



Workshop Title:  
**EARLY MOBILIZATION**

Workshop Date / Time:  
June 1, 2024 / 12:45 - 17:00

Workshop Type:  
In-person Half-Day Workshop with theoretical part provided in advance

Workshop Organizer:  
Sebastián Godoy Salinas

Workshop Language:  
Workshop theoretical part will be provided in English and Spanish or with translation in Spanish.  
Workshop practical part will be delivered by bilingual English and Spanish speakers.

Workshop Facilitators:  
Fernando Bustos, Karen Choong, Adriano Conrado, Monica Damasceno, Sebastian Godoy Salinas, Cintia Johnston, Sapna Kudchadkar, Brenda Morrow

- Learning objectives:**
- Familiarize participants with functionality assessment scales and their application in the evaluation of pediatric patients.
  - Learn effective techniques for functional positioning and development activities for pediatric patients.
  - Understand the necessary adjustments to mechanical ventilator support and how to safely monitor mechanical ventilation during early mobilization.
  - Explore the equipment and technology available to facilitate early mobilization and improve patient care.
  - Grasp the use of ultrasound as a tool for assessing and monitoring muscular function in pediatric patients.
  - Provide participants with the opportunity to practice and apply learned concepts through practical exercises and clinical cases.

These objectives will help participants understand the relevance of bundles for a broader approach to patient care and acquire a comprehensive understanding of the skills necessary to effectively apply these approaches in the clinical care of pediatric patients.

### Workshop program

#### Workshop theoretical part (provided online as pre-recorded classes):

1. Exercise Physiology and Mobilization in Critical Pediatric Patients, Brenda Morrow PhD. PT. (South Africa).



2. Early Mobilization Protocols Adapted to the Age and Condition of the Patient, Fernando Bustos PT. (Chile).
3. Benefits of Early Mobilization in Functional Recovery and Reducing Length of Stay in the Intensive Care Unit, Karen Choong MSc. MB. (Canada).
4. Rehabilitation Equipment and Measurement Scales for Functional Outcomes in Pediatrics Critical Care Patients, Monica Damasceno PT. (Brazil-USA).
5. Approach to multimodal analgesia to facilitate early mobilization and reduce the burden of sedative drugs, Sapna Kudchadkar MD. (USA).
6. Importance of effective communication between the medical team, nursing staff, and therapists during the analgo-sedation stage and early mobilization, Cintia Johnston PhD. PT. (Brazil).
7. Integration of muscle ultrasound in monitoring progression and muscle recovery in critical pediatric patients undergoing early mobilization, Sebastian Godoy Salinas PT. (Chile).
8. Use of orthotic elements for positioning in pediatric critical patients, Adriano Conrado OT. (Brazil).

**Workshop practical part (in-person):**

1. Muscular Ultrasound, Sebastian Godoy Salinas PT. (Chile) and Fernando Bustos PT. (Chile).
2. Creating and using orthoses for positioning in pediatric patients, Adriano Conrado OT. (Brazil).
3. Knowledge and use of equipment for early mobilization and Functional Scales, Monica Damasceno PT. (Brazil-USA).