

Healthy Ageing

Rehabilitation Emerging Resources

for older adults during and post the COVID-19 pandemic

September 2020

A table of key resources and links for quick reference, combining national and local resources and highlighting some of the articles of interest that have been written during this time.

We intend this document to be updated as new guidance emerges. For further information or to share your best practice examples with us, please contact our Healthy Ageing team healthyageing@wessexahsn.net.

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Name of resource	Type of resource	Developed by	Summary	Online link
National organisations				
COVID-19: Rehabilitation for Older people	Comprehensive summary of information and resources (Published 1 st June 2020) for health and care professionals	British Geriatrics Society (BGS)	Comprehensive list of resources for those: - Recovering from COVID-19 - Requiring rehabilitation because of other health issues exacerbated because of isolation or reduced access to health services.	https://www.bgs.org.uk/resources/COVID-19-rehabilitation-of-older-people

Rehabilitation and the Big Rehab Conversation	Resources for Occupational Therapists	Royal College of Occupational Therapists (RCOT)	General guidance on rehabilitation principles including: - A quick guide for those recovering from COVID-19 - Practical advice for those at home and treated in hospital - How to conserve energy - Getting my life back – promoting mental health and wellbeing	https://www.rcot.co.uk/practice-resources/occupational-therapy-topics/rehabilitation
COVID-19 the Road to Recovery	Resources for Physiotherapists	Chartered Society of Physiotherapy (CSP)	General resources to support COVID-19 recovery including: - Breathlessness management - Getting stronger and being more active will help recovery from COVID-19	https://www.csp.org.uk/public-patient/COVID-19-road-recovery
Information on COVID-19 and rehabilitation medicine	Information for BSMR members	British Society of Rehabilitation Medicine	An updated list of journal articles, resources, and webinars	https://www.bsrm.org.uk/publications/COVID-19
Supporting patients to recover after COVID-19	Practical guide for commissioners and clinicians	The Primary Care Respiratory Society	Recovering after COVID-19 – a guide for clinicians and commissioners	https://www.pcrs-uk.org/resource/recovering-after-covid19-practical-guide-clinicians-and-commissioners
Post-Viral Fatigue – a guide to management	Management guide (May 2020) for health and care professionals	British Association for CSF/ME (BACME)	Provides advice and helps people with post viral fatigue to manage and reduce the fatigue they may be experiencing	https://www.bacme.info/
What are dieticians doing in response to COVID-19	Series of blogs and guidance articles for dieticians	Association of UK Dietitians (BDA)	Series of blogs and guidance on the role of Dieticians in the COVID-19 response	https://www.bda.uk.com/resource-library.html?topic=1083DDB0-A4D2-4CB6-8921FF1A6223295B

Support and resources				
Your COVID Recovery	Online portal for patients, carers, health and care professionals	NHS England. Developed by academic's and clinical representatives from 16 lead organisations	General rehabilitation resource. Website providing health and wellbeing information for patients and carers to understand COVID-19 symptoms, including persistent symptoms. Includes a soon to be launched digital programme to support recovery, developed by experts, it will require healthcare professional referral for this feature.	https://www.yourcovidrecovery.nhs.uk/
Post- COVID Hub	Support and resources for patients, carers, health and care professionals, policy makers and researchers	Asthma UK and British Lung Foundation	For people left with breathing difficulties after COVID-19, family members, carers, healthcare professionals, policy makers and researchers	https://www.post-covid.org.uk/
Keeping older people well and safe at home	Booklets, videos, radio broadcasts for patient information	British Geriatrics Society	A collection of resources , including booklets and training videos, link to radio broadcasts to keep older people well and safe during times of isolation/ shielding or recovery from illness at home	https://www.bgs.org.uk/resources/keeping-older-people-safe-and-well-at-home
COVID-19 patient rehabilitation booklet	A patient COVID-19 recovery passport	Avon and Wiltshire Mental Health Partnerships NHS Trust	Allied Health Professionals from the hospital and in the community worked with Avon and Wiltshire Mental Health Partnership NHS Trust to create a passport for patients who are recovering from COVID-19.	COVID-19 recovery passport
Identifying older people most vulnerable to COVID-19	Paper by Martin J Vernon	British Geriatric's Society	This paper aims to summarise the concerns raised by the BGS about current government advice concerning those at greatest risk of the most adverse COVID-19 outcomes, which includes older people, and includes recommendations for how these should be taken forward.	https://www.bgs.org.uk/resources/identifyin-g-older-people-most-vulnerable-to-COVID-19
Resources Wessex				

COVID-19 Rehabilitation booklet	COVID-19 Rehabilitation booklet	Dorset AHP's and Psychologists	Comprehensive recovery guide with helpful links	COVID-19 Rehabilitation
Our Dorset digital	Dorset digital app library for health and care professionals	Dorset Clinical Commissioning Group (CCG) + the Organisation for the Review of Care and Health Applications (ORCHA).	Allows you to identify and compare best apps for all health conditions. Each app has an independent and impartial review including key assessment criteria relating to Clinical Assurance, Data Privacy and User Experience.	https://ourdorset.orcha.co.uk/about/
RESTORE Rehabilitation, Sharing Thoughts for Optimising Recovery	Rehabilitation network formed during COVID-19 for anyone with an interest in rehabilitation and recovery in the South West region (Dorset, South Wiltshire, Somerset)	South West rehabilitation and recovery networking group	Virtual platform for sharing best practice and latest evidence in rehabilitation. Fortnightly webinars , resources shared on members models of care collaborative space.	Contact details and further information
Commissioning guidance				
Right Care Community Rehabilitation Toolkit	Commissioning guidance for commissioners and service leads	NHS England (March 2020)	The toolkit provides system improvement priorities, guidance, Community rehabilitation self-assessment - to assess and benchmark current systems, finding opportunities for improvement	https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2020/03/nhs-rightcare-community-rehab-toolkit-v12.pdf
Getting the NHS back on track planning for the next phase of COVID-19	NHS Reset guidance for those commissioning services	NHS Confederation (June 2020)	Outlines key challenges for local organisations including rehabilitation	https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/REPORT_NHS-Reset_Getting-NHS-back-on-track_FNL.pdf

Allied health professionals' role in rehabilitation during and after COVID-19	Statement outlining strategic priorities for those commissioning services	NHS England and NHS improvement coronavirus	Allied Healthcare professional's role in rehabilitation during and after COVID-19. Statement outlines the 4 nations priorities for rehabilitation during and after COVID-19	https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/05/C0450-AHP-Four-Nations-Statement-on-Rehabilitation.pdf
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A comprehensive literature search **Rehabilitation and COVID-19** (google scholar, pubmed and google) revealed extensive literature covering many aspects of rehabilitation in COVID-19 times, with grateful thanks to Cindy Brooks, Research Fellow, Centre of Implementation Science, University of Southampton for her contribution. For the below resource table a few selected UK references have been highlighted. A comprehensive list covering both UK and international search results can be forwarded on request.

Please contact linda.dupreez@wessexahsn.net should you require further details.

A sample of articles from searching the literature	
Reference and link	Summary
<p>1. [HTML] Respiratory rehabilitation in elderly patients with COVID-19: A randomized controlled study K Liu, W Zhang, Y Yang, J Zhang, Y Li... - ... therapies in clinical ..., 2020 - Elsevier</p>	<p>Background Different degrees of disorders are reported in respiratory function, physical function and psychological function in patients with corona virus disease 2019 (COVID-19), especially in elderly patients. With the experience of improved and discharged COVID-19 ...</p>
<p>2. Assessing long-term rehabilitation needs in COVID-19 survivors using a telephone screening tool (C19-YRS tool) M Sivan, S Halpin, J Gee - ... Neurosciences and Rehabilitation, 2020 - eprints.whiterose.ac.uk</p>	<p>The COVID-19 pandemic has caused more than 5 million infections and 300,000 deaths worldwide. Many survivors of the illness are likely to have long-term symptoms and disability that will pose a significant burden to the healthcare systems and economies all over the ...</p>
<p>3. The COVID-19 rehabilitation pandemic</p>	<p>The COVID-19 pandemic and the response to the pandemic are combining to produce a</p>

<p>S De Biase, L Cook, DA Skelton, M Witham... - Age and ..., 2020 - academic.oup.com</p>	<p>tidal wave of need for rehabilitation. Rehabilitation will be needed for survivors of COVID-19, many of whom are older, with underlying health problems. In addition, rehabilitation will be ...</p>
<p>4. The safety and effectiveness of rehabilitation exercises on COVID-19 patients: A protocol for systematic review and meta-analysis R Gu, S Xu, Z Li, Y Gu, Z Sun - Medicine, 2020 - journals.lww.com</p>	<p>Background: Corona Virus Disease 2019 (COVID-19) is spreading fast starting late 2019. It mainly affects the human respiratory system. Many reports revealed that rehabilitation exercise can improve respiratory function and relieve the pressure from diseases, but there ...</p>
<p>5. ^[PDF] Neuro-rehabilitation service during COVID-19 pandemic: Best practices from UK M Sakel, K Saunders, J Chandi, S Haxha... - JPMA. The Journal of ..., 2020 - jpma.org.pk</p>	<p>This paper provides the context of COVID-19 outbreak with special reference to hospital-based neurorehabilitation services in the UK and transferrable lessons for similar services globally. While the COVID-19 pandemic has created numerous challenges at all levels and ...</p>
<p>6. ^[PDF] Rehabilitation in the wake of COVID-19-A phoenix from the ashes M Phillips, L Turner-Stokes, D Wade, K Walton - 2020 - bsrm.org.uk</p>	<p>Rehabilitation forms a critical component of the acute care pathway, helping to relieve pressure on the acute and frontline services. It is shown to be both effective and cost-effective, whether through improving independence and societal reintegration; or managing ...</p>
<p>7. Centre for Ageing Better A report that looks at the experience of people approaching later life in lockdown: The impact of COVID-19 on 50-70-year olds in England</p>	<p>https://www.ageing-better.org.uk/publications/experience-people-approaching-later-life-lockdown-impact-COVID-19-50-70-year-olds?gclid=EAIaIQobChMIpPKFpKiT6wIVh7PtCh3zgwHEEAAYAiAAEgKWnvD_BwE</p>
<p>8. Rehabilitation after COVID-19: an evidence-based approach Derick T Wade Clinical Medicine Journal July 2020</p>	<p>https://www.rcpjournals.org/content/clinmedicine/20/4/359</p>