

The main conference agenda

Main Conference
June 1 (Sun)

● SL: Key Note Lecture ● SP: Focused Symposia ● AS: Academic Session

	Main hall	Second hall
10:10~10:30	SL Key Note Lecture •Latest Updates in ICU Rehabilitation: Key Issues & Future Directions	
10:30~11:10	SP-1 Focused Symposia Muscle Assessment using Ultrasound - Where is the Best Measurement Point? -	SL 10:40~11:00 •Long-term Outcomes after Critical Illness - What Strategies are Important for Recovery?
11:10~11:45	Q&A•Break	
11:45~12:45	AS-1 Academic Session What is the appropriate dose of Early Mobilization? - Latest research regarding Frequency, Intensity, Duration and Timing •Early Mobilization in Mechanically Ventilated, Critically Ill Patients •The Next Steps derived from Mobilization Dose- •Optimal Mobilization Dose derived from Biomarkers in Heart Failure Patients •The Best Approach for Acute Phase Stroke Patients based on the Latest Evidence of Mobilization Dose etc.	AS-2 Academic Session Optimal Approaches for Weaning and Respiratory Management in Critically Ill Patients? •Non-sedation Management for Successful Weaning and Early Mobilization in ICU •Ventilator Management Strategies for Adults with ARDS •Respiratory Muscle Assessment and Training in Patients with Weaning Difficulties •Best Nutritional Approach for Weaning Difficulties with Mechanical Ventilation etc.
12:45~14:00	Lunch Break and Poster Viewing	
14:00~15:50	SP-2 Focused Symposia The Forefront of PICS - What is the best approach for improving physical, cognitive and mental function? - •Prevent muscle loss in the ICU! Understanding nutrition therapy and mobilization •Don't overlook Delirium, Depression, and PTSD! - Strategies for preventing cognitive and mental health disorders •Implementation Challenges for Preventing PICS-F etc.	SP-3 Focused Symposia Changing Culture! Team Collaboration to Maximize the effectiveness of Mobilization •Teamwork Makes the Dream Work! Collaboration between Physiotherapists, Nurses, and all others. •What is the best way to engage the Multidisciplinary Team? - "Active Tips" learned from Successful Clinical Achievements - •"Humanizing Intensive Care" for Patient Centered Mobilization etc.
15:00~15:30	Q&A•Break	
15:30~16:20	AS-3 Academic Session Latest Approaches for Mobilization and Rehabilitation of Critically Ill Patients ① •Mobilization in the "Evening" - Importance and Tips for Clinical Implementation - •Telerehabilitation for ICU survivors - Tips for Regular Exercise after Hospital Discharge - •Practical Application of Belt - Type Electrical Stimulation for Preventing Muscle Atrophy in the ICU - etc.	AS-4 Academic Session Latest Approaches for Mobilization and Rehabilitation of Critically Ill Patients ② •Next-day Discharge for THA and TKA patients - Successful Rehabilitation Before and After Discharge - •Future Visions of Fall Prevention - Utilizing Virtual "Wall-Touch Sensation" •Past Achievements and Future Perspectives of Early Mobilization Using Mobile Patient Lifts etc.
16:20~16:40	Closing Remark•Award	

The 9th Asia Pacific conference on Weaning and Early Mobilization for Critically ill patients in Tokyo 2025

Key Note Lecture

SL

Latest Updates in ICU Rehabilitation: Key Issues & Future Directions

Dale Needham (USA, Canada)

Expert update from world-leading Prof Needham on the latest evidence regarding early mobilization from recent years including approaches for implementation.



Long-term Outcomes after Critical Illness – What Strategies are Important for Recovery?

Margaret Herridge (Canada)

Prof Herridge pioneered our awareness of the long-term problems faced by ICU survivors. This session addresses how to implement measures to tackle these issues.



Academic Session

AS-1

What is the appropriate dose of Early Mobilization?

– Latest research regarding type frequency, intensity, duration and timing –

MV & MICU patients

Sabrina Eggmann (Switzerland)

This session will detail rehabilitation strategies in the Medical ICU including mobilization of ventilated patients with a focus on improving patient-centered outcomes.



Cardiac patients

Kevin Triangto (Indonesia)

This session will explore how NT-proBNP can be utilized in the early mobilization of heart failure patients. Based on the latest evidence, learn key points for determining appropriate mobilization loads and conducting cardiovascular assessments.



Neuro patients

Hikaru Takara (Japan)

Insights into the optimal dose for early mobilization in stroke patients, which currently remains unclear. This session will outline the best approaches to stroke rehabilitation based on the latest evidence.



Focused Symposia

SP-1

SP-3

Muscle Assessment using Ultrasound – Where is the best Measurement Point? –

Discuss the advantages and disadvantages of ultrasound measurement sites in the upper arm, thigh, and diaphragm based on the latest evidence.



Teamwork Makes the Dream Work! Collaboration between Physiotherapists, Nurses, and all others.

Discuss innovative initiatives in interdisciplinary collaboration, family involvement, and the implementation of advance care planning.



Academic Session

AS-2

Optimal Approaches for Weaning and Respiratory Management in Critically Ill Patients?

Non-sedation Management for Successful Weaning and Early Mobilization in ICU

Thomas Storm (Denmark)

Explore clinical practices that achieve successful weaning and reduce complications without the use of sedation, including innovative strategies and potential pitfalls.



Ventilator Management Strategies for Adults with ARDS

Toshikazu Abe (Japan)

Learn the optimal ventilator settings to protect the “Baby Lung” and gain insights into interpreting the latest parameters needed to assess suitability for early mobilization.



Respiratory Muscle Assessment and Training in Patients with Weaning Difficulties

Rik Gosselink (Belgium)

Learn specific strategies for respiratory muscle training that can be implemented during endotracheal intubation to address prolonged ventilator dependency.



Best Nutritional Approach for Weaning Difficulties with Mechanical Ventilation

Minoru Yoshida (Japan)

Using nutritional therapy as a breakthrough, learn how to facilitate ventilator weaning and minimize functional impairments, explained based on the latest evidence.



The Forefront of PICS – What is the best approach for improving physical, cognitive and mental function? –

- Prevent muscle loss in the ICU!
- Understanding nutrition therapy and mobilization

Zudin Puthuchery (UK)

Expert approaches to preventing muscle atrophy through nutritional therapy and early mobilization, considering effects at the cellular level.



- Don't overlook Delirium, Depression, and PTSD!
- Strategies for preventing cognitive and mental health disorders

Arnengsih Nazir (Indonesia)

Share the best approach for assessing and addressing cognitive and psychological impairments in critically ill patients.



- Implementation challenges for preventing PICS-F

Kenji Tsunemitsu (Japan)

PICS-F is a highly frequent phenomenon that can be exacerbated by multiple risk factors. Strategies to identify individuals at high risk of developing PICS-F early and concrete measures to prevent its onset will be shared.



Academic Session

AS-3

AS-4

Latest and Innovative approach of EM and Rehabilitation for critical ill patients

Mobilization in the “Evening” – Importance and Tips for Clinical Implementation –

David MacWilliams (UK)

Discuss the potential for night-time rehabilitation to enhance recovery, along with the challenges in its implementation.



Telerehabilitation for ICU survivors – Tips for Regular Exercise after Hospital Discharge –

Marika Van der Shaaf (Netherlands)

This session introduces practical strategies for the evaluation and intervention of Tele Rehabilitation, applicable across all disease stages.



Next-day Discharge for THA and TKA patients – Successful Rehabilitation Before and After Discharge –

Marisa Delahunt (Australia)

Learn practical methods for acute-phase rehabilitation that enable discharge the day after total joint arthroplasty (TJA) surgery, along with key points for safe rehabilitation interventions in outpatient and home settings.



Practical Application of Belt-Type Electrical Stimulation for Preventing Muscle Atrophy in the ICU –

Kensuke Nakamura (Japan)

Useful for preventing muscle atrophy: the use and settings of a Japanese-developed belt-type electrical stimulation device, its effectiveness, and practical clinical implementation tips.



Future Visions of Fall Prevention – Utilizing Virtual “Wall-Touch Sensation”

Koji Shimatani (Japan)

Discover a ground-breaking approach that utilizes virtual technology to simulate the sensation of touching a wall, applied to fall prevention.



Bonus Lectures

Understanding Clinical Laboratory-Data: Insights from Early Mobilization Expert

Chi Ryang Chung (South Korea)



The impact of medications administered to critically ill patients on early mobilization

Celso Noel Bate (Philippines)



**Premium
Lecture**

May 31 (Sat)

The Premium Lecture agenda

	Premium Lecture	Workshop
14:00-14:10	Opening Remarks	<p style="text-align: right;">Reservation required</p> <p>14 : 00~15 : 20</p> <p>Work Shop 1</p> <p>A Collection of Airway Clearance Techniques from Around the World Balachandran (Singapore)</p>
14:10-14:30	Why is Early Mobilization of Critically Ill Patients Important? – Dale Needham (USA)	
14:30-14:50	Expert-Recommended Methods for Evaluating Physical Activity and Tips for Scoring Nobuto Nakanishi (Japan)	
14:50-15:10	Foundations for successful mobilization – Patient Criteria, Sedation, and Automatic Order Systems – Chi Ryang Chung (South Korea)	
15:10-15:30	Cognitive and Mental Impairments in Critically Ill Patients – Strategies for Improving Long-Term Outcomes – Yusuke Kawai (Japan)	
15:30-16:00	Break	<p style="text-align: right;">Reservation required</p> <p>16 : 30~18 : 00</p> <p>Work Shop 2</p> <p>Tips for Airway Suctioning during Mobilization with Peter Nydahl Peter Nydahl (Germany)</p>
16:00-16:20	How to Develop a Mobilization Protocol? – The Key to Goal Setting with Interdisciplinary "Collaboration" – Thomas Rollinson (Australia)	
16:20-16:40	Safety Patient Handling for Mobilization Balachandran (Singapore)	
16:40-17:00	Occupational Therapy in the ICU Innovative Approaches to Improve Cognitive Function and ADLs Mari Yasuoka (Japan)	
17:00-17:20	Break	
17:20-17:40	Insights for treatment of post-extubation dysphagia: A path forward? Martin Brodsky (USA)	Break
17:40-18:00	Nurse-Driven Mobilization Evidence Based Implementation and Future Kate Tantam (UK)	
18:00-18:20	Electrical stimulation, In-Bed Cycling, and Vibration Therapy? Updates from Recent Research Kim Leong (Malaysia)	
18:20-19:00	Break	<p>18 : 20~19 : 00 Reservation required</p> <p>Work Shop 3</p> <p>Preventing falls using virtual sensation Safety Mobilization with Cutting-Edge Technology Keisuke Shima (Japan)</p>
19:00-19:40	Meet Expert Live Conference Panel Discussion Clinical Perspective from World Experts	