



**Nicklaus  
Children's  
Hospital**

**Pediatric**

# Virtual Grand Rounds

Friday, May 1, 2020 | 8:00 a.m.– 9:00 a.m.

## Illness Doesn't Mean Stillness: Creating a Culture of Mobility for Critically Ill Children

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**PICU UP! Early Mobilization**

- A Assess, Prevent and Manage Pain**  
Understand patient and third party for assessment, treatment, and prevention.
- B Both SAT & SBT**  
Using both standardized awakening time and spontaneous breathing trial can lead to earlier extubation.
- C Choice of Analgesia & Sedation**  
Understand the importance of defining the depth of sedation and choosing the right medication.
- D Delirium: Assess, prevent, manage**  
Understand delirium risk factors and third party for its assessment, treatment, and prevention.
- E Early Mobility & Exercise**  
PICU early mobility increases faster than changing the patient's position.
- F Family Engagement & Empowerment**  
Involving the family in patient care can help recovery.



## Objectives

**At the conclusion of this presentation, attendees are expected to:**

1. Describe the characteristics of sleep across the age spectrum in healthy & critically ill children
2. Review the effects of commonly used sedatives and analgesics on sleep and delirium
3. Integrate sleep promotion, sedation optimization, and delirium prevention into multidisciplinary approaches to early mobilization in the critically-ill patient

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