

COVID-19 and Medical Rehabilitation

FACT:

Immediately following COVID-19 treatment at acute care hospitals, as many as 20% of COVID-19 patients require facility-based medical rehabilitation to recover from their initial virus symptoms.



Complications of COVID-19

COVID-19 can cause a variety of conditions, including:

- Pulmonary (lung) and respiratory (breathing) problems
- Post-ventilator lung distress
- Brain fog/cognitive impairment
- Weakness, balance, coordination and mobility challenges
- Increased risk of stroke and cardiac issues



Inpatient Rehabilitation Hospitals Have the Expertise

Inpatient medical rehabilitation hospitals and units provide expert treatment to address the challenges patients face following COVID, as well as stroke, spinal cord, brain and orthopedic injuries, and other injuries and illnesses.

- Pulmonary/respiratory therapies to increase lung capacity
- Ventilator management and weaning/liberation to support breathing
- Cognitive rehabilitation to improve memory, attention and problem-solving
- Physical, occupational and speech therapies to increase strength, skills and mobility

DID YOU KNOW...

Treatment at inpatient rehabilitation facilities leads to greater improvements in mobility and self-care compared with that of skilled nursing facilities, as well as significant differences in functional improvement after admission. (JAMA Network)



Inpatient Rehabilitation Hospitals Offer Patients:

Carefully integrated treatment delivered by experienced rehabilitation teams led by doctors board-certified in physical medicine and rehabilitation.

- Individualized plans of care
- A minimum of 15 hours of therapy/week (physical, occupational and/or speech therapies, as well as respiratory and recreation therapies as needed)
- Rehabilitation nurses to assist with medication management, self-care and other personal needs
- Safe and supportive environments with heightened infection control practices