COVID-19 and Rehabilitation: ISPRM Perspective

Walter R. Frontera, MD, PhD, FRCP (Lond)

Immediate Past-President
HEALTH IN THE SDG ERA

1. NO POVERTY
2. ZERO HUNGER
3. GOOD HEALTH AND WELL-BEING
   - Ensure healthy lives and promote well-being for all at all ages
4. QUALITY EDUCATION
5. GENDER EQUALITY
6. CLEAN WATER AND SANITATION
7. AFFORDABLE AND CLEAN ENERGY
8. DECENT WORK AND ECONOMIC GROWTH
9. INDUSTRY, INNOVATION AND INFRASTRUCTURE
10. REDUCED INEQUALITIES
11. SUSTAINABLE CITIES AND COMMUNITIES
12. RESPONSIBLE CONSUMPTION AND PRODUCTION
13. CLIMATE ACTION
14. LIFE BELOW WATER
15. LIFE ON LAND
16. PEACE AND JUSTICE
17. PARTNERSHIPS FOR THE GOALS

A total of 76 countries and more than 40,000 members
Important clinical issues

• Rehabilitation - different levels of care
  • Pre-habilitation (quarantine, and others)
  • Acute phase including intensive care units
    • High incidence of acute respiratory distress syndrome (ARDS)
  • Post-acute rehabilitation
    • Many organs affected including lungs, heart, nervous system
  • Outpatient follow-up
    • Limited information on long term complications
    • Importance of telerehabilitation
We are collecting resources and data on the issue from health professionals around the world. ISPRM members may contribute or access the information via our forum:

**ISPRM Resource Center – COVID-19**

https://www.isprm.org/groups/isprm-resource-center-covid-19/forum/

Our COVID-19 Library: https://www.isprm.org/covid-19-library/
Patient and caregiver guide to managing COVID-19 patients at home

Anne Felicia Ambrose¹, Matthew Norbert Bartels¹, Tanya Cecilia Vergheese², Joe Vergheese³

¹ Department of Rehabilitation Medicine, Montefiore Medical Center, Bronx, NY, USA
² Medical Student, Albert Einstein College of Medicine, Bronx, NY, USA
³ Department of Neurology; Department of Medicine, Albert Einstein College of Medicine, Bronx, NY, USA

Correspondence Address:
Anne Felicia Ambrose,
Department of Rehabilitation Medicine, Montefiore Medical Center, Bronx, NY 10467
USA

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Since the beginning of 2020, COVID-19 infections have increased exponentially, overwhelming health-care services globally. Survivors of this infection have significant disabilities due to the debilitating weakness and compromised lung function. Unfortunately, rehabilitation services are scarce due to diversion of rehabilitation clinicians to emergency medical care. This manual aims to bridge this gap by providing a self-directed home care and graduated exercise program which does not require any special equipment. The exercises were carefully selected based on research by the authors on self-directed home exercises in frail, elderly patients.
452 attendees from 78 countries attended the first webinar.
**Webinar in Spanish**

The Center Society of Rehabilitation is working on different webinars related to COVID-19. Here, you can find the first one about rehabilitation management of patients:

http://sociedadcentrorehabilitacion.com

**#MUÉVETE EN CASA**

El ejercicio es medicina

Servicio de Rehabilitación

Video in Spanish - How to Stay Active during COVID-19