



Early Mobilization and Rehabilitation in the ICU: Cutting Edge of Clinical Research and Practice

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The quality of survival for patients after intensive care unit (ICU) admission is a major health challenge that has been described as the defining challenge for critically ill in the 21st century. ICU survivors may have delayed and compromised functional recovery, which can persist for months or years. Preliminary evidence suggests critically ill patients admitted to ICU who are expected to require prolonged mechanical ventilation may benefit from early activity and mobilisation. However, the type of activities, the timing of the intervention and an effective dose remains unclear. Preliminary evidence shows that active mobilisation commenced early (within 3 days) of invasive mechanical ventilation may be effective. Further, there is emerging evidence that a higher level of mobilisation may improve 6-month health status. The Treatment of Invasively Ventilated Adults with Early Activity and Mobilisation (TEAM III study; ClinicalTrials.gov Identifier: NCT03133377) is a phase III randomised controlled trial in patients who are expected to receive mechanical ventilation for more than 48 hours. TEAM III will evaluate in such patients whether, compared to standard care, early mobilisation and rehabilitation commenced in ICU increases the number of days alive and out of hospital at day 180 (DAOH₁₈₀) following randomization. The study will be completed in 2022.