

# Christiane Perme, PT CCS FCCM

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## Education

- B.Sc.: Physical Therapy - Pontific Catholic University of Campinas. 1978-1981  
Campinas, SP - Brazil.

## Certifications

- Board Certified Cardiovascular and Pulmonary Clinical Specialist 2005 and 2015
- Advanced Cardiovascular Life Support 2008

## Employment

- **Houston Methodist Hospital- Medical Center** - Houston, TX. 1986 – Present  
Practice includes a variety of complex ICU and acute care patients in the areas of Cardiovascular and Pulmonary, Orthopedics, and Transplants. In the past 30 years practiced primarily in Cardiovascular and Medical Intensive Care Units, with special interest in critically ill patients requiring mechanical ventilation
- **Motivations, INC** – Fort Mill, SC – Staff Lecturer 2006- 2016
- **Education Resources, INC** – Medfield, MA – Staff Lecturer 2006- Present
- **Perme ICU Rehab Seminars-** Owner 2013-Present
- **IMESP School of Physical Therapy** - Acute Care Clinical Instructor - Presidente Prudente, SP – Brazil 1982-1985

## Licensure

- Texas Board of Physical Therapy Examiners - License number: 1049112 1987- Present

## Professional Affiliations

- Fellow of the American College of Critical Care Medicine 2018
- Faculty for the ICU Liberation Collaborative- Society of Critical Care Medicine 2015-2016
- Member of the Board of Directors -Texas Chapter of the Society of Critical Care Medicine 2009- 2014
- Member of the Annual Conference Planning Committee - American Physical Therapy Association 2007-2010
- Society of Critical Care Medicine 2005- Present
- Texas Chapter of the Society of Critical Care Medicine 2005- Present
- American Physical Therapy Association 1999- Present
- Texas Physical Therapy Association 1999- Present

## Grants

- The Methodist Hospital Research Institute – Houston, TX. Research Project: “**Reliability and Validity of Perme ICU Mobility Score**”. 2011
- The Methodist Hospital Research Institute – Houston, TX. Research Project: “**Safety and Efficacy of Mobilizing Patients in ICU Who Have Femoral Catheters**”. 2009

## Awards

- **Presidential Citation** - Society of Critical Care Medicine 2018
- **Professional Development Award** - Society of Critical Care Medicine Texas Chapter 2017
- **Excellence in Service: Clinical Practice** -Society of Critical Care Medicine Texas Chapter 2015
- **Acute Care Section Lecture Award** - Acute Care Section of the American Physical Therapy Association 2015
- **Mentoring Award** - Cardiovascular and Pulmonary Section of the American Physical Therapy Association 2015
- **Excellence in Clinical Practice** - Texas Physical Therapy Association Southeastern District 2012
- **Mary Sinnott Award for Clinical Excellence in Acute Care** - Acute Care Section of the American Physical Therapy Association 2010

## Language

- Fluent in written and spoken: English, Portuguese, and Spanish

## Peer Reviewed Publications

- Pun BT, Balas MC, Barnes-Daly MA, Thompson JL, Aldrich JM, Barr J, Byrum D, Carson SS, Devlin JW, Engel HJ, Esbrook CL, Hargett KD, Harmon L, Hielsberg C, Jackson JC, Kelly TL, Kumar V, Millner L, Morse A, Perme CS, Posa PJ, Puntillo KA, Schweickert WD, Stollings JL, Tan A, D'Agostino McGowan L, Ely EW. **Caring for Critically Ill Patients with the ABCDEF Bundle: Results of the ICU Liberation Collaborative in Over 15,000 Adults**. Crit Care Med. 2018 Oct 18. 2018
- Nydahl P, Wilkens S, Glase S, Mohr LM, Richter P, Klarmann S, Perme CS, Nawa RK (2017): **The German translation of the Perme Intensive Care Unit Mobility Score and inter-rater reliability between physiotherapists and nurses**. European Journal of Physiotherapy, Pages 1-7. Published online: 24 Nov 2017. DOI: 10.1080/21679169.2017.1401660. 2017
- Perme C. **2015 Acute Care Lecture Award: Solidifying the Future of the Physical Therapy Profession in ICU: The Time Is Now!** Journal of Acute Care Physical Therapy. August 2015. Vol. 6 - Issue 2: p 37–44. 2015
- Perme C et al. **The Development of a new tool to assess mobility status in critically ill patients: The Perme Intensive Care Unit Mobility Score**. Houston Methodist DeBakey Cardiovascular Journal (MDCVJ) 2014. Issue 10, number 1, pages 41 – 49. 2014

- Elliott D et al. **Exploring the Scope of Post-Intensive Care Syndrome Therapy and Care: Engagement of Non-Critical Care Providers and Survivors in a Second Stakeholders Meeting.** Crit Care Med. 2014. 2014
- Nawa RK, Lettvin C, Winkelman C, Evora PR, Perme C. **Initial interrater reliability for a novel measure of patient mobility in a cardiovascular intensive care unit.** J Crit Care. 2014 Jun; 29(3):475. Epub 2014 Jan 31. 2014
- Perme C, Nalty, Winkelman C, Nawa RK, Masud F. **Safety and Efficacy of Mobility Interventions in Patients with Femoral Catheters in the ICU: A Prospective Observational Study.** Cardiopulmonary Physical Therapy Journal. 2013, Vol 24, No 2 :12-17. 2013
- Needham DM et al. **Improving long-term outcomes after discharge from intensive care unit: Report from a stakeholders' conference.** Crit Care Med 2012 Vol. 40, 2. 2012
- Perme C et al. **Early Mobility and Walking for Patients with Femoral Arteria Catheters in Intensive Care Unit: a Case Series.** J. Acute Care Phys Ther; spring 2011, Vol 2, Number 1:30-34. 2011
- Masud F, Zainab A, Ratnani I, Perme C, Vykoukal D. **Updates on critical care management of cardiovascular patients.** Methodist DeBakey Cardiovascular Journal 2011.Vol 7, Number 4, 28-32. 2011
- Perme C, Chandrasekhar R. **Early Mobility and Walking Program for Patients in the Intensive Care Unit: Creating a Standard of Care.** Am J Crit Care. 2009 May; 18(3): 212-221. 2009
- Perme C, Chandrasekhar R. **Managing the patient on Mechanical Ventilation in ICU: Early Mobility and Walking Program.** Acute Care Perspectives. Spring 2008, Vol 17, Number 1, 10-15. 2008
- Perme C et al. **Early Mobilization of LVAD Recipients Who Require Prolonged Mechanical Ventilation.** Texas Heart Institute Journal 2006; 33: 130-3. 2006

#### Other Publications

- Dean E, Perme C. **Monitoring systems in the intensive care unit.** In Frownfelter D, Dean E. (Eds.) Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice (5th Ed.) Elsevier: PA. 2012
- Dean E, Perme C. **Comprehensive management of individuals in the intensive care unit.** In Frownfelter D, Dean E. (Eds.) Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice (5th Ed.) Elsevier: PA. 2012
- Dean E, Perme C. **Intensive care unit management of individuals with primary cardiopulmonary dysfunction.** In Frownfelter D, Dean E. Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice (5th Ed.) Elsevier: PA. 2012
- Dean E, Perme C. **Intensive care unit management of individuals with secondary cardiopulmonary dysfunction.** In Frownfelter D, Dean E. (Eds.) Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice (5th Ed.) Elsevier: A. 2012
- Dean E, Perme C. **Complications, adult respiratory distress syndrome, shock, sepsis and multi-organ system failure.** In Frownfelter D, Dean E. (Eds.) Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice (5th Ed.) Elsevier: PA. 2012
- Chandrasekhar R, Perme C. **Monitoring and Life Support Equipment.** In: Hillegass E. Essentials of Cardiopulmonary Physical Therapy.(3rd Ed)Elsevier 2012

- Dean E, Perme C. **Body positioning and mobilization**. In: JA Pryor, SA Prasad (Eds.), *Physiotherapy for Respiratory and Cardiac Problems*. (4th Ed) Churchill Livingstone, Inc., Edinburgh. 2007
- Dekerlegand RL, Cahalin LP, Perme, C. **Respiratory Failure**. In: Cameron MH, Monroe, LG (Eds.). *Physical Rehabilitation: Evidence-Based Examination, Evaluation, and Intervention*. Saunders-Elsevier. 2007

### International Presentations

- **“Estrategias De Intervención Cardiopulmonar En El Paciente En Ventilación Mecánica”**. 11th Congreso Nacional de Medicina Critica y Cuidado Intensivo. **Medellín, Colômbia** 2017
- **“Practical Applications Of Mobilizing Patients In ICU”** –IV European Conference on Weaning and Rehabilitation in Critically Ill Patients.. **Hamburg -Germany** 2016
- **“Movilizacion Temprana”**. 23rd Convencion Puertorriquena de Cuidado Critico. **San Juan- Puerto Rico** 2016
- Platform Presentation: **”Applicability Of The Perme ICU Mobiiity Score”**. III European Conference on Weaning and Rehabilitation in Critically Ill Patients.. **Copenhagen- Denmark** 2015
- **“Keynote Speaker”**- X Simpósio de Fisioterapia em Terapia Intensiva Instituto Israelita de Ensino e Pesquisa Albert Einstein-**São Paulo- Brazil** 2015
- **“Fundamentals Of ICU Rehab”**- Federal Research Clinical Center of specialized types of medical care and medical technologies of the Federal Medical and Biological Agency- **Moscow-Russia** 2014
- **“Conceitos Atuais Em Fisioterapia Hospitalar: Atendimento A Pacientes Críticos Com Ênfase Em Mobilização Precoce E Deambulação.”** –Instituto do Coração- INCOR - **São Paulo- Brazil** 2012
- **“Mobilização Precoce E Atendimento Ao Paciente Critico Em Unidade De Terapia Intensiva”**- Hospital São Francisco. **Ribeirão Preto, São Paulo – Brazil** 2012
- **“Current Concepts In Acute Care: Early Mobility And Walking Program In The ICU”** –University of Nigeria Teaching Hospital. **Ituku- Ozalla, Enugu- Nigeria** 2011
- **“Early Physical Exercise And Walking In ICU: Accept The Challenge!”** –16<sup>th</sup> Congress of the World Confederation for Physical Therapy. **Amsterdam, Netherlands** 2011
- **“The Development Of A Functional Mobility Scale (IfMS) Tool For ICU Patients**. 4<sup>th</sup> International Congress of ICU Rehabilitation **Denver, CO** 2011
- **“Early Mobility Of LVAD Patients In ICU”**. Methodist Hospital Cardiovascular International Lectures - **Teleconference Presentation to Berlin, Germany** 2010
- **“Conceitos Atuais Em Fisioterapia Hospitalar: Atendimento A Pacientes Críticos Com Ênfase Em Mobilização Precoce E Deambulação.”** –I Congresso Internacional de Fisioterapia- Universidade Estadual Paulista. **Presidente Prudente, São Paulo- Brazil** 2010
- **“Early Mobility And Walking Program In ICU: Creating A Standard Of Care-** University of Sao Paulo – Medical School. **Ribeirao Preto, Sao Paulo – Brazil** 2008

- **“Early Mobility Of The Post-Surgical ICU Patient”**- Methodist Hospital International Lecture Series – **Teleconference with simultaneous translation to Mexico, Guatemala, Peru, Costa Rica, and Honduras** 2008
- **“Walking: An Evidence–Based Approach To Weaning ICU Patients From Mechanical Ventilation”**. 15th Congress of the World Confederation for Physical Therapy. **Vancouver, Canada.** 2007
- Platform Presentation: **“Development Of A Physical Therapy Protocol For Ventilator Dependent Patients: Creating A Standard Of Care”**. 14<sup>th</sup> Congress for the World Confederation for Physical Therapy. **Barcelona, Spain.** 2003
- Platform Presentation: **“Early Mobilization And Ambulation Of A Ventilator Dependent Patient As A Method Of Minimizing Loss Of Functional Mobility: A Case Report”**. 14<sup>th</sup> Congress for the World Confederation for Physical Therapy. **Barcelona, Spain.** 2003

#### National Presentations

- More than 100 courses and lectures presented in different cities in the United States. 2006-2018
- **“Assessment Of Patients With Critical Illness: A Pragmatic Approach”**. APTA Combined Sections Meeting – **San Antonio, TX** 2017
- **“Patient Outcomes In The ICU”** – 5th Annual Symposium of the Texas Chapter of the Society of Critical Care Medicine – **Houston, TX** 2016
- **“Critical Thinking In Critical Care”**. APTA NEXT Conference. **Nashville, TN** 2016
- **“Early Mobility And Exercise In ICU”**. Society of Critical Care Medicine- ICU Liberation Conference- **Nashville, TN** 2015
- **“The Future Of The Physical Therapy Profession In The ICU: The Time Is Now”**. APTA Combined Sections Meeting- **Indianapolis, IN** 2015
- **Keynote Speaker: “Post- Intensive Care Syndrome: Awareness Throughout The Continuum Of Care”**. 3rd Annual Symposium of the Texas Chapter of the Society of Critical Care Medicine– **Dallas, TX** 2014
- **“Mechanical Ventilation: The Inspirations, Expirations, And Frustrations Of Physical Therapists**. APTA Combined Sections Meeting – **Las Vegas, NV.** 2014
- **“Lines, Tubes, And ICU Equipment: Lifeline Or Tripline?”** APTA Combined Sections Meeting- **Chicago, IL.** 2012
- **“Mobilizing Patients With Femoral Catheters In ICU: Clinical Considerations”** APTA Combined Sections Meeting- **San Diego, CA.** 2011
- **“Early Mobility And Walking Program In ICU”** APTA Combined Sections Meeting - **San Diego, CA .** 2010