

Program

9th European Conference on Weaning and Rehabilitation in
Critically-Ill Patients

SATURDAY 2. NOVEMBER

08:00-09:00	Registration and coffee
09:00-10:30	Plenary session 1: “State of the art” <ul style="list-style-type: none">• Ulrich Spreng – <i>“Opening and welcome”</i>• Louise Rose – <i>“History of ventilation treatment”</i>• Nick Hart – <i>“The Past, Present and Future of Weaning: Prevention is Better Than Cure”</i>• David McWilliams – <i>“State of the art/evidence for early rehabilitation in the ICU”</i>
10:30-11:00	Break – Networking and poster viewing
11:00-12:15	Parallel session 1: From confusion to clarity <ul style="list-style-type: none">• Ivan Rimstad - <i>“Prevention of delirium”</i>• Katrine Astrup Sørensen – <i>“Developing and evaluation of rehabilitation interventions to support patients’ cognitive function during and after intensive care unit admission”</i>• Kate Tantam – <i>“Fresh Air at end of life within ICU”</i>• Ingrid van Iperen – <i>“Greenery at Work: The Benefits of Nature for Healthcare Professionals (staff)”</i>
11:00-12:15	Parallel session 2: Important aspects in early rehabilitation <ul style="list-style-type: none">• Rachel Jørgensen – <i>“Families in the ICU”</i>• Therese Bogaeus – <i>“Enhancing recovery: Occupational therapy’s impact on critically ill patients”</i>• Hajime Katsukawa – <i>“How has the COVID-19 pandemic affected early mobilization in the ICU?”</i>• Antonija Petosic – <i>“Use of social media for improving the process of critical care and early rehabilitation “</i>
11:00-12:15	Parallel session 3: Assessments and interventions in the ICU <ul style="list-style-type: none">• Frances Eriksson – <i>“CPAx: European expert panel consensus - clinical implications”</i>• Marine Van Hollebeke – <i>“Respiratory muscle strength assessment”</i>• Simon Hayward – <i>“Ultrasound: Evaluation of diaphragm and intercostal muscles”</i>• Marine Van Hollebeke – <i>“Respiratory muscle conditioning to improve weaning outcomes and functional recovery in prolonged weaning.”</i>
12:15-13:45	Lunch
13:45-14:30	Poster Walk
13:45-14:30	Plenary session 2: “What really matters in early rehabilitation?” <ul style="list-style-type: none">• Ida Krag-Rønne Mannsåker – <i>“Roles in interprofessional teams”</i>• Tone Maren Ramsli – <i>“Paws for Progress: How Hospital Dogs accelerate Early Rehabilitation”</i>• Former patient TBA – <i>“Patient perspective”</i>
15:30-16.00	Break – Networking and poster viewing
16:00-17:00	Plenary session 3: “Humanization in the ICU” <ul style="list-style-type: none">• Peter Nydahl – <i>“Humanizing rehabilitation”</i>• Tone Rustøen – <i>“The importance of hope”</i>• Thomas Strøm – <i>“No sedation in early rehabilitation”</i>

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SUNDAY 3. NOVEMBER

08:00-09:00	Coffee and networking
09.00-10:30	Plenary session 4: ICU follow-up <ul style="list-style-type: none">• Peter Spronk – “15 years of experience with ICU follow-up clinics”• Louis Rose – “Virtual follow-up”• Jon Henrik Laake – “ICU follow-up in Norway”
10:30-11:00	Break – networking and poster viewing
11:00-12:00	Plenary session 5: Oral presentations from submitted abstracts <ul style="list-style-type: none">• Juultje Sommers, Physiotherapist, PhD - “Novel approach to assess metabolic load during ICU rehabilitation, evaluation of lactate response”• Laura Breach, Physiotherapist, PhD student - “A systematic review to examine the effectiveness of outpatient rehabilitation models on physical, psychological and cognitive outcomes for patients discharged from hospital following admission to the intensive care unit”• Mette Kure Nikolaisen, Critical care nurse, PhD student - “Multiple symptoms during the first day after intensive care unit discharge -a prospective cohort study”• Jeremy Daly & Jack Fenwick, Advanced Physiotherapists - “Morbidity and Rehabilitation Provision following Out of Hospital Cardiac Arrest (OOHCA): an observational study in a tertiary NHS centre”• Hanne Birgit Alfheim, Critical care and research nurse, PhD - “Rehabilitation practices in ICU patient care - a Scandinavian survey study”• Clair Martin, Advanced Physiotherapy Practitioner - “Implementation of a Physiotherapy 7 day working pilot on ICU”• Bregje Frickx, Physiotherapist ICU - “Prevalence of ‘Post Intensive Care Syndrome’ (PICS) and evolution of physical, cognitive and mental performance after discharge from intensive care in UZ Leuven”• Marielle van der Steen, Intensivist, - “Identification and quantification of Physical Activity of Critically ill patients during hospitalization in the ICU (IPAC-IC): a prospective observational study”
12:00-13:00	Lunch
13.00-14:00	Parallel session 4: Weaning- from protocols to practice <ul style="list-style-type: none">• Marine Van Hollebeke – “Evidence based Inspiratory muscle training.”• Louise Rose - “Weaning and prevention of respiratory complications”• Bronwen Connolly - “Mucoactives for acute respiratory failure”
13.00-14:00	Parallel session 5: Early rehabilitation - step by step <ul style="list-style-type: none">• Kate Tantam -” The power of sharing patient stories”• Jeannette Finstad – “Orthopedic trauma patients experiences of the rehabilitation pathway”• Tom Tørhaug – “Rehabilitation pathway”
13.00-14:00	Parallel session 6: Focus in function <ul style="list-style-type: none">• Marit Viravong – “Speech valve not just for speaking”• Peter Spronk – “Swallowing dysfunction in the ICU”• Anna-Liisa Sutt – “How to improve speech and swallowing at the ICU”
14:00-14:30	Break – networking and poster viewing
14.30-15.30	Plenary session 5: Closing thoughts and future directions in early rehabilitation <ul style="list-style-type: none">• Cheryl Hickmann – “Early rehabilitation: are we following the FITT-guidelines, or do we need ICU-FITT guidelines?”• Abstract committee – prices!• Bronwen Connolly – “The future of recovery and rehabilitation following critical illness”

SPEAKERS

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Peter E. Spronk, MD PhD

Peter E. Spronk is Staff Physician and Head of the [expertise centre for longterm outcomes in the critically ill](#) of the ICU department at the University affiliated Gelre Hospitals in Apeldoorn, The Netherlands. He is also a Research Associate at the department of ICU at the Academic Medical Center in Amsterdam, The Netherlands. Dr Spronk finished training in general internal medicine at the Free University of Amsterdam in 1999 and subsequent training in intensive care medicine (EDIC program) in 2001. He has actively participated in all of Dale Needham's early mobility symposia at ATS since 2006, and has been a member of the Board of European Conference of Weaning and Rehabilitation since 2015.

Dr Spronk's research is focused on the longterm outcome trajectories of ICU patients and potentially modifiable behavioral issues during ICU stay like pain, agitation, delirium, early mobility, sound, sleep, cognitive stimulation, and end-of-life care and has extensively published on these subjects. His hospital was one of the first to organize a formal follow-up ICU outclinic in The Netherlands in 2009. Currently, Dr Spronk is working on several studies on outcomes in longstay ICU patients, in particular the engagement of patients in their trajectories to recovery.

Dr Spronk has always worked together with several professional societies like ATS, SCCM, ANZICS, and ESICM to improve the active participation of international members by sharing information and building bridges.

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Tone Rustøen

Tone Rustøen is a researcher and professor at Oslo University Hospital and the University of Oslo. She has contributed to the development of a national research environment with a focus on pain and other symptoms. Rustøen has built up an interdisciplinary research group where nurses play an important role. The group has had a particular focus on following the patients through treatment or rehabilitation in and after a hospital stay. She is also assistant editor in the journal *Sykepleien Forskning*.

She has published a number of articles on quality of life, hope and on pain and other symptoms. She has developed and evaluated an intervention to strengthening hope in cancer patients, now she is modifying this intervention for intensive care patients.

In 2016, she established NORSMAN, a regional network for research to reduce symptom burden and strengthen the quality of life in patients with various chronic disorders. In 2002 she was a Fulbright scholar at University of California, San Francisco, School of Nursing collaborating with the symptom research group there. Her research group has since published several articles based on this collaboration.

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David McWilliams

David McWilliams is a Professor of Critical Care and Rehabilitation and Clinical Academic Physiotherapist at University Hospitals Coventry and Warwickshire NHS Trust and Coventry University's Centre for Care Excellence. He is the chair of the physiotherapy working group for the European Society of Intensive Care Medicine, and Chair of the UK Intensive Care Societies National Rehabilitation Collaborative. David was a member of the guideline development group for the NICE guideline 'Critical Illness rehabilitation' and is currently leading an NCEPOD study into rehabilitation and recovery following critical illness. David is recognised as an international expert on critical care physiotherapy and rehabilitation, regularly presenting both nationally and internationally on the subject

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Louise Rose

Professor Louise Rose, RN, PhD is a Professor of Critical Care Nursing and Research Division Head at King's College London, UK and an honorary Professor in Critical Care and the Lane Fox Respiratory Unit at St Thomas' Hospital in London. Prof Rose's research program focuses on improving outcomes and the healthcare experience of mechanically ventilated patients across the care continuum from the emergency department, intensive care unit, specialized weaning centre and in the home. Since commencing her research career she has been awarded over 110 peer reviewed research grants totalling over £20 million and has over 240 peer reviewed publications. During the pandemic Prof Rose co-founded Life Lines – a philanthropic initiative that provided over 1400 4G enabled tablets with a bespoke ICU virtual visiting solution to over 180 NHS hospitals enabling over 135,000 virtual visits across the UK. She recently received a MBE in the 2023 King's New Year's Honours list for this work.

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Peter Nydahl

Dr. habil. Peter Nydahl, RN BScN MScN, Nursing Research, University Hospital Schleswig-Holstein Kiel, Germany

Peter worked on ICU for 30 years and always tried to start rehabilitation of patients as early as possible. He started studying nursing research beside his practical work and performed many interprofessional research projects. The focus of his work is on holistic critical care rehabilitation including early mobilization, delirium prevention and therapy, family integration, and ICU diaries. He lives with his wife in Kiel, Germany, at the Baltic Sea, loves running in the morning and is proud dad of three children and super-proud granddad of five (yes!) grandchildren.

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Katrine Astrup

Describing the process of developing interventions targeted the cognitive domain within the Post Intensive Care Syndrom (PICS), and how we are evaluating these interventions at this moment. Katrine is an experienced clinician and champion in the field of early rehabilitation of critically ill patients with a special interest in knowledge about assessments of physical function in these patients. Katrine was responsible for the translation and reliability testing of the Danish version of the Chelsea Critical Care Physical Assessment Tool. As a PhD-candidate she is now developing and studying cognitive interventions for patients both during and after ICU admission.

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Cheryl Hickmann O.

Cheryl Hickmann O is a physiotherapist and PhD in Movement Sciences (UCLouvain).

Teacher of Physiology and Psychomotricity for Physiotherapists and Researcher at the Laboratory of Effort and Movement in the Department of Movement Sciences at HEPH-Condorcet – Tournai, Belgium.

Clinical Researcher at the Condorcet-Epicura Research and Innovation Unit (URICE).

Clinical Physiotherapist at Intensive Care Unit - Epicura Hospital in Hornu.

Scientific Collaborator, IREC – UCLouvain.

Scientific Collaboration between HEPH-Condorcet – Tournai and Pontificia Universidad Católica de Chile (Wallonia-Brussels International Grant).

Member of the Scientific Council of the Société de Kinésithérapie de Réanimation (SKR).

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Hospital Dogs

"Sykehushunder"/ Hospital dogs foundation has been providing specially trained hospital dogs to children in rehabilitation since 2019. In 2022, we initiated the introduction of these remarkable companions at Oslo University Hospital, as the first acute care hospital in Norway to do so. Feedback from children, their families, and healthcare professionals has been overwhelmingly positive.

Small miracles happen when patients meet the hospital dogs. Children who haven't been out of bed for weeks are motivated to get up and move, children who haven't spoken for a long time begin to talk, and children in crisis find the strength to play and just be kids. An unexpected benefit is the formation of friendships, not only between the child and the dog, but also between the children who interact with the hospital dogs.

The Sykehushunder Foundation's pioneering hospital dog, Ivrig, who herself has dysmelia and is missing a forelimb, exemplifies our beautiful diversity, showing children that there is hope, and life can become fulfilling even though it may turn out differently. Join us to learn more about the inspiring impact of Ivrig and her fellow hospital dogs on the lives of children undergoing rehabilitation.

Follow us on "Stiftelsensykehushunder" on Facebook and Instagram or visit our webpage: www.sykehushunder.no



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Ivan Jonassen Rimstad

Consultant neuroanesthesia, SSAI Diploma Pediatric Anesthesia and Intensive Care, L
Research on non-invasive monitoring of anesthesia and individualizing dosing of anesthetics and sedatives.

Chair Safe Brain Initiative Norway

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Thomas Strøm

Thomas Strøm is a professor and consultant in the ICU. His work has mainly focused on no sedation. His interest also extends to early mobilization and delirium.

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Frances Eriksson

Describing the process of developing an expert panel consensus of the Chelsea Critical care Physical assessment tool in Europe and highlight the clinical implications for practice.

Frances is a specialist physiotherapist in intensive care with a MSc. She is also an experienced clinician and champion in the field of early rehabilitation of critically ill patients with a special interest in pre-intensive care (critical care outreach and medical emergency teams), early rehabilitation and mobilisation in the ICU, humanization and palliative care. She is also the co-author of the Swedish version of the CPAX and is a part of Karolinska University Hospitals' "Mobile Intensive Group – MIG".

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Simon Hayward BSc (Hons)

BSc (Hons) PGCert MCSP is a Physiotherapist in diagnostic Thoracic Ultrasound at Blackpool Teaching Hospitals NHS Foundation Trust and Honorary Research Fellow at Coventry University in the U.K.

Simon's experience has been in the National Health Service (NHS) in the U.K., where he has been using Thoracic Ultrasound to inform his clinical practice since 2013. In 2016 he initiated a Thoracic Ultrasound training programme aimed primarily at physiotherapists. To date over 400 physiotherapists have attended his introduction to Thoracic Ultrasound courses with over 200 U.K. Physiotherapists having gained their accreditation.

In 2018 Simon was invited to join the Focused Ultrasound Intensive Care (FUSIC) committee, part of the Intensive Care Society (ICS) in the U.K., which is responsible for accrediting clinicians in LUS.

Simon has extensive speaker experience in the U.K., Europe, and the United States. He has contributed to national and international point of care ultrasound guidelines and frameworks for Thoracic Ultrasound education, governance, and scope of practice.

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Marine Van Hollebeke

Dr. Marine Van Hollebeke focused on inspiratory muscle training for patients with weaning difficulties during her PhD. She expanded her expertise through postdoctoral fellowships at the particularly in respiratory muscle training and early mobilization strategies.

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Anna-Liisa Sutt

Anna-Liisa Sutt is a Speech and Language Therapist whose work involves communication and dysphagia management of adult intensive care patients. Most of Anna-Liisa's career to date has been in Brisbane, Australia. After having two little boys abroad, she has recently moved back to the UK to continue in a clinical post at The Royal London Hospital, alongside continued teaching commitments and research nationally and internationally. Her passion is improving the management of patients with tracheostomies, from insertion to decannulation and longer-term outcomes. She is devoted to advancing speech pathology input and its evidence base in the critical care environment. In her PhD Anna-Liisa assessed the effect of one-way valves on regional ventilation and communication success of ventilated ICU patients with a tracheostomy.

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Jon Henrik Laake

Senior Consultant, Cardiothoracic Anaesthesia and Intensive Care Medicine
Oslo University Hospital

Research Interests; Mechanical ventilation, long-term-outcomes, clinical trials

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Antonija Petosic

With 25 years of dedicated experience in intensive care, she is a seasoned Clinical Nurse Specialist committed to excellence and safety. As both a professional developer and researcher, her work is deeply focused on advancing quality care. She holds a PhD specializing in the use of social media to enhance intensive care practices in alignment with best practice recommendations. She look forward to sharing her insights and expertise at the upcoming congress

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Bronwen Connolly

Bronwen Connolly is a critical care physiotherapist, and Professor of Critical Care at Queen's University Belfast. She is the Chief Investigator of the NIHR HTA-funded MARCH trial, investigating the effectiveness of mucoactive drugs in acute respiratory failure, and leads the PRACTICE study, developing a core outcome set for trials of physical rehabilitation in critical illness. Bronwen's and her research interests focus on acute respiratory and rehabilitation physiotherapy, the recovery, long-term outcome, and survivorship of post critical illness patients, and clinical trial methodology around complex rehabilitation interventions. Bronwen is the current Chair of the UK Critical Care Research Group, Deputy Chair of the NIHR Critical Care Specialty Group, and Director of Research at the UK Intensive Care Society.

In this keynote lecture, Bronwen will discuss potential areas of growth and development for clinical research and practice in the field of critical illness survivorship.

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Marit Follund Viravong

Physiotherapist, MSc, specialist in Cardiorespiratory Physiotherapy at Oslo University Hospital, 23 years experience in critical care. Special interest areas include multidisciplinary ventilator weaning and early rehabilitation, with a special focus on tracheostomy patients and laryngeal rehabilitation.

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Tom Tørhaug

Tom Tørhaug (MD. ph.d) is working as an associate professor at NTNU Faculty of Medicine and Health Sciences INB and as a senior PMR physician at St Olavs University hospital. His clinical experience is mainly primary rehabilitation of spinal cord injured persons at a tertiary level dept integrated in the traumacenter. Currently he is employed at the Clinic of Surgery, Dept of Traumatology, St Olavs hospital to ensure proper early rehabilitation in the ICU and to coordinate the journey of traumapatients through the hospital setting.

His talk aims to inform delegates on the status, intentions, future plans and innovations concerning acute rehabilitation in St Olavs University hospital, Trondheim, Norway.

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Therese Bogaeus

Therese Bogaeus is an specialized Occupational Therapist and pioneer who is working for the experienced and shares her knowledge through the European network for Occupational Therapist in the ICU. She is one of the networks founders. She also received the award: Occupational Therapist of the year in Sweden 2021 with her colleague for their work in the icu during The Covid-19 pandemic.



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Kate Tantom

Kate is a Specialist Sister in ICU in Plymouth. Her role is to support patients, loved ones and staff pre and post ICU discharge. She is a nurse researcher in rehabilitation after critical illness and the founder of the #Rehablegend campaign. The campaign shares patient stories to share best practice, improve patient experience, support quality improvement and clinical research and raise awareness of the importance of rehabilitation for all. Her work was recognised with a Parliamentary Award for care and compassion in 2019, National Patient Experience Award in 2019. Her work during 2020/2021 supporting patients with COVID saw her awarded with a British Empire Medal for services to improve patient experience. She is the deputy chair of the National Rehabilitation Collaborative and is keen to develop national work to support recovery after ICU.

Jeanet Finstad

Jeanette Finstad is a Certified Registered Nurse anesthetist (CRNA) with a Master of Science in Nursing (MSN). She is currently working towards her PhD at the Department of Research and Development in the Division of Emergencies and Critical Care at Oslo University Hospital (OUH).

Her PhD research forms part of the Injury Prevention and Outcome following Trauma (IPOT) project, a large Norwegian initiative focused on injury prevention and improving the treatment and rehabilitation process following injury. Her specific project, entitled: "Health care, pain medication and treatment outcome following discharge from trauma centre: Experiences and perspectives among patients and physicians," uses a qualitative approach to explore factors affecting treatment outcomes in trauma patients with orthopedic injuries.

Currently living in Germany, Jeanette is fully dedicated to her PhD project, which aims to enhance pain management and clinical outcomes in trauma care.

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Rachel Jørgensen, Social Worker



Ulrich Spreng.

Ulrich is the Chief Medical Officer at South-Eastern Norway Regional Health Authority.

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Nick Hart

Professor Hart is currently Deputy Medical Director of the Heart, Lung and Critical Care Clinical Group at Guy's and St Thomas' Hospital, including St Thomas' Hospital, Guy's Hospital, Royal Brompton Hospital and Harefield Hospital. This follows his role, from 2020 to 2022 as Clinical Director of Sleep, Respiratory and Critical Care in which he directed the critical care response to the COVID-19 pandemic; he was primary respiratory physician to the previous prime minister, Boris Johnson. From 2012 to 2020, he was Head of the Lane Fox Respiratory Service, which is an internationally recognised clinical-academic weaning and home mechanical ventilation service and currently houses the largest weaning and rehabilitation unit in the UK and supports 3000 patients with chronic respiratory failure.

In 2007, Professor Hart established the Lane Fox Clinical Respiratory Physiology Research Centre (£19.2M research income; 6 IMPACT manuscripts; US and European Myotrace technology patent) and PhD programme (11 clinical fellows completed PhD/MD) with the research themed on enhancing the outcome of patients with chronic respiratory disease, chronic respiratory failure and sleep disordered breathing. From 2016, he has been R&D Director of Delivery for one of the largest recruiting hospitals in the UK and he is a member of the South London Research Delivery Network Board. From 2015 to 2022, he was Joint Editor-in-Chief of Thorax and in 2022 he was awarded the British Thoracic Society Meritorious Service Award. In 2021, he was awarded Fellowship of the European Respiratory Society and in 2024, he was appointed as respiratory theme lead of the Guy's & St Thomas' NIHR Cardiorespiratory Healthtech Research Centre.

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