readiness for activity, using subjective scales to aid decision-making
- 1:45-3:00 pm Updates in evidence regarding safety and efficacy in early mobility  
Implementing an early mobility program, managing environment and personnel to improve safety Institutional guidelines in current practice
- 3:00-3:30 pm **LUNCH**
- 3:30-4:30 pm Applied physiology  
Physiological reserve: using exercise principles to get the most out of your patients, how to make recovery a true component of treatment, outcome measures, video case analysis
- 4:30-5:15 pm Updates regarding dyspnea
- 5:00-5:15 pm **BREAK**
- 5:15-6:15 pm Case Analysis: clinical integration and decision-making

## Schedule – Day 2 10:00 am - 5:30 pm EST (US)

- 9:40 – 10:00am Webinar Registration/Zoom Course Opens
- 10:00-11:30 am Application of the EKG:  
Video case: recognizing critical parts of the EKG to aid in the clinical decision-making process, identifying changes and how to manage patients accordingly
- 11:30-12:30 pm Using the ventilator to promote functional progress and establish goals  
The importance of professional conversations with data in hand, video case: how to interpret modes during ventilator weaning and interventions
- 12:30-12:45 pm **BREAK**
- 12:45-3:00 pm Pulmonary **LAB** - assessment tools:  
Understanding how your patient's impairments could be contributing to slow functional progress, facilitating desired breathing patterns
- 3:00-3:30 pm **LUNCH**
- 3:30-4:15 pm Advanced ICU Device Support: VADs and ECMO including video case analysis
- 4:15-4:30 pm **BREAK**
- 4:30-5:30 pm Case Analysis: Clinical integration and decision-making including recommendations for discharge status

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## Credits

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification. Please contact us with any special needs requests:

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## Private In-Person Webinar Date

September 14-15, 2024