

EfCCNa Research Award 2018

EARLY MOBILIZATION IN THE ICU IN SPAIN: THE MOVIPRE PROJECT

PI: Marta Raurell Torredà, RN, PhD



Introduction: One of the main limitations of patients after Intensive Care Unit (ICU) discharge is the loss of functional ability due to ICU-acquired weakness (ICUAW).

Objectives:

- To evaluate the incidence of ICUAW in Spanish ICUs
- To identify the standard care variables related to its development,
- To evaluate patients' ability to self-care following ICU discharge and their perception of quality of life following hospital discharge.

Methods: Prospective cohort study in ≥ 48 hours mechanically ventilated patients. Independent variables to be collected will be pain, sedation and delirium scores, hours of physiotherapy, intravenous insulin therapy, co-morbidities, main diagnostics, drugs, and other therapies administered.

Dependent variables will be ICUAW diagnostics evaluated by trained physiotherapists with the Medical Research Scale, Perceived quality of life on hospital discharge (SF-12) mobility level with ICU Mobility Scale, both collected by trained nurses.