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TITLE: Therapeutic Education Protocols for people recovering from COVID-19: a tele-health approach (Protocolli di Educazione Terapeutica dedicati alle persone in fase di recupero post-infezione da COVID-19: un approccio di telemedicina)

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UNIVPM Research Group: Neuroriabilitazione (Prof Maria Gabriella Ceravolo)

Research activity description: The current pandemic due to SARS-COV-2 is characterized by an acute respiratory syndrome (Coronavirus Disease-19 - COVID-19) that requires hospitalization in about 18-4% cases. Appropriately, much attention addressed the acute challenges in caring critically ill patients. Most of patients will recover, even in the highest-risk groups, and many patients will need post-acute care to recover from the functional consequences of their infection. Historical data suggest that more than 30% of patients hospitalized with sepsis, a condition with inpatient mortality similar to that associated with COVID-19, require facility-based care and another 20% require home health care. Although the specific characteristic of the post-COVID syndrome has not been deeply described, according to recent scientific literature and the Italian Higher Health Institute estimates, at least half survivors shall suffer from a mild to severe deconditioning syndrome, fatigue, muscle wasting and pain, dizziness, very low tolerance to minimal efforts, depression and anxiety, when they not will suffer from post-critical neurological syndrome and peripheral neuropathies. The widespread experience and expert opinions suggest to potentiate the home-based care services as much as possible in order to improve capillarity, security and effectiveness of the health-care.



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To support the COVID-19 people in the post-acute phase at achieving a fast recovery, the medical and physiotherapy staff of the Neurorehabilitation Clinic of Ancona University Hospital, together with the trainees of the Specialization School of Physical and Rehabilitation Medicine of the University “Politecnica delle Marche” and the engineers from Dept. of Information Engineering, realized a therapeutic education program, available, for free, from a web platform, using any tool (smartphone, tablet, laptop) and any operating system (Android, Windows, iOS). It targets subjects in the recovery phase after COVID-19 and can be used remotely with the supervision of clinicians. The platform offers a selection of 28 footages displaying as many exercises for the respiratory and limb muscles, with an audio tutorial giving specific instructions on how to perform correct movements. The study aims to verify the feasibility and usefulness of this service by the count of website users and the assessment of user’s satisfaction through an online questionnaire checking compliance with the exercise protocol , symptom recovery and side events

Link: <https://www.rehab-univpm.it/public/#/covid>

Collaborators: DII (UNIVPM), Clinica di Neuroriabilitazione (Azienda Ospedaliero universitaria "Ospedali Riuniti di Ancona"), Scuola di Specializzazione in Med. Fis. E Riab. (UNIVPM)
