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Long COVID
Children rehabilitation in Colombia
Vaccination: Colombia  (July 2022)

7.000.000 children (3-11 years)*

66% one-doce

45% two-doce

*There is no authorization for vaccination in children under 3 years of age. Adolescents are included in the adult data.

Source: Daily report of applied doses, Ministry of Health and Social Protection of Colombia, 07/26/2022
• Pediatric rehabilitation reference center.
• Care of 500 children per month.
• 70 new cases per month.
• Different health conditions: cerebral palsy, down syndrome, intellectual disability, spina bifida, autism, muscular dystrophy, developmental delay).
PM&R non covid outpatients

• The number of visits doubled.
• Previously healthy and active children.
• Most with musculoskeletal pain.
• The number of patients with Oppositional Defiant Disorder and Attention Deficit Disorder increased.
Long Covid patients

Only one of the cases had a previous condition (Down Syndrome)

All patients were new

None of our old patients had symptoms
The ICF Framework and the F-Words

Body Structure and Function
- Everyone needs to stay fit and healthy both physically and mentally. Help me find ways to keep fit.
  - Fitness

Activity
- I might do things differently but I CAN do them. How do it is not important. Please let me try!
  - Functioning

Participation
- Having friends is important. Please give me opportunities to make friends.
  - Friends

Environmental Factors
- My family knows me best and I trust them. Listen to them. Talk to them. Hear them. Respect them.
  - Family

Personal Factors
- Life is about having fun. Please help me do the activities that I find the most fun.
  - Fun

Future
- I am growing up every day, so please find ways for me to participate and be included in my community.

For more information visit the F-Words Knowledge Hub:
www.canchild.ca/f-words

2) Rosenbaum P & Carrier (2012). The 'F-words' in childhood disability: I swear this is how we should think! Child Care Health Dev. 38.
What do the children want? They want to play soccer again!
Child AND Family

Physical Medicine & Rehabilitation

General medicine, pediatrics, neurology

Play
School

Neurology Psychiatry

Activities of Daily Life ADL

OT PT SLP Psychology Social work

General medicine, pediatrics, neurology
Physical Therapy
- Fitness
- Strength
- Balance
- Mobility

Occupational Therapy
- Ergonomics
- Posture
- ADL
- Hand use

Speech language Patologist
- Communication
- Swallowing
- Learning (Read/write)

Psicologv
- Mental health
- Behaviour
- Learning

Social Work
- Social, economic, family factors
Cycle | Objective
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1. | Pain relief
2. | Sport practice
Take home message:

» Think in Long Covid.

» Team work is important.

» Long Covid could affect functioning of children.

» Referral to rehab services as soon as possible.

» Develop programs with holistic approach based on ICF.

» Listen to the children’s voice, set goals with them.
REHABILITATION
GOALS
Thank you

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