DIVISION OF PULMONARY AND CRITICAL CARE MEDICINE AND DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

Present the

Third Annual:
JOHNS HOPKINS CRITICAL CARE REHABILITATION CONFERENCE

October 24-25, 2014
Chevy Chase Bank Conference Center
The Sheikh Zayed Tower
The Johns Hopkins Hospital
Baltimore, Maryland

This conference has been endorsed by the American Thoracic Society

This activity has been approved for AMA PRA Category 1 Credits™.
COURSE DESCRIPTION

Interdisciplinary collaboration and coordination is vital to facilitate early mobility and rehabilitation in the intensive care unit (ICU) setting. A recent stakeholders’ conference aimed at improving long-term outcomes for ICU survivors identified important ‘silos’ among critical care and rehabilitation clinicians working in the ICU, with these ‘silos’ acting as a barrier to collaboratively advancing the field and improving patient outcomes. While clinical trials support the benefits of early rehabilitation for mechanically ventilated patients, implementing these interventions requires creating a new ICU culture based on proactive rehabilitation and interdisciplinary collaboration between all critical care and rehabilitation clinicians. This conference will bridge the interdisciplinary gap from research to clinical implementation at the bedside.

WHO SHOULD ATTEND

This activity is intended for physicians (critical care, pulmonologists, psychiatrists, psychologists), physical therapists, occupational therapists, rehabilitation assistants, speech language pathologists, respiratory therapists, nurses, nurse practitioners, psychologists, physician assistants, and hospital administrators.

OBJECTIVES

After attending this activity, the participant will demonstrate the ability to:

• Identify risk factors and prevention strategies for ICU-acquired weakness, and long-term physical, cognitive and psychiatric impairments in survivors of critical illness.
• Compare and appraise the evidence supporting early rehabilitation and mobility in the ICU.
• Describe and discuss how to change ICU culture and clinical practice to implement an early rehabilitation program for critically ill patients using a quality improvement framework.
• Explain the inter-disciplinary roles of nursing, physical therapy, occupational therapy, speech language pathology, and respiratory therapy in an early rehabilitation program in the ICU.
• Describe the impact of ICU survivorship on patients and their family.
• Explain the importance of ICU management to reduce sedation and delirium, and to improve sleep.
• Describe principles for cognitive rehabilitation for ICU patients.
• Describe the implementation of a nurse-led interdisciplinary early mobility program in the ICU.
• Explain principles of clinical decision-making and assessment of medical stability for early mobilization in the ICU.
• Describe the implementation of a hospital-wide activity and mobility program and the use of a standardized measurement of patient function across the continuum of care.
• Describe ICU mobility within the context of safe-patient handling.

ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 13.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OTHER CREDIT

American Nurses Credentialing Center
American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners National Certification Program
American Academy of Nurse Practitioners National Certification Program accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

American Academy of Physician Assistants
American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME. Physician assistants may receive a maximum of 13.50 AAPA Category 1 CME credits for completing this program.

American Association for Respiratory Care
The application for American Association for Respiratory Care (AARC) CEUs is currently pending approval.

American Occupational Therapy Association, Inc. (AOTA)
The application for American Occupational Therapy Association, Inc. (AOTA) CEUs is currently pending approval.

Contact Hours for Non-Physicians
The Johns Hopkins University has approved this activity for 13.50 contact hours for non-physicians.

Physical Therapy
The applications for CEUs from the Maryland State Board of Physical Therapy and the Pennsylvania State Board of Physical Therapy are currently pending approval.

Psychologists
The Johns Hopkins University School of Medicine is authorized by the Maryland State Board of Examiners of Psychologists as a provider of continuing education. The Johns Hopkins University School of Medicine maintains responsibility for this program. A certificate for CEUs will be awarded upon completion of this live activity.

Professional Counselors and Therapists
This Continuing Education activity is eligible for Category A CEUs for Professional Counselors and Therapists as a result of the sponsor, Johns Hopkins University, and its classification as an institute of higher education.

POLICY ON SPEAKER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins University School of Medicine that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The Johns Hopkins University School of Medicine OCME has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity handout materials.

EVALUATION

A form will be available to attendees to evaluate each session and each speaker’s presentation, as well as to identify future educational needs.

OUTCOMES SURVEY

A survey will be sent to all physician attendees within three months post activity to assist us in determining what impact this activity had on the attendee’s practice.

EMERGENCY CALLS

On October 24-25, 2014, direct emergency calls to the Hopkins registration desk, (443) 287-5426. Messages will be posted for participants.

AMERICANS WITH DISABILITIES ACT

The Johns Hopkins University School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special needs.

TO REGISTER or FOR FURTHER INFORMATION

Register Online (credit card and eCheck) www.HopkinsCME.edu
Register by Phone (credit card only) (410) 502-9636
Register by Fax (866) 510-7088
Confirmation/Certificates (410) 502-9636
General Information (410) 955-2959
E-mail the Office of CME cmenet@jhmi.edu

Follow us on Twitter: http://twitter.com/HopkinsCME
Facebook: http://www.facebook.com/HopkinsCME
Sponsoring Department Website: www.hopkinsmedicine.org/OACIS
For general information, the direct link for this CME activity web page is:
http://www.hopkinscme.edu/CourseDetail.aspx/80034272.
**GENERAL INFORMATION**

**REGISTRATION**
Pre-Conference Registration - Friday, October 24, 2014, 7:30 - 7:55 a.m.
Main Conference Registration – Friday, October 24, 2014, 12:00-12:55 p.m.

**LOCATION**
Chevy Chase Bank Conference Center
The Sheikh Zayed Tower
The Johns Hopkins Hospital
1800 Orleans Street, Main Level
Baltimore, Maryland, 21287

The Sheikh Zayed Tower is located on Orleans Street between Broadway and Wolfe Streets. Directions and campus parking information are available on our website under the contact and travel section at www.HopkinsCME.edu. The closest garage is the Orleans Street Garage, which is located on Orleans Street (Route 40) between Wolfe Street and Broadway. Handicapped parking is also available in the McElderry Street Garage. Johns Hopkins is smoke free.

**FEES**

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Pre-Conference ONLY</th>
<th>Main Conference ONLY</th>
<th>Full Conference October 24-25, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$160</td>
<td>$495</td>
<td>$605</td>
</tr>
<tr>
<td>Residents*, Fellows*, Physician Assistants, Occupational Therapists, Physical Therapists, Psychologists, Respiratory Therapists, Speech-Language Pathologists</td>
<td>$135</td>
<td>$375</td>
<td>$460</td>
</tr>
</tbody>
</table>

**EARLY BIRD REGISTRATION: until July 31st, 2014**

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Pre-Conference ONLY</th>
<th>Main Conference ONLY</th>
<th>Full Conference October 24-25, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$175</td>
<td>$545</td>
<td>$670</td>
</tr>
<tr>
<td>Residents*, Fellows*, Physician Assistants, Occupational Therapists, Physical Therapists, Psychologists, Respiratory Therapists, Speech-Language Pathologists</td>
<td>$150</td>
<td>$425</td>
<td>$525</td>
</tr>
</tbody>
</table>

**STANDARD REGISTRATION: Starting August 1st, 2014**

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Pre-Conference ONLY</th>
<th>Main Conference ONLY</th>
<th>Full Conference October 24-25, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color</td>
<td>$35</td>
<td>$95</td>
<td>$130</td>
</tr>
<tr>
<td>Black &amp; White</td>
<td>$15</td>
<td>$45</td>
<td>$60</td>
</tr>
</tbody>
</table>

* with verification of status

You will receive a confirmation by e-mail if you have provided your e-mail address. Otherwise confirmation will be sent by mail. If you have not received it by October 17, 2014, call (410) 502-9634 to confirm that you are registered. A certificate of attendance will be sent by December 10, 2014 to the e-mail address you provide on the registration form.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses. Additionally, we reserve the right to change the venue to a comparable venue. Under such circumstances registrants will be notified as soon as possible.

**LATE FEE AND REFUND POLICY**

A $50 late fee applies to registrations received after 5:00 p.m. ET on October 17, 2014. A handling fee of $50 will be deducted for cancellation. An additional fee may apply for cancellation of other events, including workshops and social activities. Refund requests must be received by fax or mail by October 17, 2014. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins conference in lieu of cancellation is not possible.

**SYLLABUS**

All registrants will receive a folder with general information and paper for note-taking. This is included in the cost of your registration. A link to the syllabus will be provided via email shortly before the activity begins if you prefer to study or print the syllabus. A printed copy may be ordered at the time of registration for an additional fee. The fees for printed copies of the syllabus are outlined on the registration form. The printed copy will be provided during activity registration. Cancellations or refunds for the printed copy will not be permitted.

**HOTEL AND TRAVEL INFORMATION**

We strongly encourage you to book your accommodations at one of the following three hotels. The Johns Hopkins Office of CME makes every effort to secure the best rate for overnight accommodations. The rate is part of a negotiated conference package that incorporates many services. By staying at the host hotel and booking within the room block, you help us maintain current conference benefits and keep future registration fees reasonable. Please consider this when making your overnight accommodations decision.

- **Hilton Garden Inn Baltimore**
  - (888) 429-7482
  - 625 South President Street
  - Baltimore, Maryland 21202
  - Web Site: www.baltimoreinnerharbor.stayhgi.com

**HOTEL RESERVATION CUT-OFF DATE: SEPTEMBER 23, 2014**

A limited block of sleeping rooms has been reserved for your convenience and will be available on a first come, first served basis.

- The Hilton Garden Inn Baltimore Inner Harbor, pleasantly situated in Harbor East, blends well with its fashionable surroundings and offers excellent accommodations within walking distance of downtown Baltimore. Make your reservation online at www.baltimoreinnerharbor.stayhgi.com or call the hotel directly and specify that you are attending the Johns Hopkins Critical Care Rehabilitation Conference to receive the special group rate of $149, single or double, plus tax. This rate includes breakfast daily (maximum of two people per room) and complimentary wireless high speed internet access. On-site parking is available at an additional charge.
  - Check-in time is 3:00 p.m. Check-out time is 12:00 p.m.

**Lord Baltimore Hotel**
- (410) 539-8400
- 20 West Baltimore Street
- Baltimore, Maryland 21201
- Web Site: www.lordbaltimorehotel.com

**HOTEL RESERVATION CUT-OFF DATE: SEPTEMBER 23, 2014**

A limited block of sleeping rooms has been reserved for your convenience and will be available on a first come, first served basis.

- The Lord Baltimore Hotel, a newly renovated historic hotel in the heart of Baltimore’s business district, is connected to the Inner Harbor and Convention Center via skywalks just two blocks from 1st Mariner Arena and Oriole Park. Make your reservation online at www.lordbaltimorehotel.com or call the hotel directly and specify that you are attending the Johns Hopkins Critical Care Rehabilitation Conference to receive the special group rate of $129, single or double, plus tax. This rate includes breakfast for up to two guests per room, per night.

Complimentary self-parking is available along with transportation to and from the Johns Hopkins Hospital. Complimentary wireless high speed internet access is also included with this rate. Check-in time is 4:00 p.m. Check-out time is 11:00 a.m.

**Sheraton Inner Harbor Hotel**
- (888) 962-8300
- 300 South Charles Street
- Baltimore, Maryland 21201
- FAX: (410) 962-8211
- Web Site: www.sheraton.com/innerharbor

**HOTEL RESERVATION CUT-OFF DATE: SEPTEMBER 23, 2014**

A limited block of sleeping rooms has been reserved for your convenience and will be available on a first come, first served basis.

- The Sheraton Inner Harbor Hotel is centrally located in the heart of Baltimore’s Inner Harbor. The official hotel of the Baltimore Orioles is just one block from the Convention Center, Harborside and sport complexes. Make your reservation online at www.sheraton.com/innerharbor or call the hotel directly and specify that you are attending the Johns Hopkins Critical Care Rehabilitation Conference to receive the special group rate of $159, single or double, plus tax. Complimentary internet is also included with this rate. On-site parking is available at an additional charge.
  - Check-in time is 3:00 p.m. Check out time is 12:00 noon.
Friday, October 24, 2014

7:30 - 7:55 Registration for Pre-Conference and Continental Breakfast
7:55 - 8:00 Welcome and Conference Goals
Dale Needham, MD PhD

Session 1 - Rationale and Evidence for Early Rehabilitation
Chair: Dale Needham, MD, PhD
8:00 - 8:25 ICU - Acquired Weakness, and Long-Term Patient Outcomes
Dale Needham, MD, PhD
8:25 - 8:45 The Evidence for Early Rehabilitation in the ICU
Jennifer Zanni, PT, DScPT
8:45 - 8:50 Question and Answer Session

Session 2 - Implementing and Sustaining an ICU Rehabilitation Program
Chair: Jennifer Zanni, PT, DScPT
8:55 - 9:10 Culture Change to Promote Early Rehabilitation in the ICU
Jennifer Zanni, PT, DScPT
9:10 - 9:30 Using a Quality Improvement Framework for Implementation of an Early Rehabilitation Program
Dale Needham, MD, PhD
9:30 - 9:45 Implementing the Quality Improvement Project
Michael Friedman, PT, MBA
9:45 - 9:55 Question and Answer Session
9:55 - 10:10 Coffee Break

Session 3 - Components of a Successful Early Rehabilitation Program
Chair: Dale Needham, MD, PhD
10:10 - 10:25 Overview of Sedation and Delirium Issues
Dale Needham, MD, PhD
10:25 - 10:40 Role of Nursing
Samantha Young, MS, RN
10:40 - 10:55 Role of Physical Therapy
Jennifer Zanni, PT, DScPT
10:55 - 11:10 Role of Occupational Therapy
Angela Regensburg, MS, OTR/L
11:10 - 11:25 Role of Speech-Language Pathology
Theresa Kling-Cole, MA, CCC-SLP
11:25 - 11:40 Role of Respiratory Therapy
Heather O’Donnell, RRT
11:40 - 11:55 Question and Answer Session
11:55 - 12:55 Lunch (for pre-conference registrants only)

Main Conference
12:00 - 12:55 Registration for Main Conference
12:55 - 1:00 Welcome and Conference Goals
Dale Needham, MD PhD

Session 4 - The Patient and Family Perspective
Chair: Dale Needham, MD, PhD
1:00 - 1:25 Patient and Family Interview
Moderator: Dale Needham, MD, PhD
1:25 - 1:35 Question and Answer Session

Session 5 - Updates on the Literature for 2014
Chair: Dale Needham, MD, PhD
1:35 - 1:55 Updates on Long Term Physical Outcomes for ICU Survivors
Dale Needham, MD, PhD
1:55 - 2:15 Updates on Sedation, Delirium and Sleep Interventions
Dale Needham, MD, PhD
2:15 - 2:35 Updates on Neuropsychological Outcomes for ICU Survivors
O. Joseph Bienvenu, MD, PhD
2:35 - 2:50 Question and Answer Session
2:50 - 3:10 Refreshment Break

Session 6 - Specific Rehabilitation Interventions in the ICU
Chair: Jennifer Zanni, PT, DScPT
3:10 - 3:30 Physical Therapy Interventions in the ICU
Jennifer Zanni, PT, DScPT
3:30 - 3:50 Occupational Therapy Interventions in the ICU
Angela Regensburg, MS, OTR/L
3:50 - 4:10 Speech-Language Pathology Interventions in the ICU
Theresa Kling-Cole, MA, CCC-SLP
4:10 - 4:30 Cognitive Rehabilitation Interventions in the ICU
Kathleen Kortte, PhD ABPP-CNRP
4:30 - 4:50 Nursing and PT Interdisciplinary Early Mobilization Intervention in the Surgical ICU
Cindy Dwyer, RN, BSN and Paul Ricard PT, DPT, CCS
4:50 - 5:05 Question and Answer Session
5:05 - 5:10 Day 1 Wrap-Up
Dale Needham, MD PhD
5:30 - 7:00 Social Event at Bond Street Social

Saturday, October 25, 2014

8:30 - 8:55 Continental Breakfast
8:55 - 9:00 Welcome and Conference Goals
Dale Needham, MD PhD
9:00 - 9:40 Abstract Oral Presentations 1

Session 1 - Advanced Interdisciplinary Clinical Decision Making
9:40 - 10:25 Interactive Case Studies
Jennifer Zanni, PT, DScPT and Amy Toonstra , PT, DPT
10:25 - 10:40 Question and Answer Session
10:40 - 10:50 Break
10:50 - 11:30 Abstract Oral Presentations 2

Session 2 - Expanding the Scope of Early Rehabilitation
Chair: Michael Friedman, PT, MBA
11:30 - 11:50 Improving ICU Sedation, Delirium and Mobilization on a State-wide Level
Sean Berenholtz, MD, MHS, FCCM
11:50 - 12:10 Hospital Wide Activity and Mobility Promotion
Erik Hoyer, MD and Annette Lavezza, OTR/L
12:10 - 12:30 Functional Reconciliation, Outcome Measures, and Electronic Medical Record
Michael Friedman, PT, MBA
12:30 - 12:50 Safe Patient Handling: A Therapeutic Application
Annette Lavezza, OTR/L
12:50 - 1:00 Question and Answer Session
1:00 - 2:00 Lunch

Session 3 - Workshops with Multi-Disciplinary Rehabilitation Experts
2:00 - 3:30 Rehabilitation Issues in a Medical ICU
Facilitator: Jennifer Zanni, PT, DScPT
Rehabilitation Issues in Non-Medical ICUs (Surgical, Neuro, Cardiac)
Facilitator: Paul Ricard PT, DPT, CCS
Functional Outcome Measures and Functional Reconciliation
Facilitator: Michael Friedman, PT, MBA
Culture Change & Overcoming Barriers for Changing Practice (Sedation, Delirium and Mobility)
Facilitators: Dale Needham, MD, PhD and Kathleen Bailey, RN, MSN, AG-ACNP
3:30 - 3:45 Break
3:45 - 4:00 Conference Wrap-Up
Dale Needham, MD PhD

The Johns Hopkins University School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity. This schedule is subject to change.
REGISTRATION FORM

THIRD ANNUAL

JOHNS HOPKINS CRITICAL CARE REHABILITATION CONFERENCE

October 24-25, 2014

To Register: Online (credit card and eCheck): www.HopkinsCME.edu By fax: (866) 510-7088 By phone (credit card only): (410) 502-9636
Or mail this form to the Johns Hopkins University, Office of Continuing Medical Education, P.O. Box 64128, Baltimore, Maryland 21264-4128.

Include check payable to HOPKINS/80034272, or include credit card information below.

PAYMENT MUST ACCOMPANY FORM TO CONFIRM YOUR REGISTRATION.

I am a Johns Hopkins speaker for this activity.

Please type or print clearly:

Primary Specialty:
- Nurse
- Occupational Therapy
- Physical Therapy
- Physician
- Psychology
- Speech Language Pathology
- Other: (Please Specify) ______________________

You will receive a confirmation notice and your attendance certificate by e-mail if you provide your e-mail address.

Total amount enclosed $ ____________.

Payment Type:

JHU Faculty/Staff Only: If you are using your Tuition Remission Benefit or an ION budget, please complete this registration form and return with appropriate payment processing form to OCME, Turner 20.

Payment can be found on-line at: http://www.hopkinscme.edu/Resources/resources.aspx.

Check (See instructions on top of form.)

Credit Card: ☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ AMEX

Card # ____________________________-________________________-________________________
Exp. Date ____________________________
Name on Card ____________________________
Signature and Date ____________________________

* with verification of status