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EVALUATION OF FUNCTIONAL STATUS DURING THE POST ACUTE PERIOD FOR PEOPLE WITH COVID-19

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Abstract

Introduction. People who had COVID-19 may present for a long time persistent pulmonary function impairment, muscle weakness, pain, fatigue, depression, anxiety, vocational problems, and reduced life quality to various degrees. The measurement of functional deficits after discharge allows the assessment of outstanding sequelae as well as the level of recovery after the acute period. Aim of the study: Application of the Post-COVID-19 Functional Status Scale (PCFS) in the evaluation of ADL and the effectiveness of medical rehabilitation programs for people suffering from COVID-19 consequences.

Material and methods. The study included 58 people who endured the mild to moderate forms of SARS Cov 2 infections at an average of 112 days from the acute period. All individuals were included in physio-functional rehabilitation programs (14 days) with assessment of clinical-functional status by interrogation and assessment of Activity of Daily Living by applying the post-COVID-19 Functional Status Scale (PCFS) until admission and discharge from the rehabilitation ward.

Results and discussions. The people included in the study were between 47 and 72 years old, at an average period of 112 days after the acute phase of the disease. According to the Post-COVID-19 Functional Status Scale (PCFS), mild functional limitations (gr. 2) were recorded in 50% (29 people), insignificant (gr.1) - 41.37% (24 people) and moderate (gr. 3) - 8.63% (5 people). The most common consequences of COVID-19 that influenced the functional status were represented by the association of fatigue symptoms - 20.68%, dyspnea - 39.65%, muscle pain - 82.75%, paresthesia - 63.79%. Concomitant pathologies present in 47 people (81%) were predominant cardiovascular and dysmetabolic diseases - hypertension, rhythm disorders, diabetes mellitus. After the rehabilitation treatment in stationary conditions, the functional status improved with the registration of grade 1 in 43.1% of cases, grade 2 - in 3.45%, and 53.45% of patients had no functional limitations on discharge.

Conclusion. The Post-COVID-19 Functional Status Scale (PCFS) allowed the assessment of the functional status of people who underwent COVID 19 long-term assessment, as well as the effective assessment of the rehabilitation program despite the activity restrictions in stationary conditions.

Key words: *Functional status, post-COVID-19 sequelae, post-COVID-19 Functional Status Scale*