

Clinical Decision Making for PTs and PTAs in the ICU: An Evidence-Based Update

Patricia Leen Healy PT, DPT

12:00 - 1:00pm

In the acute care environment, PTs and PTAs have the opportunity to “advance their passion” for improving patients’ functional outcomes in the ICU (intensive care unit). Although the medical complexity and tenuous status of patients in critical care can be challenging for clinicians, building knowledge of current ICU practice and researching evidence-based clinical questions is essential for safe and appropriate patient progression. Through lecture, followed by application through case studies and small group discussion, attendees will be fortified with tools to improve their confidence and competence with effective clinical decision making for physical therapy in the critical care setting.

Upon completion of this session, attendees will be able to:

1. Discuss current ICU concepts including: ICU liberation, Early mobilization, Post-Intensive Care Syndrome (PICS)
2. Describe recent evidence regarding mobility in the ICU in the context of several common clinical scenarios (including, but not limited to vasopressors, venous thromboembolism, pulmonary embolism, and line management)
3. Describe key physical therapy outcome measures used in the ICU.
4. Demonstrate the ability to effectively apply the evidence to case studies and your own clinical practice next week.

Hodgson CL, Capell E, Tipping CJ. Early Mobilization of Patients in Intensive Care: Organization, Communication and Safety Factors that Influence Translation into Clinical Practice. *Crit Care*. 2018 Mar 20;22(1):77. doi: 10.1186/s13054-018-1998-9. PMID: 29558969;PMCID: PMC5861642.

Jacob, Prasobh;Surendran, Praveen Jayaprabha;E M, Muhamed Aleef;Papasavvas, Theodoros;Praveen, Reshma;Swaminathan, Narasimman;Milligan, Fiona Early Mobilization of Patients Receiving Vasoactive Drugs in Critical Care Units: A Systematic Review, *Journal of Acute Care Physical Therapy*: January 2021 - Volume 12 - Issue 1 - p 37-48 doi: 10.1097/JAT.000000000000140

Joint Task Force of APTA Acute Care and the Academy of Cardiovascular and Pulmonary Physical Therapy of the American Physical Therapy Association, “Adult Vital Sign Interpretation in Acute Care Guide 2021”

Ohtake PJ, Lee AC, Scott JC, Hinman RS, Ali NA, Hinkson CR, Needham DM, Shutter L, Smith-Gabai H, Spires MC, Thiele A, Wiencek C, Smith JM. Physical Impairments Associated With Post-Intensive Care Syndrome: Systematic Review Based on the World Health Organization's International Classification of Functioning, Disability and Health Framework. *Phys Ther*. 2018 Aug 1;98(8):631-645. doi: 10.1093/ptj/pzy059. PMID: 29961847.

Stephanie Sharma, Ma Andrea Lupera, Alice Chan, Michael Nurok, Lianna Z. Ansryan, Bernice Coleman; Safety First: An Ambulation Protocol for Patients With Pulmonary Artery Catheters. Crit Care Nurse 1 February 2021;41 (1): 45–52. doi: <https://doi.org/10.4037/ccn2021957>

Smith JM, Lee AC, Zeleznik H, Coffey Scott JP, Fatima A, Needham DM, Ohtake PJ. Home and Community-Based Physical Therapist Management of Adults With Post-Intensive Care Syndrome. Phys Ther. 2020 Jul 19;100(7):1062-1073. doi: 10.1093/ptj/pzaa059. PMID: 32280993;PMCID: PMC7188154"

Tricia Leen Healy PT, DPT

After graduating from Simmons University, Tricia discovered her love for acute care physical therapy at Massachusetts General Hospital. Over the past 22 years, she has worked in many areas of acute care including: emergency department, ICU, cardiac stepdown, medical/surgical, orthopedics/trauma, and bone marrow transplant. Tricia is currently practicing at U Mass Memorial Medical Center in Worcester where she is the Physical Therapy LVAD (Left Ventricular Assist Device) coordinator and also leads the rehab department's monthly journal club. As a dedicated acute care PT, she has been an active member of the APTA Acute Care Practice Committee since 2017. In this role, she is the coordinator of the Practice Committee's monthly submissions for the section's newsletter. Tricia is a member of the committee to revise the APTA Lab Values Interpretation Guide, due to be published in 2022. She is a long time APTAMA member and has served as Nominating Committee member and chair and on the Board of Directors as Central District Chief Assembly Representative.