



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University)

Sri Ramachandra Faculty of Physiotherapy

World Physiotherapy Day celebrations 2020

Theme: Rehabilitation after COVID -19

A poster presentation was conducted to commemorate World Physiotherapy Day celebrations on 08th September 2020. Two themes were given for poster presentation – “Physiotherapy in post COVID status” and “Role of Physiotherapy in COVID care”.

Eighty-seven abstracts were received across both the themes. Four independent reviewers screened the abstract for novelty, content and relevance to the themes. Twenty-four abstracts were selected for presentation as e-posters on 8th September 2020. Poster presentations were conducted concurrently across two online platforms. The posters and presenters were judged for their content, mastery of the content, and design and presentation. Three posters were judged as best posters based on the judge’s scoring.

The three best poster titles were:

- ❖ Postdischarge symptoms and rehabilitation needs in survivors of COVID-19 infection: A cross-sectional evaluation
- ❖ The vital role of physiotherapy during COVID 19- A scoping review of current quantitative and qualitative shreds of evidence
- ❖ UNSPOKEN PAIN OF ATHLETES HEART IN POST-COVID 19 STATUS

Invitation & Certificate

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - Deemed to be University) Pondicherry

World Physiotherapy
#worldptday

Faculty of Physiotherapy

E Poster Competition

Theme: 1. Physiotherapy in post COVID status
Theme: 2. Role of physiotherapy in COVID care

Eligibility – Undergraduate and Postgraduate Physiotherapy Students
Deadline for abstract submission - 31st August, 2020, 05.00 pm IST
Abstract acceptance and results announcement
02nd September, 2020, 05:00 pm IST
Submission of E posters* - 06th September, 2020, 05.00 pm IST

E poster Presentation – 8th September, 2020, 02:00 pm IST (World PT day)

Abstract Guidelines :

Theme : Choose any one theme
Title of the poster : Please choose a brief title (maximum of 100 characters) that clearly indicates the content of the contribution
Presenter Name :
Institutions Name and Full address :
Guide name if any:
Abstract : Please ensure that your abstract contains no more than 300 words. Please avoid diagrams, illustrations, tables, references or graphics in the abstract. Provide maximum relevant information in the abstract. Kindly organise the abstract as Purpose, Method, Results, Implications and conclusion wherever applicable.

*Guidelines for E Poster preparation will be sent along with the abstract acceptance notice
E mail your abstract in word format (Font size 12, Times New Roman, Double spaced) to principal.physiotherapy@sriramachandra.edu.in

For further information:
Contact : Prof. Narasimman Swaminathan
narasimmansnathan@sriramachandra.edu.in

Prof. P. Antony Leo Aseer
viceprincipal.physiotherapy@sriramachandra.edu.in

No registration Fee. E certificate will be provided for all the E poster presenters.
Merit certificate will be awarded to best 3 posters.

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Certificate of Appreciation

MAKWANA DHARMENDRA KUMAR P

presented a e -poster in the World Physiotherapy Day poster presentation competition –
“Rehabilitation after Covid-19” on 8th September 2020 and secured **First** position.

N. Vedralal
Chairman
Faculty of Physiotherapy

R. Ananthan
Principal
Faculty of Physiotherapy



A few visuals of online presentation:

Poster No. 55 Tele-rehabilitation: Physical therapy in post COVID status - A Literature Review

INTRODUCTION
The COVID-19 pandemic has led to a significant increase in the number of people who are recovering from COVID-19. However, many of these individuals are left with long-term physical and psychological effects. Tele-rehabilitation is a promising approach to provide physical therapy to these individuals.

OBJECTIVES
To assess the effectiveness of tele-rehabilitation in improving physical and psychological outcomes in post-COVID-19 patients.

RESULTS
The study found that tele-rehabilitation significantly improved physical and psychological outcomes in post-COVID-19 patients compared to traditional in-person rehabilitation.

CONCLUSION
Tele-rehabilitation is an effective and accessible approach to provide physical therapy to post-COVID-19 patients.



The Vital Role of Physiotherapy in COVID-19 Care

A scoping review of current quantitative and qualitative strands of evidence

Methods
Search Databases: PubMed, PEDr, DDA, The Cochrane Database of Systematic Reviews, TRIP Database Plus & Google scholar

Progress
101 articles were screened based on abstract screening. 36 articles were included in the full-text screening. 181 articles were screened based on abstract screening. Further narrowed to 62 studies meeting expanded criteria. 116 studies were evaluated for various reasons.

REHABILITATION PRECAUTIONS
1. Patients should stay in their rooms.
2. Use face masks and hand hygiene.
3. Avoid contact with other patients.
4. Avoid contact with staff members.
5. Avoid contact with other visitors.

GOALS OF PHYSIO
1. Assessment of patient status
2. Management of patient symptoms
3. Prevention of complications
4. Education of patient and family
5. Referral to other services

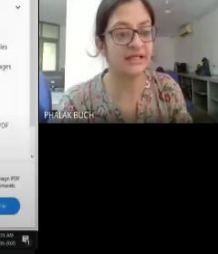
"EFFECT OF PHYSICAL THERAPY ON FATIGUE AND DYSPNOEA IN POST COVID-19 PATIENTS"

INTRODUCTION
The COVID-19 pandemic has led to a significant increase in the number of people who are recovering from COVID-19. However, many of these individuals are left with long-term physical and psychological effects. Physical therapy is a promising approach to provide physical therapy to these individuals.

OBJECTIVE
To assess the effect of physical therapy on fatigue and dyspnoea in post-COVID-19 patients.

RESULTS
The study found that physical therapy significantly reduced fatigue and dyspnoea in post-COVID-19 patients compared to no physical therapy.

CONCLUSION
Physical therapy is an effective and accessible approach to reduce fatigue and dyspnoea in post-COVID-19 patients.



POSTER NUMBER - 82

TITLE :- UNSPOKEN PAIN OF ATHLETES HEART IN POST COVID-19 STATUS

Background and Introduction: Athletes with COVID-19 have been reported to have a higher risk of developing a long-term cardiac condition known as athlete's heart. This condition is characterized by a dilated left ventricle and a thickened interventricular septum. The purpose of this study is to explore the prevalence of athlete's heart in post-COVID-19 athletes.

CONCLUSION: Athletes with COVID-19 have a higher risk of developing a long-term cardiac condition known as athlete's heart. This condition is characterized by a dilated left ventricle and a thickened interventricular septum. The purpose of this study is to explore the prevalence of athlete's heart in post-COVID-19 athletes.



46 | "POSTDISCHARGE SYMPTOMS AND REHABILITATION NEEDS IN SURVIVORS OF COVID-19"

INTRODUCTION
The COVID-19 pandemic has led to a significant increase in the number of people who are recovering from COVID-19. However, many of these individuals are left with long-term physical and psychological effects. Rehabilitation is a promising approach to provide physical therapy to these individuals.

OBJECTIVE
To assess the prevalence of post-discharge symptoms and rehabilitation needs in survivors of COVID-19.

RESULTS
The study found that a significant number of survivors of COVID-19 have long-term physical and psychological symptoms. Rehabilitation is needed to address these symptoms.

CONCLUSION
Rehabilitation is an effective and accessible approach to address post-discharge symptoms and rehabilitation needs in survivors of COVID-19.



Congratulations

Place	Poster No.	Presenter Name
First	46	Dharmendra makwana
Second	5	SOUNDARARAJAN K
Third	82	SNEHA TIWARI

We thank our judges..

Mr.Subbalah, Associate Professor	Ms.Rajeswari, Associate Professor
Ms.Sridevi, Associate Professor	Dr.Sathyaprabha, Associate Professor

sidevi moorthy

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