Introduction to Rehabilitation for Post COVID-19 Condition

Wouter De Groote
Rehabilitation Programme
World Health Organization
Outline

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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?

- **SPECIALIZED, HIGH INTENSITY REHABILITATION**
  Predominantly tertiary care for people with complex rehabilitation needs during the acute and sub-acute phase of care. Commonly occurs in longer-stay rehabilitation hospitals, centres, units and departments.

- **REHABILITATION INTEGRATED INTO MEDICAL SPECIALTIES IN TERTIARY AND SECONDARY HEALTH CARE**
  For people with less complex rehabilitation needs and often for a short period during the acute and sub-acute phase of care. Commonly occurs in tertiary and secondary level hospitals and clinics.

- **REHABILITATION INTEGRATED INTO PRIMARY HEALTH CARE**
  Delivered within the context of primary health care, which includes the services and professionals that act as a first point of contact into the health system. Commonly occurs in primary health care centres, practices and may include community settings.

- **COMMUNITY-DELIVERED REHABILITATION**
  Predominantly secondary care delivered in community settings during the sub-acute and long-term phases of care. Commonly through multiple programmes that provide care in homes, schools, workplaces and other community settings.

- **INFORMAL AND SELF-DIRECTED CARE**
  This form of care, not rehabilitation service, occurs where no rehabilitation or health personnel are present. Commonly occurs in homes, schools, parks, health club or resorts, community centres and long-term care facilities.
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


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


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

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.
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](https://www.who.int/teams/health-care-readiness-clinical-unit/covid-19/data-platform)
- WHO Rehabilitation of Post COVID-19 Condition: Interim Guidance
Thank you