

COVID-19 and Rehabilitation: ISPRM Perspective



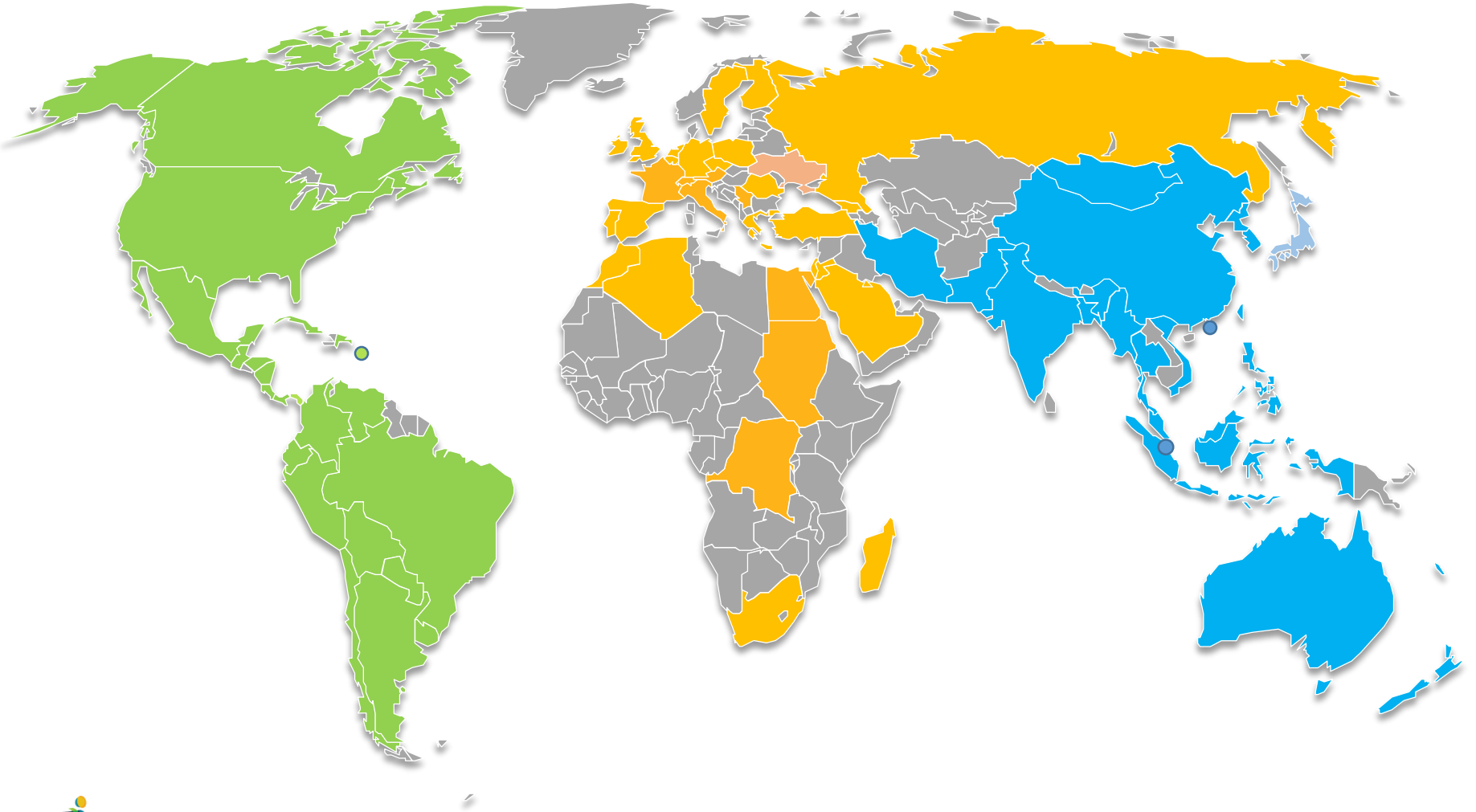
Walter R. Frontera, MD, PhD, FRCP (Lond)

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HEALTH IN THE SDG ERA



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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/>



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Patient and caregiver guide to managing COVID-19 patients at home

Anne Felicia Ambrose¹, Matthew Norbert Bartels¹, Tanya Cecilia Verghese², Joe Verghese³

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

 [Login to access the email ID](#)

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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.

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VIDEOS & WEBINARS

#ISPRM is planning a series of live-events to inform and facilitate communication in these difficult times. Please check our new page: <https://www.isprm.org/isprm-webinars/>

452 attendees from
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ISPRM WEBINAR SERIES

GLOBAL SITUATION OF PM&R DURING COVID-19 PANDEMIC

A PANEL DISCUSSION FOR RESIDENTS/FELLOWS

Date: May 8, 2020, Friday, 1:00 PM - 2:00 PM Eastern Time

SPEAKERS

- Marta Imamura, MD PhD - Brazil
- Francesca Gimigliano, MD PhD - Italy
- Mooyeon Oh-Park, MD MS - USA
- Rochelle Dy, MD - USA

Moderator: Manoj Poudel MD - USA/Nepal

ISPRM Webinar Series: GLOBAL SITUATION OF PM&R DURING COVID-19 PANDEMIC

Fri, May 8 - 1:00 PM ADT

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WEBINAR.
**"REHABILITACIÓN EN
TIEMPOS DEL COVID 19"**

JUEVES 30 de ABRIL
18:00 HORAS

Dra. García Leoni, MIN H. GREGORIO MARAÑÓN
Dra. Úrbez Mir, RHB H. LA PAZ
Dr. De la Fuente Alameda RHB H. SEVERO OCHOA
Dra. Morata Crespo RHB H MIGUEL SERVET

Alcance limitado a 250 personas. En breve se enviará enlace para el 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>

 Hospital General Universitario
Gregorio Marañón 

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Servicio de Rehabilitación

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