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# Rehabilitation & Covid-19: Now and the future

## Covid-19; and rehabilitation

Many organs can be affected, not just respiratory tract

- Brain: encephalopathy
- Brain: vascular infarcts
- Kidneys & urogenital tract
- Heart
- Blood - clotting disorders

Gastro-intestinal tract

From neurological dysfunction

From cardiac dysfunction

From respiratory dysfunction

Many impairments can follow

From pre-existing conditions

Secondary to illness

Emotional disturbance (PTSD etc)

Deconditioning muscle wasting/weakness

fatigue

Need to screen at follow-up

First, ask what concerns they have

Ask about range of daily activities

Ask about a few symptoms

Last, ask if any other concerns

## Rehabilitation after Covid-19

Current services

insufficient to meet need

Not organised appropriately to meet range of need efficiently

Changes needed

Organisational and cultural changes; the most effective and important

Integration of multitude of fragmented services into one organisation

Integration of Mental Health with rehabilitation (and all medical care)

Joint involvement of rehabilitation (and mental health) with medical services in parallel from outset

coherent commissioning to support integrated rehabilitation service

Recognition of rehabilitation as an expert service; abandon word 'specialist' in commissioning

Resource changes. More needed but will take a long time

Number of skilled, expert staff

Better provision of local facilities and support

Clinical practice changes

Tele-rehabilitation

More group work/less 1:1 patient/clinician work

more self-management

more use of community resources e.g. leisure centres

## Rehabilitation; and Covid-19

Evidence for rehabilitation (structure and process) already exists

Multi-disciplinary team with appropriate expertise

Assessment and formulation

Rehabilitation planning

Interventions

re-evaluation, against goals set

Problem-solving process focused on disability

Evidence for many interventions already exists

Exercise; and avoidance of sedentary behaviour

Practice at activities

Psychological and social interventions

education - setting expectations

Education - self management

Tailored individual specific interventions

Research needed

Frequency of different impairment and disabilities

Prognosis, overall and for specific common problems

any specific effective or harmful interventions

any late, emerging problems or deterioration