

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



This special two-day event will bring together leading global experts in early mobilization and rehabilitation to share the latest knowledge and passionately discuss the future of clinical practice.

Date: • May 31(Sat), 14:00-20:00(JST)
• June 1(Sun), 10:00-16:40(JST)

Conference Form **Hybrid**
In-Person
& ZOOM(Live)

Venue: National Olympics Memorial Youth Center, Tokyo, JP
Official Languages for Conference: English

Attendees can watch
the on-demand video
for 1 month

Main Conference

Top leaders in early mobilization from around the world will share their cutting-edge initiatives and clinical practices.



Premium Lecture

It is possible to learn the basically knowledge and practical skills related to early mobilization.



Focused Symposia

Presentations and discussions on unique approaches to tackling muscle atrophy/PICS measures and team collaboration, which are challenges in clinical practice.



Exciting events

Unique events packed with awards and gifts for participants!

Live Conference



EM Photo Award



Photo session and handshake event



Japanese drink giveaways & quiz rally



Workshop

An exclusive chance! You can develop your early mobilization skills with approaches such as airway clearance techniques and the use of virtual devices.



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	

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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

Jinyoung Park (South Korea)



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

Celso Noel Bate (Philippines)



5/31(±)
Premium
Lecture

Learn the Fundamentals of Early Mobilization from Leading Experts Around the World

10 comprehensive lectures.

In person & ZOOM (Live)

This lineup is truly 'premium.' Featuring a gathering of domestic and international experts, it offers valuable lectures on early mobilization, including evidence-based practices.

Attendees can watch the on-demand video for 1 month

14:10~14:30

Why is Early Mobilization of Critically Ill Patients Important?

Dale Needham

An expert provides an evidence-based overview of ICU and acute phase early mobilization in just 20 minutes.



14:30~14:50

Foundations for Successful Mobilization Patient criteria, Sedation, and Automatic order systems

Chi Ryang Chung

This lecture introduces practical and effective points for the field, such as clarifying mobilization criteria and innovative sedation management.



14:50~15:10

Expert-Recommended Methods for Evaluating Physical Activity and Tips for Scoring

Nobuto Nakanishi

How to choose the most appropriate physical function assessments, based on the findings of a scoping review.



15:10~15:30

Cognitive and Mental Impairments in Critically Ill Patients Strategies for Improving Long-Term Outcomes

Yusuke Kawai

Frontline nurses provide lectures on measures to prevent cognitive and mental functional impairments drawing from his extensive clinical experience.



15:30~15:50

How to Develop a Mobilization Protocol Goal Setting with Interdisciplinary Collaboration

Thomas Rollinson

Learn from a clinical-research expert. Discover tips for developing and implementing early mobilization protocols to enhance team



16:40~17:00

Safe Patient Handling for Mobilization

Jayachandran Balachandran

Provide a practical overview of world-class handling skills to minimize risks during early mobilization. Learn key points for safe and effective approaches.



17:00~17:20

Occupational Therapy in the ICU Innovative Approaches to Improve Cognitive Function and ADLs

Mari Yasuoka

Explore the potential of acute phase occupational therapy, including creative practices that can be implemented even with limited resources.



17:20~17:40

Insights for Treatment of Post-Extubation Dysphagia

Martin Brodsky

Share a detailed exploration of evidence-based swallowing assessment points and early interventions, including the timing of safe initiation of oral feeding.



17:40~18:00

Nurse-Driven Mobilization Evidence Based Implementation and Future

Kate Tantam

Discover the secrets of early mobilization from a world-leading expert nurse who drives progress with her innovative approach.



18:00~18:20

Electrical stimulation, In-Bed Cycling, and Vibration Therapy? Updates from Recent Research

Kim Leong

Which device to use and how to use it in specific situations? - Clinical effects of each device based on the latest evidence to gain the best answers.



In-Person participants only

Work shop

Reservation required

A Collection of Airway Clearance Techniques from Around the World

Learn techniques practiced by senior therapists, such as abdominal-based respiratory assistance, and airway clearance using devices.



◀ Jayachandran Balachandran

Tips for Airway Suctioning during Mobilization with Peter Nydahl

- Expert nurses specializing in early mobilization on an international level share tips for safe and effective suction techniques. They explain practical approaches to reduce the burden on patients.



◀ Peter Nydahl

Preventing fall using virtual sensation Safety Mobilization with Cutting-Edge Technology

- This is a surprising sensation—it's as if a wall appears when you're about to fall!
- Seeing is believing.



◀ Keisuke Shima

7:00PM Meet Expert Live Conference

Globally experts engage in an in-depth, real-time discussion based on actual case studies, sharing perspectives on evaluations and key points for clinical decision-making. They also explore strategies for establishing a culture of early mobilization.



Sightseeing Information "Discover JAPAN"

Discover the attractions of Japan — why not enjoy some travel while you're here for the conference?



National Olympics Memorial Youth Center Access

