



**Pediatric ICU Liberation  
Sample Course Agenda**

7:30 a.m. – 8:00 a.m.	<b>Breakfast</b>
8:00 a.m. – 8:15 a.m.	<b>Welcome and Overview</b>
8:15 a.m. – 8:30 a.m.	<b>Introduction to Pediatric ICU Liberation</b>
8:30 a.m. – 9:00 a.m.	<b>Post-Intensive Care Syndrome: Issues and Answers</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Describe post-intensive care syndrome (PICS)</li> <li>• Discuss prevention of PICS</li> <li>• Discuss treatment of PICS</li> </ul>
9:00 a.m. – 9:30 a.m.	<b>A: Assessment, Prevention, and Management of Pain</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Review assessment, prevention, and management of pain</li> <li>• Discuss valid and reliable ICU pain assessment methods for children</li> <li>• Explore multimodal pain treatment strategies</li> </ul>
9:30 a.m. – 10:00 a.m.	<b>B: Spontaneous Breathing Trials (SBTs) and Extubation Readiness Test (ERT)</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Review current evidence related to the benefits of a coordinated SBT/ERT approach</li> <li>• Discuss practical guidance for reliable performance of SBTs</li> <li>• Discuss facilitators and potential barriers to successful performance of SBTs</li> </ul>
10:00 a.m. – 10:15 a.m.	<b>Break</b>
10:15 a.m. – 10:45 a.m.	<b>C: Choice of Analgesia and Sedation</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Discuss the importance of using an analgosedation management approach</li> <li>• Review goal-directed sedation approach and literature supporting certain sedative classes in pediatric patient populations</li> <li>• Discuss prevention and monitoring of withdrawal symptoms</li> </ul>
10:45 a.m. – 11:15 a.m.	<b>D: Delirium Assessment, Prevention, and Management</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Review the basic definition of delirium and its subtypes</li> <li>• Review outcomes associated with delirium</li> <li>• Establish the importance of delirium assessment and management</li> <li>• Explain how delirium assessment and management can improve patient outcomes</li> </ul>
11:15 a.m. – 11:45 a.m.	<b>E: Early Mobility and Exercise</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>• Define ICU early mobility for the varied developmental levels of PICU patients</li> <li>• Discuss the benefits of early mobility</li> </ul>

	<ul style="list-style-type: none"> <li>Discuss barriers to early mobility and implementation strategies in the PICU</li> </ul>
11:45 a.m. – 12:30 p.m.	<b>Lunch</b>
12:30 p.m. – 1:00 p.m.	<b>F: Family Engagement and Empowerment</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>Define family-centered care in the PICU</li> <li>Review key recommendations from SCCM’s family-centered care guidelines and pain, agitation, neuromuscular blockade, and delirium in critically ill pediatric patients with consideration of the PICU environment and early mobility (PANDEM) guidelines</li> <li>Explore strategies for family engagement and empowerment</li> </ul>
1:00 p.m. – 1:30 p.m.	<b>Implementation Strategies</b> <i>Objectives</i> <ul style="list-style-type: none"> <li>Evaluate strategies for successful ICU Liberation Bundle (A-F) implementation</li> <li>Identify common barriers and facilitators to implementing the ICU Liberation Bundle in practice</li> <li>Offer pragmatic suggestions on how to achieve full and sustained use of the ICU Liberation Bundle in practice</li> <li>Describe collection of data on ICU Liberation Bundle use</li> <li>Discuss strategies for enhancement of ICU Liberation Bundle performance</li> </ul>
1:30 p.m. – 1:45 p.m.	<b>Break</b>
1:45 p.m. – 2:00 p.m.	<b>Introduction to Simulation Sessions (<i>may include scenarios tailored to different age groups, such as adolescents and infants</i>)</b> <ul style="list-style-type: none"> <li>Assessment of a ventilated patient</li> <li>Assessment of a nonventilated patient</li> <li>Assessment of SBT/ERT</li> <li>Choice of drug</li> <li>Early mobility</li> <li>Family involvement</li> </ul>
2:00 p.m. – 5:00 p.m.	<b>Simulation Rotations (25 minutes each + 5 minutes between each rotation)</b>
5:00 p.m. – 5:30 p.m.	<b>Open Discussion: What Have We Learned?</b>
5:30 p.m.	<b>Completion of Posttest and Adjournment</b>