

# Christiane Perme, PT CCS FCCM

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## Education

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

## Certifications

- Fundamentals of Critical Care Certification 2019
- Board Certified Cardiovascular and Pulmonary Clinical Specialist 2005
- Advanced Cardiovascular Life Support 2008

## Employment

- **Perme ICU Rehab Seminars**- Owner 2013-Present
- **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. Exclusive practice in Cardiovascular and Medical Intensive Care Units for more than 30 years, 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- 2020
- **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

- Member, Board of Directors -Texas Chapter of Society of Critical Care Medicine 2019-2021
- Fellow of the American College of Critical Care Medicine 2018
- Faculty for the ICU Liberation Collaborative- Society of Critical Care Medicine 2015-2016
- Member, Board of Directors -Texas Chapter of Society of Critical Care Medicine 2009-2014
- Member, Annual Conference Planning Committee - American Physical Therapy Association 2007-2010
- Member, Society of Critical Care Medicine 2006- Present
- Member, Texas Chapter of the Society of Critical Care Medicine 2006- Present
- Member, American Physical Therapy Association (APTA) 1999- Present
- Member, Texas Physical Therapy Association (TPTA) 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

- **Casey Drawert Excellence in Leadership Award**- Society of Critical Care Medicine-TX Chapter 2023
- **Presidential Citation** - Society of Critical Care Medicine 2021
- **Linda Crane Memorial Lecture Award**- American Physical Therapy Association- Academy of Cardiovascular & Pulmonary Physical Therapy 2021
- **Presidential Citation** - Society of Critical Care Medicine 2019
- **Presidential Citation** - Society of Critical Care Medicine 2017
- **Professional Development Award** - Society of Critical Care Medicine-Texas Chapter-2016

- **Excellence in Service Award -Clinical Practice** -Society of Critical Care Medicine Texas Chapter 2015
- **Acute Care Section Lecture Award**- APTA Acute Care Section 2015
- **Mentoring Award** – APTA Cardiovascular and Pulmonary Section 2015
- **Excellence in Clinical Practice** – TPTA Southeastern District 2012
- **Mary Sinnott Award, Clinical Excellence in Acute Care**- APTA Acute Care Section 2010

### Language

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

### Peer Reviewed Publications

1. Tennant MFH, Perme C, Butcher A. **Cutting-Edge Physical Therapy in Mechanical Circulatory Support: Critical Care Physical Therapy Perspectives.** Tex Heart Inst J. 2023 Jul 17;50(4):e238180. PMID: 37470248. 2023
2. Maqueda CE, Perme C. **A Novel Mobilization Criteria Checklist 12 to 24 Hours After Intravenous Thrombolysis in Acute Ischemic Stroke.** Journal of Acute Care Physical Therapy:10-1097. 2022
3. EC Wilches Luna, C Perme, AC Gastaldi. **Relationship between potential barriers to early mobilization in adult patients during intensive care stay using the Perme ICU Mobility score.**Can J Respir Ther 2021; 57:148–153.doi: 10.29390/cjrt-2021-18. 2021
4. Perme C et al. **Relationship of the Perme ICU Mobility Score and Medical Research Council Sum Score With Discharge Destination for Patients in 5 Different Intensive Care Units.** 2020. Journal of Acute Care Physical Therapy. 2020
5. Wilches EC et al. **Spanish version of the Perme Intensive Care Unit Mobility Score: Minimal Detectable Change and Responsiveness.** Physiotherapy Research International. Version of record online: 14 September 2020. <https://onlinelibrary.wiley.com/doi/abs/10.1002/pri.1875>. 2020
6. Balas MC, Pun BT, Pasero C, Engel HJ, Perme C, Esbrook CL, Kelly T, Hargett KD, Posa PJ, Barr J, Devlin JW, Morse A, Barnes-Daly MA, Puntillo KA, Aldrich JM, Schweickert WD, Harmon L, Byrum DG, Carson SS, Ely EW, Stollings JL. **Common Challenges to Effective ABCDEF Bundle Implementation: The ICU Liberation Campaign Experience.** Crit Care Nurse. 2019 Feb;39(1):46-60. 2019
7. Stollings JL, Devlin JW, Pun BT, Puntillo KA, Kelly T, Hargett KD, Morse A, Esbrook CL, Engel HJ, Perme C, Barnes-Daly MA, Posa PJ, Aldrich JM, Barr J, Carson SS, Schweickert WD, Byrum DG, Harmon L, Ely EW, Balas MC. **Implementing the ABCDEF Bundle: Top 8 Questions Asked During the ICU Liberation ABCDEF Bundle Improvement Collaborative.** Crit Care Nurse. 2019 Feb;39(1):36-45. 2019
8. 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.2019 Jan;47(1):3-14. 2019
9. Wilches, E., Hernández, N., Anamaria Siriani De Oliveira, A., Nawa, R., Perme, C., Gastaldi, A. **Perme ICU Mobility Score (Perme Score) and the ICU Mobility Scale (IMS):translation and cultural adaptation for the Spanish language.** Colombia Médica,49,dec.2018. Available at: <http://colombiamedica.univalle.edu.co/index.php/comedica/article/view/4042/3628> 2018
10. Wilkens S, Klarmann S, Glase S, Mohr LM, Richter P, Christiane S. Perme CS, Nawa RK, Nydahl P. **Perme Intensive Care Unit Mobility Score.** Pflügen Intensiv 2018;15(3): 64-67. 2018
11. 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

12. 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
13. 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
14. 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
15. 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
16. Hillegass E et al. **Official Guidelines from the Cardiovascular and Pulmonary Section: Supplemental oxygen utilization during physical therapy interventions.** Cardiopulm Phys Ther J. 2014 Jun;25(2):38-49. 2014
17. 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
18. 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) : 502-9. 2012
19. 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, V2, Number 1:30-34. 2011
20. 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
21. 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
22. Perme C, Chandrasekhar R. **Managing the patient on Mechanical Ventilation in ICU: Early Mobility and Walking Program.** Acute Care Perspectives. Spring 2008,V17, Number 1, 10-15. 2008
23. 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

1. Damasceno M, Perme, C. **Escalas e Escores que Avaliam a Funcionalidade na Unidade de Terapia Intensiva.** in Jonhston C, Forgiarini JR LA. (Eds) Avaliações de Fisioterapia Para o Paciente Adulto Gravemente Doente.2022. Editora dos Editores. 2022
2. 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
3. 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
4. Dean E, Perme C. **ICU 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
5. Dean E, Perme C. **ICU management of individuals with secondary cardiopulmonary dysfunction.** In Frownfelter D,Dean E. (Eds.) Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice(5th Ed) Elsevier. 2012
6. 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
7. Chandrasekhar R, Perme C. **Monitoring and Life Support Equipment.** In: Hillegass E. Essentials of Cardiopulmonary Physical Therapy. (3rd Ed) Elsevier 2012

8. 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
9. 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

1. **"ICU Liberation"**- Ukraine Training Mission- Society of Critical Care Medicine. August 28 -September 8, 2023- **Ukraine** 2023
2. **"Early Mobility in ICU, Past, Present, and Future"** - II Peruvian Conference of Early Mobilization In ICU. November 17-18, 2023- **Peru** 2023
3. **"Functional outcomes in ICU"** - "XX International Symposium on Cardiopulmonary Physiotherapy and Intensive Care Physiotherapy"- ASSOBRAFIR, April 1-2, 2022. **Brazil** 2022
4. **"Physical Therapy and its Impact on Delirium"**- The Best of SCCM Critical Care Congress-Middle East. November 24-27, 2021. **Abu Dabi-UAE** 2022
5. **"Síndrome de Cuidados Post- intensivos"** Evento virtual -38 Congreso Chileno de Medicina Intensiva. Noviembre 23-27, 2020 **Chile** 2020
6. **"Estado del arte de la movilización temprana"** Evento virtual -VIII Congreso Intermedio de Medicina Critica y Cuidado Intensivo. **Colômbia** 2020
7. **"Estrategias De Intervención Cardiopulmonar En El Paciente En Ventilación Mecánica"**. 11th Congresso Nacional de Medicina Critica y Cuidado Intensivo. **Medellín, Colômbia** 2017
8. **"Practical Applications Of Mobilizing Patients In ICU"** –IV European Conference Weaning/Rehabilitation in Critically Ill Patients.**Hamburg- Germany** 2016
9. **"Movilizacion Temprana"**. 23rd Convencion Puertorriquena de Cuidado Crítico. **San Juan- Puerto Rico** 2016
10. Platform Presentation:" Applicability **Of The Perme ICU Mobbity Score"**. III European Conference on Weaning and Rehabilitation in Critically Ill Patients. **Copenhagen-Denmark** 2015
11. **"Keynote Speaker"** - X Simpósio de Fisioterapia em Terapia Intensiva Instituto Israelita de Ensino e Pesquisa Albert Einstein-**São Paulo- Brazil** 2014
12. **"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** 2013
13. **"Conceitos Atuais Em Fisioterapia Hospitalar: Atendimento A Pacientes Críticos Com Ênfase Em Mobilização Precoce E Deambulação."** –Instituto do Coração- **INCOR - São Paulo- Brazil** 2012
14. **"Current Concepts in Acute Care: Early Mobility/Walking Program in the ICU"** – University of Nigeria Teaching Hospital. **Ituku- Ozalla, Enugu- Nigeria** 2011
15. **"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
16. **"Early Mobility of LVAD Patients In ICU"**. Methodist Hospital Cardiovascular International Lectures - **Teleconference Presentation to Berlin, Germany** 2010
17. **"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
18. **"Early Mobility and Walking Program In ICU: Creating A Standard of Care-** University of Sao Paulo – Medical School. **Ribeirao Preto, Sao Paulo – Brazil** 2008
19. **"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

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| 20. | <b>“Walking: An Evidence–Based Approach to Weaning ICU Patients from Mechanical Ventilation”</b> . 15th Congress of the World Confederation for Physical Therapy. <b>Vancouver, Canada.</b>   | 2007 |
| 21. | Platform Presentation: <b>“Development of A Physical Therapy Protocol for Ventilator Dependent Patients: Creating A Standard of Care”</b> . 14 <sup>th</sup> Congress for the World Confederation for Physical Therapy. <b>Barcelona, Spain.</b>                                | 2003 |
| 22. | Platform Presentation: <b>“Early Mobilization and Ambulation of a Ventilator Dependent Patient as A Method of Minimizing Loss of Functional Mobility: A Case Report”</b> . 14 <sup>th</sup> Congress for the World Confederation for Physical Therapy. <b>Barcelona, Spain.</b> | 2003 |

#### National Presentations

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| 1.  | More than 200 lectures and/or courses in different cities in the United States.   | 2006-2023 |
| 2.  | <b>Resuscitating the Letter E: Early Mobility and Exercise-</b> 2023 Society of Critical Care Medicine Congress, January 21-24, 2023. <b>United States</b>  | 2023      |
| 3.  | <b>“Linda Crane Memorial Award Lecture: The Art and Science of Critical care Physical Therapy”</b> . 2021 APTA Combined Sections Meeting  | 2021      |
| 4.  | <b>“Physical Therapy and its Impact on Delirium”</b> – 50 <sup>th</sup> Critical Care Congress -Society of Critical Care Medicine   | 2019      |
| 5.  | <b>“Updates in Practical Applications of ICU Early Mobility ”</b> . 8 <sup>th</sup> Texas Society of Critical Care Medicine Symposium. October 11-12, 2019. Houston TX                                      | 2017      |
| 6.  | <b>“Early mobility in ICU” (Lecture and Simulation)</b> . Society of Critical Care Medicine-ICU Liberation and Simulation Conference- Nashville, TN   | 2017      |
| 7.  | <b>“Assessment Of Patients with Critical Illness: A Pragmatic Approach”</b> . APTA Combined Sections Meeting – San Antonio, TX  | 2017      |
| 8.  | <b>“Patient Outcomes in the ICU”</b> – 5th Annual Symposium of the Texas Chapter of the Society of Critical Care Medicine – <b>Houston, TX</b>  | 2016      |
| 9.  | <b>“Critical Thinking in Critical Care”</b> . American Physical Therapy Association NEXT Conference. <b>Nashville, TN</b>   | 2016      |
| 10. | <b>“Early Mobility and Exercise In ICU”</b> . Society of Critical Care Medicine- ICU Liberation Conference- <b>Nashville, TN</b>  | 2015      |
| 11. | <b>“The Future of The Physical Therapy Profession in the ICU: The Time Is Now”</b> . APTA Combined Sections Meeting- <b>Indianapolis, IN</b>  | 2015      |
| 12. | <b>Keynote Speaker: “Post- Intensive Care Syndrome: Awareness Throughout the Continuum of Care”</b> . 3rd Annual Symposium of the Texas Chapter of the Society of Critical Care Medicine– <b>Dallas, TX</b> | 2014      |