

Providing Therapy During COVID-19: Past, Present and Future

Student inservice provided by Kally Saffer, SPT

Learning Objectives

1. Have an understanding of how COVID-19 can affect patients in all settings in a multitude of different ways, and how to screen patients for the impact COVID-19 has had on their health.
2. Be able to complete the COVID-19 Core Measure Set to utilize evidence backed outcome measures to track our patients who have been affected by COVID-19 throughout the course of their treatment.

My Experience – Cardiopulmonary Floor and ICU at Wayne Memorial Hospital in Goldsboro, NC

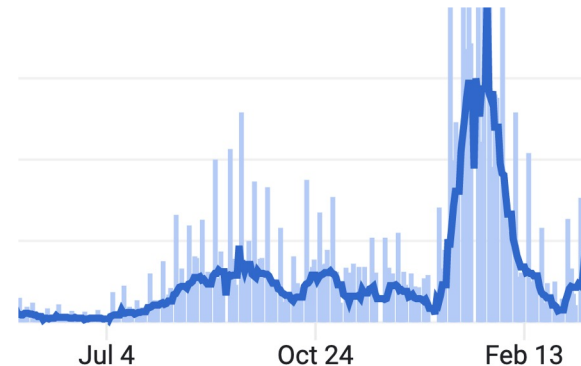
- June - August of 2021
- Governor Cooper announces that state government will begin verifying vaccination status of its workers ¹

Aug. 27, 2021	307.3	47.0%	121.4 of 258.1 beds used	91.8%	15.6 of 17.0 beds used
Aug. 20, 2021	306.1	48.1%	123.7 of 257.0 beds used	90.6%	15.4 of 17.0 beds used
Aug. 13, 2021	306.1	49.7%	127.7 of 257.0 beds used	91.8%	15.6 of 17.0 beds used
Aug. 6, 2021	306.3	46.8%	120.3 of 257.0 beds used	82.4%	14.0 of 17.0 beds used
July 30, 2021	306.0	51.1%	131.4 of 257.0 beds used	76.5%	13.0 of 17.0 beds used
July 23, 2021	306.0	52.4%	134.6 of 257.0 beds used	70.0%	11.9 of 17.0 beds used
July 16, 2021	306.0	47.7%	122.7 of 257.0 beds used	76.5%	13.0 of 17.0 beds used
July 9, 2021	306.3	48.9%	125.6 of 257.0 beds used	86.5%	14.7 of 17.0 beds used
July 2, 2021	306.0	44.2%	113.7 of 257.0 beds used	65.3%	11.1 of 17.0 beds used

2



https://www.google.com/search?q=goldsboro+hospital&srfr=ALICzsaiv7gIZhyz3pZGZOQ38yLOjR#SQ:1654380651784&source=ms&mb=mmgch&sa=X&ved=2ahUKewf98yYGT4AWBRDABHtBeDqwQ_AluAuoECAAEBQAB&w=1574&h=838&dr=2#imgcr=alu-AuoECAAEBQAB



My Experience

- **Proning**³
 - Transfers and Positioning
- **Suctioning**
 - Mobilize secretions during treatment
- **Early Mobility**⁴
 - Progress to lower level of care

Also:

- Efficient Discharging
- Decreasing the Spread
- Modifying Intervention
- Comfort Care
- Interdisciplinary Care

COVID-19 Affect on CCRCs

- Heavily impacted due to the patient's increased vulnerability to disease⁵
- Emotional Cost
- Change in Culture
- Thoughts?

“In the face of changes in their routine and isolation from family members and loved ones, older LTC residents will experience loneliness, anxiety, distress, and depression”⁶

Current COVID Protocol

*I would love to hear from you

- Health Screenings, Vaccinations and PPE
- Telehealth
- Creativity
- Respiratory Management ⁷

On your handout:

- Resource for Management of Patients During and Post-COVID
- Resource for Providers and Residents in CCRCs

COVID-19 Measure Set

What do you think?

COVID-19 Measure Set ⁸

SLUMS - Cognition

PROMIS Global 10 - QOL

MRC-SS - Strength

SPPB - Function

2 Minute Step Test -
Endurance

COVID-19 Measure Set – Carol Woods⁸

SLUMS - Cut Off: 20

SPPB - Cut Off: 10.0; MCID: 1.0

2 Minute Step Test:

Range of scores between the 25% and 75% percentiles		
Age	Number of steps – Women	Number of steps – Men
60 - 64	75-107	87-115
65 - 79	73-107	86-116
70 - 74	68-101	80-110
75 - 79	68-100	73-109
80 - 84	60-90	71-103
85 - 90	55-85	59-91
90 - 95	44-72	52-86

Long Term Effects of COVID-19⁹

“Post-acute sequelae of COVID-19 (PASC),¹⁰ is a condition marked by the continuation of COVID-19 symptoms—or the emergence of new ones—after recovery from acute (or the initial phase of illness of) COVID-19.”

What We Know:

Fatigue, Dyspnea, Cough, Joint Pain,
Memory, Depression, Dizziness

But Also:

- Organ Damage
 - Lungs, Heart, Kidneys, Brain
- Blood Clotting
- Mood
- Unknown

The Effects of the COVID Vaccine¹¹



What Would You Like to See at Carol Woods?

- Staff
- Residents
- Workplace Environment

Questions?

Knowledge Check & Feedback

<https://www.surveymonkey.com/r/2BFFYN5>

Resources

1. <https://www.ajmc.com/view/a-timeline-of-covid-19-vaccine-developments-in-2021>
2. <https://data.rgj.com/covid-19-hospital-capacity/facility/wayne-memorial-hospital/340010/>
3. <https://files.asprtracie.hhs.gov/documents/aspr-tracie-healthcare-operations-during-covid-19-series-pt-role-in-pandemic-response.pdf>
4. <https://www.hackensackmeridianhealth.org/en/HealthU/2020/05/06/what-is-proning-and-how-may-it-help-covid-19-patients#.Yp0izxBKjtM>
5. <https://www.bmj.com/content/368/bmj.m1198>
6. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(20\)30061-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(20)30061-X/fulltext)
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7252186/>
8. https://www.sralab.org/?vt-k=shirley%20ryan%20ability%20lab&vt-mt=e&gclid=Cj0KQCQjwqPGUBhDwARIsANNwjV5pMrtnx_tLEi-HgxicoHiroVaUNMerTOM969dfnav702aVYV2tXqwaAv6dEALw_wcB
9. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351#:~:text=In%20some%20people%2C%20lasting%20health,they%20have%20had%20COVID%2D19%20>
[0](https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351#:~:text=In%20some%20people%2C%20lasting%20health,they%20have%20had%20COVID%2D19%20)
10. <https://www.yalemedicine.org/conditions/long-covid-post-acute-sequelae-of-sars-cov-2-infection-pasc>
11. <https://ard.bmj.com/content/81/3/440>