

GEMS College of Physiotherapy, Ragolu, Srikakulam, Andhra Pradesh

GEMS College of Physiotherapy held an e-poster presentation competition for its Bachelor of Physiotherapy students to celebrate World PT Day.

COVID-19 Telemedicine & Rehabilitation

TELEMEDICINE CONSULTATION

Tele-rehabilitation utilizes a broad range of technologies to facilitate physiotherapy treatment.

Active Living can teach you how to perform at-home treatment techniques with a foam roller, trigger point ball, or even random household items like a towel, milk jug, or soup cans used as weights. Plus you can have a family member assist.

Telephysio service is seeing increased interest in all areas of B.C. due to clinic closures.

Physiotherapists are able to manipulate these environments to incorporate key rehabilitation concepts such as task repetition, feedback, and so, parents get to be hands-on and know what the therapist actually does because they are being coached through it. Patients can expect the same safe, quality care.

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PULMONARY TELE-REHABILITATION IN COVID-19

INDICATIONS FOR TREATMENT VIA TELEMEDICINE FOR POST-COVID-19

- Assistance in creating written or pre-recorded breathing plans
- Monitoring breathing pattern
- Instructions for posturing
- Instructions for independent exercise

IMPLEMENTATION OF PHYSIOTHERAPY VIA TELEMEDICINE

- Planning process was necessary
- Instructions for practice
- Use attention to the patient's situation
- Additional assessment
- Precautions and equipment assessment (heat and ventilation) were added

TREATMENT VIA TELMEDICINE

- Patient with mild to moderate respiratory symptoms
- Patient able to clear airway secretion independently
- Patients with compliance for telemedicine

By Meenika Konada

TOPIC: THEME ON COVID TELEMEDICINE

Presentation by Harini sadasivani
GEMS college of physiotherapy
2nd year of BPT

THE ROLE OF TELEMEDICINE IN RESPONSE TO COVID-19

- ALLEVIATES PRESSURE**
Reduces in-person pressure on GPs, GPs, and hospitals
- INCREASES ACCESS**
Increases access to care for those with conditions not related to COVID-19
- REDUCES EXPOSURE**
Limits the threat of COVID-19 to patients, reducing with effects
- INCREASES EFFICIENCY**
Enables providers to focus on high-priority cases and only attend in-person
- EVOLVING REGULATION**
Professionalism is being re-examined rapidly

VitalTelemed
Telemedicine 101 to COVID-19

TELEMEDICINE EXPANDS

DOUBLE

Role of Rehabilitation during COVID-19 pandemic: An Indian Perspective

WHAT AFTER COVID19 : POST COVID SYNDROME

World is already staring at another health crisis: the covid-19 aftermath. They call it as "POST-COVID SYNDROME".

WHAT???
A multi-system inflammatory syndrome in children, believed to be linked to COVID-19, damages the heart and other organs to such an extent that will need lifelong monitoring and interventions.

WHEN???
This condition can strike healthy children without warning after 3-4 weeks of asymptomatic COVID-19 and will progress rapidly into shock and cardiorespiratory failure

PREVALENCE
662 known cases worldwide. 11 of them already died.

SYMPTOMS
severe inflammation in multiple parts of body: heart, lungs, kidneys, brain, skin, eyes and more
fever, abdominal pain, diarrhoea, vomiting, conjunctivitis, breathlessness and rash was also common

PREVENTION

- Apart of the medical treatment, post covid rehabilitation will also plays a role in preventing PCS
- Breathing exercises
- Brisk walking
- Strengthening exercises
- Yoga
- Speech therapy
- Stress, anxiety Management

Presenter: Manasvita

Ref: Alvaro morera, John swartz MD, American Medical Association, Dr Anthony fauci MD's Edinburgh article, ovid Amity Leonard Jemson/COG

POSTER PRESENTATION

Corona virus

Symptoms

Prevention

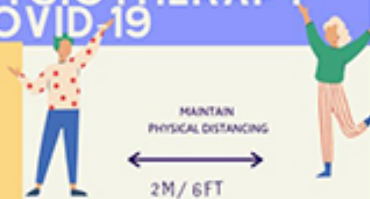
Complications

TELEMEDICINE

Supportive Treatment

Presented By: P. CHANDINI 3rd yr.

ROLE OF PHYSIOTHERAPY IN COVID-19



This novel coronavirus was named coronavirus disease 2019 (COVID-19) in February 2020, some causes severe disease & it is COVID China 2020
MERS-CoV (2012)
2019 COVID China 2020

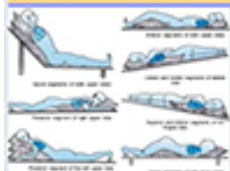
Symptoms
Mild severe pneumonia fever cough shortness of breath in tenderness early symptoms of COVID-19 management include a loss of taste or smell other symptoms can include muscle aches chills running nose headache chest pain

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.

Diagnosis

RT-PCR test polymerase chain reaction
T r u n d test

Most specific medication super active care no vaccine treatment and vaccine are in development now hydroxy chloroquine anti malaria drugs for treating covid patient



AVOID!

AVOID TOUCHING EYES, NOSE AND MOUTH



Paithya Subhash Nayak
2nd year



PHYSIOTHERAPY MANAGEMENT

Phase 1
Ventilator
Chest therapy
Positioning
Passive movement

Phase 2
patients who whose condition is improved ventilator chest therapy early mobilization active and passive range of motion electrical muscle stimulation

Phase 3
Manage respiratory problem
Relief of covid-19 patient
Manage respiratory problem
range of motion
walk
stretching
strengthening

COVID TELE-MEDICINE AND REHAB



Coronavirus cause respiratory tract infections that can range from mild to lethal. coronaviruses are zoonotic. Mode of transmission-close contact and one person inhales small droplets produced by an infected person.

TELE-MEDICINE

Remote medical diagnosis and evaluations, and video consultations.

This option allows patients to schedule virtual doctor visit even if they are not able to physically visit a doctor's office.



TELE-REHABILITATION

Continuous care for patients in treatment, monitor load and progression, prevent complications, enhance self efficacy.



TELE-COACHING

Assess fitness levels and home environment, demonstrate and plan exercise programme



After covid-19 patients are discharged from the ICU syndrome leads to weakness/wasting of muscles.



Physiotherapists are trained to develop the progressive exercise protocol to counter the weakness of muscles and optimise their functional outcomes

ROLE OF PHYSIOTHERAPY

Long-term
Ventilation
Chest therapy
passive movements



BOOST OUR IMMUNITY

Foods rich in micronutrients such as vitamin-C, zinc, magnesium, anti oxidants.



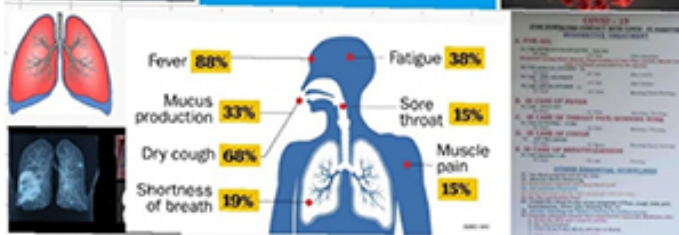
REHABILITATION

Sit to stand exercises, ROM exercises, stretching exercises, strengthening exercises, manages post intensive care syndromes.

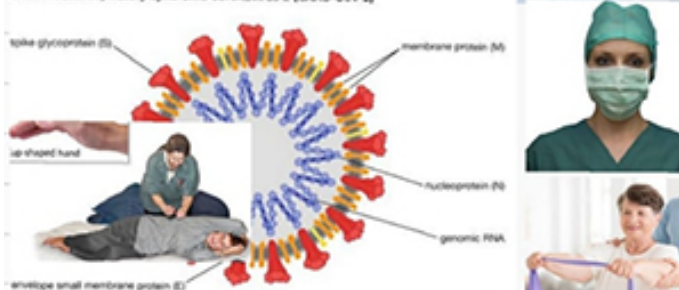


KALU VENKATESH BPT 2nd yr

PHYSIOTHERAPY IN COVID REHABILITATION



severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)



INTENSIVE CARE UNIT ACQUIRED WEAKNESS IN COVID PHYSIOTHERAPY TELE REHABILITATIVE INTERVENTION

19000

WHAT IS ICUAW

CIM
CIP
DELIRIUM

EFFECT OF INTERVENTION

DECREASE SOB
INCREASE IMMUNITY
INCREASE QOL
6 MIN WALK TEST

HOW AND WHY ICUAW IS SEEN IN COVID
STAGE 1 VENTILATED AND SEDATED
STAGE 2 MINIMALLY SEDATIVE
STAGE 3 NON MECHANICALLY VENTILATED

WHY TELE REHABILITATIVE MEDICINE IMPORTANT
WORKING ENVIRONMENT
ROSETTO EFFECT
TELE EDUCATION
TELE ASSISTENCE
TELE MONITORING

PHYSIOTHERAPY REHABILITATIVE INTERVENTION
MANUAL HYPERINFLATION (2 SEC HOLD)
PULMONARY REHAB: ACBT(ONCE-21 DAYS)
PRONE POSITIONING(12-16 HRS PER DAY)
INTERMEDIATE AND LOW AEROBIC EXERCISE
CHAIR MOBILIZATION AND EMS

MALLIKA V
4TH YEAR