

Developing and Delivering Critical Care Rehabilitation

Agenda

09:45 – 10:00 **Setting the scene: Nuts and Bolts of Critical Care Rehab**

Dr Ram Matsa (RM)

10:00 – 11.15 **Interactive & Hands on Workshop sessions (3 groups of 8 candidates)**

Session 1 **Coordinating ICU rehabilitation: a collaborative approach to improving outcomes**

Lucy Powell, Jo Steele (LP/JS)

- Why coordinated rehabilitation is important
- Key moments in the rehabilitation journey
- Role of Rehab Coordinators in facilitating and delivering successful rehabilitation

Session 2 **Improving psychological recovery**

Dr Lorna Owen, Dr Laura Scott (LO/LS)

- Role of Psychologist in Critical Care rehabilitation
- What we need to measure and how to intervene
- Impact of critical illness in a psychological perspective
- Development of psychological care/provision on the Critical Care Unit

Session 3 **Role of nutrition in critical illness and recovery**

Sam Cook, Emma Gaskin (SC/EG)

- Nutrition metabolism and estimating requirements
- Nutritional impact of critical illness
- Nutritional rehabilitation

Session times	<i>Co-ordinating acute rehab</i> <i>LP/JS</i>	<i>Improving Psychological recovery</i> <i>LO/LS</i>	<i>Nutrition & critical illness recovery</i> <i>SC/EG</i>
<i>10:00 -10:25</i>	<i>Group A</i>	<i>Group B</i>	<i>Group C</i>
<i>10:25 – 10:50</i>	<i>Group B</i>	<i>Group C</i>	<i>Group A</i>
<i>10:50 – 11:15</i>	<i>Group C</i>	<i>Group A</i>	<i>Group B</i>