ICU and Acute Care Update

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

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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 oversees clinical research opportunities for staff in Division of Patient Care Services.

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 an honorarium from Education Resources, Inc. She serves on an Executive Advisory Board for Abiomed and is a Consultant on Advisory Board for clinical trials for Abiomed.
Non-Financial: Chris Wells has no non-financial relationships to disclose.

About this Webinar

This course will sharpen your skills in assessment and optimal intervention for early mobilization and mobility progression in the complex acutely ill patient. It will discuss the interpretation of vital signs beyond the basics as it relates to critical illness. Focus will be on critical decision making through case analysis to determine medical stability and exercise tolerance in complex patients. Evidence for advanced intervention will be discussed for patients who are suffering from common iatrogenic effects of hospitalization. Learn to provide best practices in acute care for complex patients through integration of lab values, tests, medical history, clinical exam, research evidence and clinical judgment.

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.

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

9:40 – 10:00 am	**Webinar Registration/Zoom Course Opens**
10:00-11:30 am	Research updates: Implications on the clinical decision process ABCDEF bundle: opportunities for inter-disciplinary 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
5:15-5:30 pm	**BREAK**
5:30-6:15 pm	Case Analysis: clinical integration and decision-making

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

9:40 – 10:00 am	**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

Webinar Dates and Times

November 6 and 7, 2027

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.

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This course meets the criteria for 14 contact hours (1.4) CEUs, Intermediate Level.

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This course can be used toward your NBCOT renewal requirements for 14 units.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 16.5 hrs.

This course meets the approval of the **TX** Board of OT Examiners.

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Application has been made to the **FL** Physical Therapy Association for 16.5 continuing education contact hours.

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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: info@educationresourcesinc.com | 800-487-6530. Education Resources Inc. 266 Main St, Suite 12, Medfield, MA 02052 • 800-487-6530.

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WEBINAR: ICU and Acute Care Update
Chris Wells, PhD, PT, CCS, ATC, FCCM
❑ November 6 and 7, 2026

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