



WEB OF SCIENCE

BENEFITS OF POST COVID-19 REHABILITATION WITH NATURAL ENVIRONMENT FACTORS – CASE PRESENTATION

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Abstract

Although, in most cases, coronavirus disease 2019 (COVID-19) manifests itself as an acute respiratory infection, this pathology can have a very varied clinical manifestation affecting various organs and systems, having a strong impact on the functionality of the affected persons and in the long term it can lead to various disabilities. According to the World Health Organization (WHO) and the Pan American Health Organization, medical rehabilitation can improve health services and treatment outcomes for people with COVID-19, bringing multiple advantages to both infected people and society.

This paper presents a complex case of post-COVID-19 rehabilitation (moderate form) with bilateral acute pneumonia, acute respiratory failure and prothrombotic condition complicated with insulin-requiring diabetes that was admitted at the Balneal and Rehabilitation Sanatorium Techirghiol, for post-COVID-19 sequela recovery therapy. During the admission to Balneal and Rehabilitation Sanatorium Techirghiol, patient followed complex recovery treatment with specific natural environmental factors that included salt water from Techirghiol Lake.

Benefiting from a complex program of respiratory and muscular rehabilitation, the patient had a favorable evolution with increased values of the measurement scales (VAS by 4 points, MIF by 2 points, specific functional scale of the patient by 2 points, MoCA score by 2 points, FAC by 1 point, improvement of walking distance by 50 meters in the 6-minute walking test), there was an improvement in psycho-cognitive, pain and functional status.

This case is an exhaustive example of a clinical and therapeutic approach in post-COVID-19 rehabilitation, using the natural environmental factors available at the Balneal and Rehabilitation Sanatorium Techirghiol. Hidro-kineto therapy in the salt water basin of Techirghiol Lake harnesses the conditions of hydrostatic discharge of body weight, facilitating movement and thus creating advantageous floating conditions for the rehabilitation after COVID-19.