Top 10 Talking Points for CYCLE RCT

CYCLE

1. The number of critically ill patients admitted to the intensive care unit (ICU) that need life support will increase by 40% from 2011 to 2026
2. People who survive their critical illness are typically very weak and could experience physical disabilities for up to 5 years after the ICU
3. It is important to start physical therapy and activity early in the ICU because muscle strength is quickly lost while on bedrest
4. In-bed cycling uses a special motorized bicycle that attaches to the hospital bed, allowing patients on life support to gently exercise their legs in the ICU through passive cycling or active cycling, if patients are able
5. The CYCLE team has led three previous studies showing that in-bed cycling with patients in the ICU is both safe and feasible
6. The main goal of the CYCLE study is to see if patients who need a breathing machine recover faster if they receive early in-bed cycling than if they do not
7. Participants will be randomized to either in- bed cycling 30 minutes/day, 5 days/week up to 28 days in ICU and routine physiotherapy or routine physiotherapy alone
8. We will follow participant progress throughout their hospital stay to assess their physical function and quality of life. We will also follow-up with a short telephone call at 90 days post enrollment.
9. Canadian tax dollars are funding this study
10. Canadian, American, and Australian research groups are committed