

Session Title:**Post-Intensive Care Syndrome (PICS): Working Across the Continuum of Care to Enhance Outcomes for Survivors of Critical Illness****Speakers:** Jennifer Zanni, PT, DScPT

Session Description: Advances in modern medicine has greatly enhanced survival rates in patients suffering from critical illness, however it is now well recognized that many of these survivors have significant ongoing impairments that can be long-lasting following discharge from the intensive care unit (ICU). Post-Intensive Care Syndrome (PICS) refers to the constellation of physical, cognitive, and psychological impairments that persist in patients following an intensive care unit (ICU) stay. PICS affects a substantial proportion of patients, with cognitive dysfunction, muscle weakness, mental health issues, pain, and fatigue being the most commonly reported outcomes. This syndrome not only impacts patients' quality of life and their ability to return to work, but also places a considerable burden on healthcare systems, caregivers, and families. This presentation will provide an overview of PICS, focusing on its pathophysiology, risk factors, and impact on survivors and families. It will also explore current strategies for prevention, early identification, appropriate screening tools, and evidenced-based treatment strategies based for rehabilitation providers to use throughout the continuum of care.

Objectives:

1. Define Post-Intensive Care Syndrome (PICS) and explain its clinical manifestations and common impairments
2. Identify the risk factors that increase the likelihood of developing PICS, such as ICU length of stay, mechanical ventilation, sedative use, and pre-existing comorbidities.
3. Explore tools and methods for both screening and assessment of PICS in ICU survivors throughout the continuum of care
4. Examine evidence-based strategies for preventing and mitigating the effects of PICS, including early mobilization, sedation management, family involvement, and psychological support.
5. Learners will be informed about the latest advancements in PICS research and how these findings might shape future clinical practices and patient care strategies.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

1. Learners will be able to describe the components of PICS and recognize its significance and multi-dimensional challenges that affect both patients and their families after ICU discharge.
2. Learners will be able to appropriately screen and assess a patients' risk for PICS and recognize which patients are most vulnerable based on their ICU experience.

3. Learners will understand evidenced based treatment strategies and considerations for rehabilitation planning across the continuum of care
4. Learners will be able to offer resources and guidance to families, helping them understand PICS and how they can support their loved one's recovery as well as knowledge on when to refer to other health care providers.

Speaker Bio:

Jennifer Zanni, PT, DScPT is a Board Certified in Cardiovascular and Pulmonary Specialist at the Johns Hopkins Hospital in Baltimore, Maryland. She has over 26 years of experience working with a variety of patient populations, but has a primary focus in treating patients who have survived critical illness and/or have complex medical conditions. Dr. Zanni has previously served as the lead physical therapist for the early rehabilitation program in the Johns Hopkins Medical Intensive Care Unit and has lectured extensively nationally and internationally on the management of the critically ill patient. Dr. Zanni currently serves as the lead physical therapist with both the Johns Hopkins Post-Acute COVID-19 Team (PACT) and Johns Hopkins Postural Orthostatic Tachycardia Syndrome (POTS) Clinic. She serves as a lecturer in the Department of Physical Medicine and Rehabilitation at Johns Hopkins University.

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