

COVID-19 (Coronavirus) Multi-disciplinary Rehabilitation Guide for use during hospital stay and on discharge

Recovery from COVID-19 will take time and the speed of recovery will vary for each individual person dependent on age, other health conditions and severity of symptoms.

Whilst you have recovered from the initial effects of the infection, it is really important to have some understanding of the potential impacts it can have on your life immediately and in the recovery phase to enable you to make the best improvements possible to get you back towards what you were doing before you became unwell.

Various members of the multidisciplinary team at North West Anglia NHS Foundation Trust have contributed to an on-line package to provide you with onward support on discharge from hospital and throughout different stages of your recovery. The package has been set up around frequently asked questions to allow ease of use.

It encompasses a range of factors that may affect some patients and not others. What we do know is that rehabilitation after a Covid -19 infection needs to be taken slowly as rushing forwards may cause relapse or delay in your progress.

We are learning all the time about Covid-19 symptoms and patients' responses to rehabilitation and would value your feedback to enhance our learning.

The guidance below will help you in the initial days after your discharge until you are able to access the on-line package. The on-line package can be found on our website at:
<https://www.nwangliaft.nhs.uk/a-z-of-services/r/rehabilitation/>

Please remember that if you are in any doubt about your progress of recovery or you have concerns about ongoing or worsening symptoms please contact your GP or www.111.nhs.uk

First few days after discharge from hospital

When you leave hospital it is important to remember that you are unlikely to be back to what you were doing previously, rather just in a position where you no longer need the skills of the health professionals at your bedside.

You may feel a little anxious or nervous because you have been so unwell and are one of the statistics that are very prevalent on the news because of the Covid-19 pandemic - this is completely normal and we hope that you find the support provided in this booklet useful.

Staying positive and optimistic about the future where possible will help your progress however it is still OK to have days when you feel overwhelmed by what has occurred.

Initially when you go home from hospital you are still likely to feel quite tired so it is important to take plenty of rest between activities and for instance not being active all morning then resting all afternoon as this will affect your sleep.

What should my daily routine be like when I go home from hospital?

A typical day may look like this:

Morning	Afternoon	Evening
<ul style="list-style-type: none"> • Get up at your normal time of rising • Do your breathing exercises • Have your breakfast in your nightwear • Rest in the chair • Get washed and dressed • Rest in the chair • Mid-morning snack • Do your physical exercises • Rest in the chair • Prepare lunch 	<ul style="list-style-type: none"> • Eat lunch • Rest on the bed including if you wish listening to music or a meditation app • Get up and do your physical exercises again • Mid afternoon snack • Rest in the chair • Prepare tea • Rest in the chair and do your breathing exercises • Eat tea 	<ul style="list-style-type: none"> • Rest in the chair • Tidy up after tea (Wash up or load the dishwasher) • Relax for the evening and do one more set of breathing exercises • Have a supper time drink/snack • Go to bed at a reasonable time

Do not be surprised if what appear to be small tasks make you tired or you need to go to bed early, with time you will recover but listen to your body. You can start a programme like this the day after you get home.

Having been so unwell as to require being admitted to hospital it is very important to gradually go back to some of the things that you used to do prior to being ill. Everyone is different and with Covid-19 we do know that the way it affects each person may be different and recovery will vary greatly.