

Update to PADIS Guidelines in ICU



Jae Kyeom Sim

Organization Korea University Guro Hospital, Department of Internal Medicine
Current Position Assistant Professor

Educational background

2015-2023 Ph.D., Korea University
2011-2014 M.A., Korea University
2003-2009 B.A., Korea University

Professional experience

2024-Present Assistant Professor, Korea University Guro Hospital, Department of Internal Medicine
2020-2024 Clinical Assistant Professor, Korea University Guro Hospital, Department of Internal Medicine
2019-2020 Clinical Instructor, Samsung Medical Center, Department of Critical Care Medicine

In 2025, the Society of Critical Care Medicine updated the 2018 PADIS guidelines to incorporate evidence from newly published randomized controlled trials. The 2025 update addresses five key topics: (1) benzodiazepines for anxiety, (2) choice of sedative agents, (3) antipsychotics for delirium, (4) enhanced rehabilitation, and (5) pharmacological therapy for sleep. Anxiety has received limited attention in previous guidelines, and current evidence remains insufficient to support a recommendation for benzodiazepine use in this context. Further research is warranted to better inform the assessment and management of anxiety. For sedation, dexmedetomidine is suggested over propofol in patients requiring light sedation or delirium management. Evidence regarding the use of antipsychotics for delirium continues to be inconclusive, precluding definitive recommendations. Rehabilitation remains the standard of care for critically ill patients, with the updated guidelines suggesting enhanced rehabilitation strategies. Finally, for the first time, pharmacologic therapy with melatonin is suggested to reduce delirium incidence and improve sleep quality.