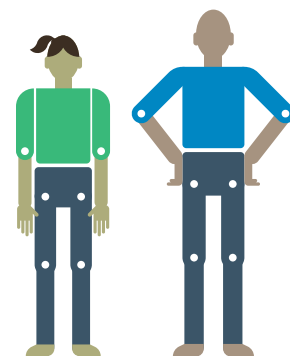


Support for Rehabilitation Self-Management after COVID-19- Related Illness



Name:

Discharge date:









Hospital where treated:

Healthcare professional providing leaflet:

Name and contact of local healthcare professional:

Who is this leaflet for?

This leaflet provides basic exercises and advice for adults who have been severely unwell and admitted to the hospital with COVID-19. It provides information on the following areas:

| | | | |
|---|--|----|--------------------------|
|  | Managing breathlessness | 2 | <input type="checkbox"/> |
|  | Exercising after leaving hospital | 4 | <input type="checkbox"/> |
|  | Managing problems with your voice | 15 | <input type="checkbox"/> |
|  | Managing eating, drinking, and swallowing | 16 | <input type="checkbox"/> |
|  | Managing problems with attention, memory, and thinking clearly | 17 | <input type="checkbox"/> |
|  | Managing activities of daily living | 18 | <input type="checkbox"/> |
|  | Managing stress and problems with mood | 19 | <input type="checkbox"/> |
|  | When to contact a healthcare professional | 21 | <input type="checkbox"/> |

Your healthcare professional may indicate the exercises that are appropriate for you from this leaflet. The exercises and advice in this leaflet should not replace any individualised exercise programme or advice you may have been given by healthcare professionals when you left hospital.

Your family and friends can help support you as you recover, and it may be helpful to share this leaflet with them.



Managing breathlessness

It is common to experience breathlessness after being in hospital. Losing strength and fitness while you were unwell, and the illness itself, can mean you become breathless easily. Feeling breathless can make you feel anxious, which can make breathlessness worse. Staying calm and learning the best way to manage your breathlessness will help.

Your breathlessness should improve as you slowly increase your activities and exercise, but in the meantime, the positions and techniques below can also help to manage it.



If you start to feel severely short of breath and it does not get better with these positions or techniques, contact your healthcare professional.

Positions to ease breathlessness

These are some positions that may reduce your breathlessness. Try each of them to see which one/s help you. You can also try the breathing techniques described below while in any of these positions to help ease your breathing.



1. High side lying

Lying on your side propped up by pillows, supporting your head and neck, with your knees slightly bent.



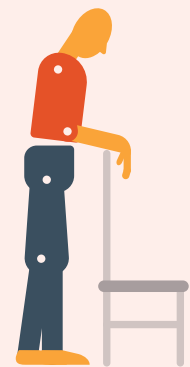
2. Forward lean sitting

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, and your arms resting on the table. You can also try this without the pillows.



3. Forward lean sitting (no table in front)

Sitting on a chair, lean forwards to rest your arms on your lap or the armrests of the chair.



4. Forward lean standing

While standing, lean forwards onto a windowsill or other stable surface.



5. Standing with back support

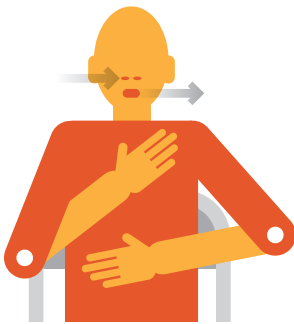
Lean with your back against a wall and your hands by your side. Have your feet about a foot away from the wall and slightly apart.

Breathing techniques

Controlled breathing

This technique will help you to relax and control your breathing:

- Sit in a comfortable and supported position
- Put one hand on your chest and the other on your stomach
- Only if it helps you to relax, close your eyes (otherwise leave them open) and focus on your breathing
- Slowly breathe in through your nose (or mouth if you are unable to do this) and then out through your mouth
- As you breathe, you will feel the hand on your stomach rise more than the hand on your chest
- Try to use as little effort as possible and make your breaths slow, relaxed, and smooth



Paced breathing

This is useful to practice when carrying out activities that might take more effort or make you breathless, like climbing the stairs or walking up a hill. It is important to remember that there is no need to rush.

- Think about breaking the activity down into smaller parts to make it easier to carry out without getting so tired or breathless at the end
- Breathe in before you make the 'effort' of the activity, such as before you climb up a step
- Breathe out while making the effort, such as climbing up a step
- You may find it helpful to breathe in through your nose and out through your mouth



Exercising after leaving hospital

Exercise is an important part of recovery after a severe COVID-19 illness. Exercise can help to:

- Improve fitness
- Reduce breathlessness
- Increase muscle strength
- Improve balance and coordination
- Improve your thinking
- Reduce stress and improve mood
- Increase confidence
- Improve your energy

Find a way to stay motivated with your exercises. Keeping track of your progress with a diary or exercise 'app' on your phone or watch may help.

Exercising safely

Exercising safely is important, even if you were independent with your mobility (walking) and other exercise before becoming sick. It is particularly important if you:

- Had difficulty with your mobility before going into hospital
- Had any falls before going into hospital or during your time in hospital
- Have any other health condition or injury that may put your health at risk with exercising
- Have been discharged from hospital on medically prescribed oxygen

In these cases, you may need to exercise with someone else for safety. Anyone on additional oxygen **MUST** discuss their use of oxygen during exercise with a healthcare professional before starting.

These simple rules will help you exercise safely:

- Always warm-up before exercising, and cool down after exercising
- Wear loose, comfortable clothing and supportive shoes
- Wait at least an hour after a meal before exercising
- Drink plenty of water
- Avoid exercising in very hot weather
- Exercise indoors in very cold weather



If you feel any of the following symptoms, do not exercise, or stop exercising, and contact your healthcare professional:

- Nausea or feeling sick
- Dizziness or light headedness
- Severe shortness of breath
- Clamminess or sweating
- Chest tightness
- Increased pain

Remember to obey physical distancing rules when exercising outdoors, if these exist where you live.

Exercising at the right level

To work out whether you are exercising at the right level, think about speaking a sentence:

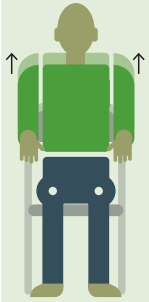
- If you can speak the whole sentence without stopping and are not feeling breathless, then you can exercise harder
- If you cannot speak at all, or can only say a word at a time and are severely breathless, then you are exercising too hard
- If you can speak a sentence, pausing once or twice to catch your breath, and are moderately to *almost* severely breathless, then you are exercising at the right level

Remember that it is normal to feel breathless when you exercise, and it is not harmful or dangerous. Gradually building your fitness can help you become less breathless. In order to improve your fitness, you should feel moderately to almost severely breathless when you exercise.

If you do feel too breathless to speak, you should slow down or stop to rest until your breathing feels more controlled. You may find the positions to relieve breathlessness on page 3 helpful.

Warm-up exercises

Warming up prepares your body for exercise to prevent injury. Your warm-up should last around 5 minutes, and at the end you should feel slightly breathless. Warm-up exercises can be done in sitting or in standing. If you do your warm-up in standing, hold on to a stable surface for support if needed. Repeat each movement 2-4 times.



1. Shoulder shrugs

Slowly lift your shoulders up towards your ears and then down again



2. Shoulder circles

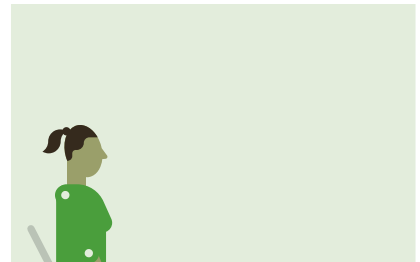
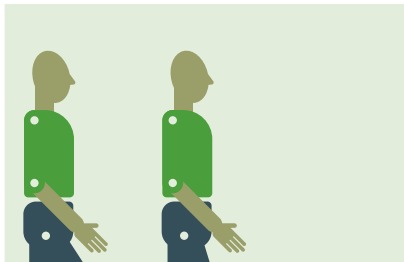
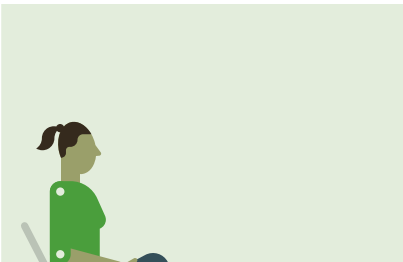
Keeping your arms relaxed by your side or resting on your lap, slowly move your shoulders round in a circle forwards, and then backwards



3. Side bends

Start with your body straight and your arms by your sides

Slide one arm, then the other, a short way towards the floor, bending sideways



预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_24337

