

Introduction to Rehabilitation for Post COVID-19 Condition

Wouter De Groote
Rehabilitation Programme
World Health Organization

Rehabilitation
2030

Outline

**What is
rehabilitation ?**

01

**Rehabilitation
needs**

02

**Provision of
rehabilitation**

03

**WHO guidance
for rehabilitation
in COVID-19**

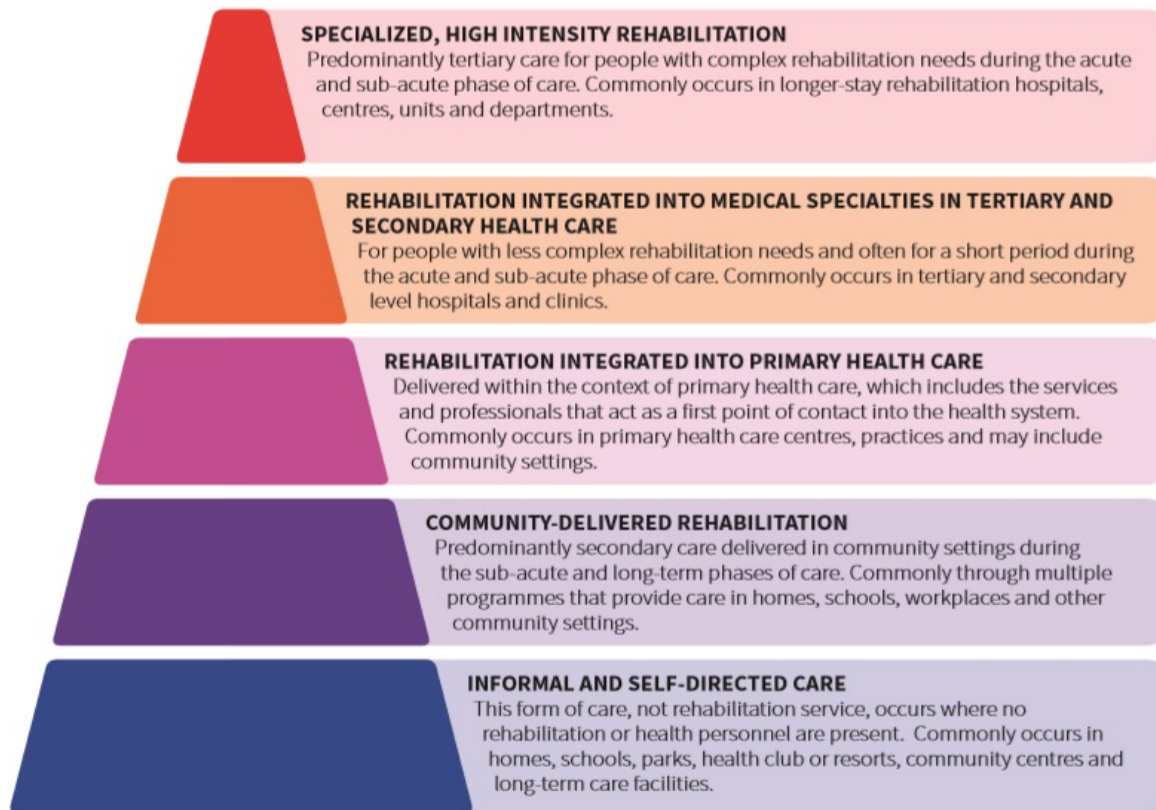
04

What is rehabilitation?

“a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment” ¹

1. World Health Organization. Rehabilitation in Health Systems; World Health Organization: Geneva, Switzerland, 2017

What is rehabilitation?



Rehabilitation needs in people recovering from COVID-19

Post-hospitalization:

- . **Physical, cognitive and mental health burden**
 - . Spectrum of impairments in 7-77% of patients
- . **Limitations in functioning in about 1/3 of COVID-19 patients at 5-6 months after hospital discharge**
 - . Functioning domains: self-care, ADL, mobility, physical activity, and return to work

. Taboada M, Cariñena A, Moreno E, Rodríguez N, Jesús Domínguez M, et al. Post-COVID-19 functional status six-months after hospitalization. J Infect 2021 April; 82(4).
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. Physical, cognitive and mental health impacts of COVID-19 following hospitalisation – a multi-centre prospective cohort study. PHOSP-COVID Collaborative Group. medRxiv preprint retrieved April 1st 2021

Rehabilitation needs in people recovering from COVID-19

Managed at home + persistent symptoms:

- . Limitations in functioning in 1/6 to 2/3 of patients at 3-6 months

- . Functioning domains: self-care, performance of daily activities, and return to work

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In people with persistent symptoms...

- ➡ **Limitations in functioning are common**
- ➡ **Significant pathological findings are rare**
- ➡ **Rehabilitation may be a key strategy to reduce the health impact of COVID-19**

. Arnold DT et al. Patient outcomes after hospitalisation with COVID-19 and implications for follow-up: results from a prospective UK cohort. Thorax. 2021 Apr;76(4):399-401.

. August D et al. Complaints and clinical findings six months after COVID-19: outpatient follow-up at the University Medical Center Freiburg. Dtsch Med Wochenschr. 2021 Sep;146(17):e65-e73.

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Approach to the provision of rehabilitation for Post COVID-19 Condition

- . Rehabilitation interventions with high-quality evidence in favour for Post COVID-19 Condition-related symptoms and limitations in functioning can be provided when *adapted and contextualized*.
- . Patient empowerment is a key outcome of rehabilitation service delivery
- . Primary care practitioners play an essential role in the coordination of rehabilitation care

Approach to the provision of rehabilitation for Post COVID-19 Condition



from fatigue, dyspnea or depression were more likely to have further healthcare contacts. However, a third of individuals (37/111) that have not fully recovered did not seek further care.

Jan S Fehr, Milo A Puhon

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WHO guidance for rehabilitation in COVID-19

- . WHO Post COVID-19 Case Record Form (CRF)
<https://www.who.int/teams/health-care-readiness-clinical-unit/covid-19/data-platform>
- . WHO COVID-19 Clinical Management: Living Guidance
<https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2021-1>
- . Online training course on the rehabilitation of patients with COVID-19
<https://openwho.org/courses/clinical-management-COVID-19-rehabilitation>
- . WHO patient-leaflet for self-management
<https://www.euro.who.int/en/health-topics/Life-stages/disability-and-rehabilitation/publications>
- . **WHO Rehabilitation of Post COVID-19 Condition: Interim Guidance**

Thank you