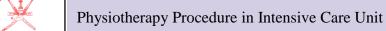
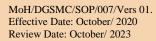


Institution Name: Directorate General of Specialized Medical Care, MoH

**Document Title:** Physiotherapy Procedure in Intensive Care Unit

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Approval Process							
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## **Contents Table:**

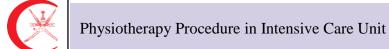
Ac	knowledgement	3
Acı	ronyms:	4
1.	Introduction	5
2.	Scope	5
	Purpose	
	Definitions	
5.	Procedure	6
6.	Responsibilities	7
7.	Document History and Version Control	8
8.	Related Documents:	8
9.	References:	9



## Acknowledgement

Directorate General of Specialized Medical Care (DGSMC) would like to express its deepest appreciation to all the Ministry of Health (MOH) staff who have participated in writing this procedure; their remarks, comments and feedback were very helpful. Special thanks go to the following staff.

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## **Acronyms:**

МОН	Ministry of Health
DG	Director General
HOD	Head of Department
DGSMC	Directorate General of Specialized Medical Care
MRS	Medical Rehabilitation Services
NIV	Non Invasive Ventilation
ICU	Intensive Care Unit



### **Physiotherapy Procedure in Intensive Care Unites**

#### 1. Introduction

For mechanically ventilated patients, early physiotherapy has been shown to improve quality of life and to prevent ICU-associated complications like deconditioning, ventilator dependency, and respiratory conditions. Physiotherapists are routinely involved in patient care, particularly with regards to respiratory care and passive and active limb mobilization. However the extent to what physiotherapists are involved in other procedures such as the adjustment of mechanical ventilators, supervision of weaning and extubation and implementation of Noninvasive Mechanical Ventilation (NIV) is less.

Physiotherapy services can be used at all ages and at all stages of disease, from early diagnosis, through chronic illness, to acute episodes and care at the terminal stage. The physiotherapist's role in ICU includes assessment, advice, education and hands-on intervention. Traditionally, respiratory physiotherapists aid the mobilization and removal of secretions. However, this is not the only one of the many problems physiotherapists can address; their intervention always aims to;

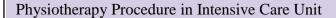
- 1.1 Maintain or improve exercise tolerance
- 1.2 Improve functional abilities (i.e. carrying out daily tasks)
- 1.3 Maintain and improve physical activity, coaching patients toward improving healthy behavior and
- 1.4 Reduce breathlessness and the work of breathing

### 2. Scope

This procedure is applicable to all physiotherapists working in Intensive Care Units in all healthcare institutions in the government as well as non-government sectors.

#### 3. Purpose

3.1 To identify the availability and the role of physiotherapy services in intensive care units (ICUs).





3.2 To provide a systematic guidance to physiotherapists in the provision of chest physiotherapy in ICU.

3.3 To inform all medical, nursing and physiotherapy staff members about the guideline and procedures for referring patient to physiotherapy service.

#### 4. Definitions

4.1 **Physiotherapist:** are an integral part of the multi-disciplinary team in critical care, and are uniquely qualified with skills and expertise to work with the assessment and management of respiratory complications, physical deconditioning, and neuromuscular and musculoskeletal condition.

4.2 **Chest physiotherapy:** chest physiotherapy is the term for a group of treatments designed to improve respiratory efficiency, promote expansion of the lungs, strengthen respiratory muscles, and eliminate secretions from the respiratory system.

4.3 **Intensive Care:** is the specialized care of patients whose conditions are lifethreatening and who require comprehensive care and constant monitoring.

#### 5. Procedure

**5.1 Referral:** The doctor will refer the patient for chest physiotherapy after respiratory assessment has been completed.

**5.2 Assessment:** When the patient has been referred for chest physiotherapy, the physiotherapist will start with a comprehensive assessment of the patient's respiratory function, breathing pattern, respiratory muscle function and exercise capacity.

**5.3 Intervention:** Based on the assessment, an evidence-based therapy plan will be developed. Chest physiotherapy interventions may include positioning, percussion, vibration, suctioning manual and ventilator hyperinflation, respiratory muscle strengthening, breathing exercises, mobilization and education.

## 6. Responsibilities

- 6.1 Referring doctor is responsible for:
  - 6.1.1 Assess if patient needs chest physiotherapy



# Physiotherapy Procedure in Intensive Care Unit

MoH/DGSMC/SOP/007/Vers 01. Effective Date: October/ 2020 Review Date: October/ 2023

- 6.1.2 Referral should be stated to physiotherapy service
- 6.2 Physiotherapist is responsible for:
  - 6.2.1 Provide chest physiotherapy services to patient
- 6.3 Respiratory Therapists are responsible for:
  - 6.3.1 Evaluate, treat, and maintain cardiopulmonary function. They are specialized medical expertise and use advanced medical technology.



## 7. Document History and Version Control

	Document History and Version Control			
Version	Description of Amendment		Author	Review Date
01	Initial Release		Jokha Salim Al-Abrawi	October/ 2023
Written by		Reviewed by	Approved by	
Jokha Salim Al-Abrawi		National Physiotherapy Taskforce for Policies and Guidelines Development	Dr.Kadhim Jaffar Sulaiman	

## 8. Related Documents

There is no related document for this procedure.



## 9. References

Title of book/ journal/ articles/	Author	Year of	Page
Website		publication	
Chest physical therapy for patients	Ciesla, N.D	June 1998	609-25
in the intensive care unit			
Chest physiotherapy practice in intensive care units in Australia, the UK and Hong Kong	Alice, Y.M	July 2009	39-47