

## IS IT OUT OF BED MOBILIZATION AN ITEM TO BE CONSIDERED IN THE INTENSIVE CARE UNITS – A META-ANALYSIS

CZEGO Renata<sup>1</sup>, COPOTOIU Monica<sup>2</sup>

<sup>1</sup>Physical medicine and rehabilitation Department, Constanta Emergency Hospital “Sf. Andrei”, Constanta,

<sup>2</sup>Rheumatology Department, Targu-Mures Emergency Hospital, Targu-Mures,

[czego\\_renata@yahoo.com](mailto:czego_renata@yahoo.com)

### Abstract

**Introduction:** Early mobilization (EM) in ICU (Intensive Care Units) is considered to be a safety tool according with the latest randomized controlled trials (RCTs) results and the local recommendations; the use of active EM is not applied in large scale. The aim of our study was to see if out of bed session of rehabilitation were applied in ICU and if not what were the causes.

**Material and method:** In order to achieve our goal, a meta-analysis was conducted. The PubMed, PlosOne, clinicaltrials.gov were used as data base. The key words used in our web research were: ICU, EM, out of bed. Out of sixty-four studies only five met the inclusion criteria: to be RCTs, open access, to provide the information concerning the demographic and the pathology of the patients submitted to early active mobilization such as out of bed. For statistics. the OpenMetaAnalyst software was used with random effect pattern due to the high heterogeneity of the studies.

**Results:** From the total of 1363 patients (pts.) enlisted in the studies only 472 pts. had at least one session of active mobilization such as out of bed. Our final results (see fig.) did not sustained the use of active session such as out of bed in ICU.

**Conclusion:** Even though safety was reported as not an issue in EM of pts. from ICU, active session are to be reserved to those pts. without mechanical support and having certain pathologies.

