

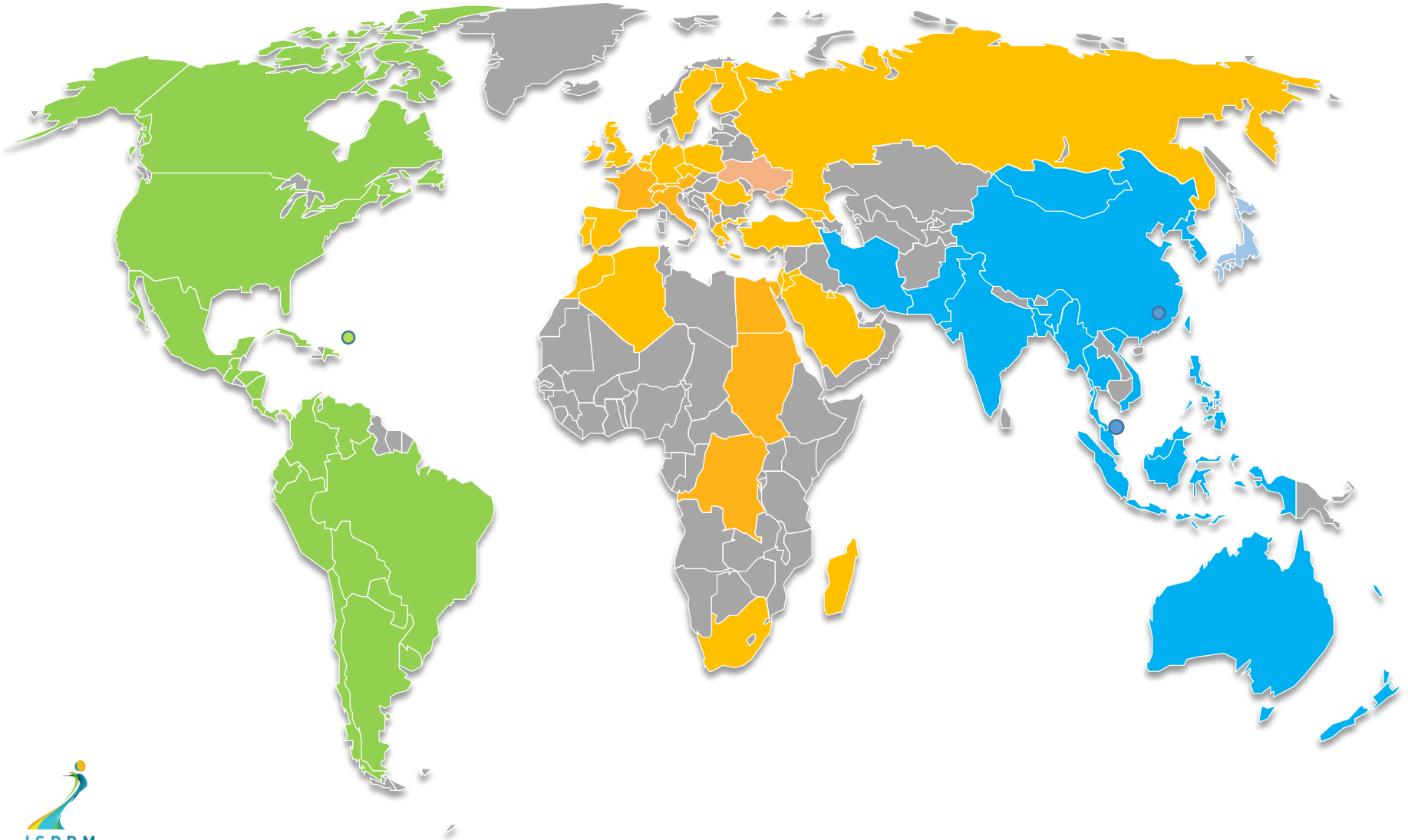
# *COVID-19 y Rehabilitación: la perspectiva de ISPRM*



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Pasado-President

ISPRM - 76 países y mas de 40,000 miembros – fundada en 1999



# Asuntos clínicos importantes – ideas de los miembros

- **Rehabilitación – niveles de servicio clínico**
  - Pre-habilitación (cuarentena, cirugía electiva)
  - Fase aguda incluyendo intensivos
    - Incidencia alta de ARDS
    - Nuevas drogas
  - Rehabilitación luego de la fase aguda
    - Varios órganos y tejidos del cuerpo afectados (pulmones, corazón, sistema nervioso)
  - Ambulatorio
    - Información limitada sobre complicaciones a largo plazo
    - Riesgo de procedimientos (dolor, espasticidad)
    - Importancia de la tele-rehabilitación

# Educación e investigación

- Programas de residencia
  - Cambios en el rol de los médicos residentes
  - Cumplimiento con los requisitos educativos
  - Experiencia clínica ambulatoria
- Investigación
  - Ensayos clínicos
  - Investigación sobre Covid-19 y rehabilitación



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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## TECHNICAL NOTE

Year : | Volume : | Issue : | Page :

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

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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.

[NEXT]

[PREV]

[Table of Contents](#)

Search Pubmed for

-  
[Ambrose AF](#)

-  
[Bartels MN](#)

-  
[Verghese TC](#)

-  
[Verghese J](#)

# 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  
78 countries  
attended the first  
webinar

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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>

A promotional graphic for a video. At the top left, it features the logo of Hospital General Universitario Gregorio Marañón, which includes a red cross and the text 'Hospital General Universitario Gregorio Marañón' and 'SaludMadrid'. At the top right, it features the logo of SaludMadrid, which includes a red cross and the text 'SaludMadrid'. The main text is '#MUÉVETE EN CASA' in large, bold, blue letters, with 'El ejercicio es medicina' in smaller blue letters below it. At the bottom, there are two blue silhouettes of people standing and performing a physical exercise, with motion lines indicating movement. At the very bottom, it says 'Servicio de Rehabilitación'.

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