

**Session Title:****Awake and Walking ICUs: True Mastery of the ABCDEF Bundle****Speakers:** Kali Dayton, DNP, AGACNP

**Session Description:** For decades, critical care medicine has been rooted in automatic sedation and immobility for intubated patients on mechanical ventilation. In this presentation, we will dive deep a transformation of culture and practices in the ICU to create Awake and Walking ICUs. Physical therapists will be empowered to advocate for evidence based sedation and mobility practices.

**Objectives:**

- Participants will understand history of sedation and mobility practices in the ICU
- Participants will understand evidence-based sedation, delirium, and mobility management in the ICU.
- Participants will be empowered to optimize their role in the ICU.
- Participants will be prepared with the evidence to advocate for best practices and leverage the financial benefits of early mobility to earn more support from hospital systems.

**Takeaways****What will be the clinician/educator takeaways/skills that can be utilized immediately?**

- Physical therapists will be emboldened to engage multidisciplinary questions such as "What is the indication for sedation?", "Is there a contraindication for mobility?".
- Physical therapists will be prepared to help their ICU teams shift perspective early mobility from "rehabilitation" to "prehabilitation".

**Speakers Bio:**

Bio: Kali Dayton, DNP, AGACNP, is a critical care nurse practitioner, host of the Walking Home From The ICU and Walking You Through The ICU podcasts, and critical care outcomes consultant. She is dedicated to creating Awake and Walking ICUs by ensuring ICU sedation and mobility practices are aligned with current research. She works with ICU teams internationally to transform patient outcomes through early mobility and management of delirium in the ICU. and critical care intensivist and assistance professor at the University of Utah..

**References:**

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