



# PICU UP!™

*By Johns Hopkins Medicine*

*Promoting early rehabilitation for pediatric ICU patients.*

**Traditional pediatric ICU care has meant keeping young patients immobilized by sedation**, which allows them to rest and ease their pain and suffering. However, for patients who recover, this practice can often leave them physiologically dependent on opioids and benzodiazepines, with disturbed sleep, increased delirium and physical atrophy. And this practice fails to allow dying patient's meaningful interaction with their loved ones.

PICU Up! is a new non-pharmacologic protocol that **promotes early rehabilitation for pediatric ICU patients**. It encourages maintenance of sleep/wake cycles in children in intensive care to address the critical need for quality sleep while also keeping children physically and socially engage while in the PICU.

## **The Johns Hopkins PICU UP! program components include:**

- ▲ PICU assessment tools
- ▲ e-Learning modules
- ▲ Train the trainer symposia
- ▲ Consulting

## **Program Outcomes:**

PICU Up! was developed at the Johns Hopkins Children's Center over a 2-year period of methodical protocol implementation and review including pre- and post-launch testing by care givers in every clinical discipline across the PICU. Study results demonstrated that a bundled intervention to create a healing environment in the PICU with structured activity is safe, feasible, and may have benefits for short- and long-term outcomes of critically ill children.

## **About the Innovator:**

Sapna Kudchadkar, MD, is an assistant professor of anesthesiology and critical care medicine and pediatrics at the Johns Hopkins University School of Medicine and the director of the Johns Hopkins PICU Clinical Research Program. Her areas of interest include sleep disturbances in critically ill children, pediatric delirium prevention and management, sedation of mechanically ventilated children, pediatric ICU rehabilitation and mobility, pediatric difficult airway management, and clinical epidemiology and biostatistics.

{PICU: The pediatric intensive care is the multi-disciplinary clinical care department of a hospital that specializes in treating critically ill infants, children and teenagers.}

## **WHY CHOOSE A JOHNS HOPKINS SOLUTION?**

**For more than 125 years,** Johns Hopkins has led the way in both biomedical discovery and patient and population care. Faculty research most often leads to innovative protocols, programs and services, establishing the standard by which others follow and build upon. Our goal: make these innovations available beyond our walls to improve the health outcomes of individuals and populations—within our community and throughout the world.