

## Early Mobilization and Pulmonary Rehabilitation in Intensive Care Units

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There is no doubt that the worldwide improvement in healthcare has increased the life expectancy in general, and consequently world population become older. At the same time, this generalized aging along with many other factors has raised the number of admissions to Intensive care units. Obviously, the healthcare organizations need to find a solution for coping their costs while keeping the services at a standard level. Considering Intensive care units as one the most expensive services, intensivists as healthcare professionals could play an important role in improving the outcomes and reducing the costs of intensive care units by many ways, for examples reducing the length of patient stay in ICU.

It has been mentioned in many articles, severe weakness and Immobility along with malnutrition in critically ill patients could decrease muscular strength which subsequently induce or aggravate other problems and finally letting the patients to stay more days in ICU. The initiative of early mobilization and pulmonary rehabilitation program in critical care units could play an important role in reducing the length of stay and improving the outcome in these high cost units. Actually, such a simple and low cost program not only reduces or prevents the risk of prolonged ventilator dependency, delirium and mood alteration but also improves the quality of life in acutely ill patients. Various physical activities such as passive and active limb movement, respiratory and peripheral muscle training neuronal electric stimulation and so on, could be integrated in a multidisciplinary approach for ICU patients as part of their rehabilitation program in order to reduce the ICU and hospital stay duration and finally in a bigger view reducing the health system costs.

In brief, we need to encourage intensivists and ICU staff to develop protocols for integrating early mobilization and pulmonary rehabilitation program in their units as one of the effective and low cost activities for improving the outcomes and highlighting their participation in appropriate usage of resources through reducing the cost of intensive care units.

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