



WEB OF SCIENCE

PULMONARY REHABILITATION IN COPD AFTER SARS-COV-2 INFECTION: CASE REPORT

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Abstract

Introduction. Pulmonary rehabilitation (PR) is the mainstay of post-infection SARS-CoV2 lung sequelae management. The basis of PR programs for the "survivors" of COVID-19 disease is aerobic, endurance and respiratory muscle training, as well as medical education. PR from the rehabilitation sections is currently joined by telerehabilitation.

Material and Methods. Patient R.F., 51 years old, with severe form chronic obstructive pulmonary disease (COPD) and associated cardiac, digestive, ENT and rheumatological pathology, presents to the Respiratory Rehabilitation Clinic for grade IV dyspnea on mMRC scale, cough with mucous expectoration and marked fatigue. Three months ago, the patient was hospitalized in the Intensive Care Unit of the Infectious Diseases Hospital Suceava for severe infection with SARS-CoV-2, with bilateral pneumonia and respiratory failure, where for 8 days he was treated with antibiotics, Tocilizumab, Remdesivir, oxygen therapy (6-8L/min) and supportive therapy, according to the guidelines. The patient in the records of the clinic returns for PR, the evolution being favorable under medication treatment and PR program (respiratory gymnastics, bronchial drainage, training for dosed effort and respiratory muscles, nutritional and psychological counseling, medical education).

Results. After two weeks of hospitalization, the patient shows significant improvement in dyspnea and fatigue, increased exercise capacity and quality of life, continuing at home the PR program, oxygen therapy (4L/min), dietary and pharmacological treatment.

Conclusions. PR in a young patient with severe form of COPD and multiple comorbidities, which overlapped with severe form of SARS-CoV-2 infection, included in the complex PR program, led to a favorable evolution, with rapid social reintegration.