COVID-19 Rehabilitation – projections and plans from predecessors

Summarized as at March 31, 2020

By : Dr. Tchajkova, Physiatrist , Royal Inland Hospital

References:

Julie K. Silver: Prehabilitation could save lives in a pandemic, March 19, 2020

How Should the Rehabilitation Community Prepare for 2019-nCoV?

Gerald Choon-Huat KOH1\*, PhD; Helen HOENIG2, MD

**Postacute Care Preparedness for COVID-19-Thinking Ahead**

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Author Affiliations [Article Information](https://jamanetwork.com/journals/jama/fullarticle/2763818#242831018)

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Navigating Coronavirus Disease 2019 (Covid-19) in Physiatry: A CAN report for Inpatient Rehabilitation Facilities

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Recommendations for Respiratory Rehabilitation of

COVID-19 in Adult.

Zhonghua Jie He He Hu Xi Za Zhi, 43 (0), E029 2020 Mar

3 PMID: 32125127 DOI: 10.3760/cma.j.cn112147-

20200228-00206

Impact of covid-19 outbreak on rehabilitation services Italy. European Journal of PMR. March 16.

**Postacute Care Preparedness for COVID-19-Thinking Ahead**

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* Post-acute covid care has received little attention but we know from other populations that many patients will recover from COVID and will need post-acute care to recuperate.
* Data is limited presently, but estimated at 30% of hospitalized patients requiring facility based-recovery care, and another 20% requiring home health care post-covid recovery.
* Need to minimize risk of infecting others (infective period several weeks post, in one study virus sheds up to 37 days)
* New York Governor Andrew Cuomo proposed idea using the Army Corps of Engineers to retrofit unused buildings such as military bases and college dormitories as temporary hospitals for post-covid recovery

- Rehabilitation Care for Post-COVID-19 Patients

Physicians are reporting that patients are requiring prolonged prone positioning during mechanical ventilation. From a rehabilitation perspective, we can expect to see posterior reversible encephalopathy syndrome and critical illness myopathy/neuropathy following acute respiratory distress syndrome (ARDS) and extracorporeal membrane oxygenation (ECMO). Patients will exhibit typical sequelae of neuromuscular illness along with plantar flexion contractures and wounds.

Recommendations for Respiratory Rehabilitation of

COVID-19 in Adult.

• Chinese Association of Rehabilitation Medicine

• Respiratory rehabilitation committee of Chinese Association of

Rehabilitation Medicine

• Cardiopulmonary rehabilitation Group of Chinese Society of Physical

Medicine and Rehabilitation

Patients with severe COVID-19 disease with persistent

respiratory function deficits after discharge must receive a

respiratory rehabilitation. Following available evidence,

patients discharged from SARS and MERS [25,26] and from

clinical experience with patients who developed ARDS,

patients with COVI-19 can show low respiratory functions,

exercise dyspnea, and muscle atrophy (both generalized and

trunk/respiratory muscles) [27] and psychological problems as

Post traumatic Disorder Syndrome (PTDS) [28].

Patients with pulmonary hypertension, myocarditis,

congestive hearth failure, DVT and other diseases need a

specialized advice before starting RRb(rehabilitation).

Individualized principles, especially for patients with

severe/critic disease, elderly, obese patients and for those with

comorbidities and single or multi-organ complications. RR

individual program should be adapted to the individual

problems and needs of the patient.

Combining last research on RR in patients with COVID-19

disease at home and abroad, and with cumulating clinical

experience, we modified timing and duration of treatment

according to the different phases of the disease.

These recommendations hope to help and support first-line

treatment to maintain physical functioning of patients with

COVI-19 disease, promoting their physical and psychological

recovery.

\*This paper provides a stepwise approach of msk, aerobic, pulmonary reconditioning in phases depending on the phase of post-covid.

Handbook of COVID-19, The First Affiliated Hospital, Zhejiang University School of Medicine

- The rehabilitation therapy of severe or critically ill COVID-19 patients mainly includes position management, respiratory training, and physical therapy.