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Early introduction of mild rehabilitation performed by nurses may have positive effect on recovery of ICU patients

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Rationale: Recent studies have reported the effectiveness of early introduction of rehabilitation for preventing muscle weakness in ICU patients. Early introduction of full-scale rehabilitation by professional therapist is difficult in some cases because of disease severity and/or patient conditions. However, mild rehabilitation by nurse (MRN), as a part of ordinary care performed, may have positive effect on patient recovery. We examined the status of early introduction of mild rehabilitation by nurses to elucidate the efficacy on recovery of ICU patients.

Methods: We retrospectively examined patients who were admitted in Niigata University Hospital ICU during 2014-2015 under mechanical ventilation for 7 days or more. Patients were divided into two groups by the date of MRN started: Group A contained the patients with MRN started after 72 h and Group B contained the patients with MRN started within 72h after ICU admission. The statistical analyses were performed by Fisher test, Mann-Whitney U test and Wilcoxon test. The statistical significance was defined as $P < 0.05$.

Results: A total of 76 patients were entered; 53 patients in Group A and 23 patients in Group B. There was no significant difference between the two groups in patients background such as type of illness, steroid use, presence of sepsis or diabetes and sequential organ failure assessment (SOFA) score at ICU admission, however, SOFA score at ICU discharge was significantly decreased in Group B group compared with Group A ($P < 0.05$).

Conclusion: Our results showed that MRN may have the effect on severity reduction if started within 72 h after ICU admission.

Biography

Yuta Mitobe has qualified the National Nursing Examination of Japan and has also obtained Full-unlimited Nursing Licensure of Japan in 2009. The main research direction is in Critical Care. He is now a Research Associate in the Department of Nursing at the Niigata University of Health and Welfare, Japan.

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