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Post (COVID-19) Infection Pulmonary Rehabilitation

Tahani Ali Salem Maharem

Al Baha University Al Baha KSA

Pulmonary rehabilitation (PR) is one of the most effective management strategies to improve shortness of breath, quality of life, and exercise tolerance of patients with COPD. It also leads to a decrease in symptoms of anxiety and depression. Chronic obstructive pulmonary disease (COPD) is a condition that is characterized by persistent airway inflammation and airflow limitation. It is the 3rd leading cause of mortality worldwide. There is an ongoing controversy on whether COPD is a risk factor for COVID-19. The coronavirus disease 19 (COVID-19) pandemic has greatly impacted PR programs and their delivery to patients. The severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2) is a novel beta coronavirus that was first identified in December of 2019 through a cluster of pneumonia with an unknown origin. The disease caused by this virus is now known as Coronavirus disease 19 (COVID-19), and has been characterized as a global pandemic by the World Health Organization since March 11th 2020. PR is considered as a critical component of integrated patient management, and usually includes a range of healthcare professionals to ensure optimal outcomes. The multidisciplinary team for PR generally consists of pulmonologists, physical medicine specialists, social workers, psychologists, nurses, respiratory therapists, occupational therapists, physiotherapists, general practitioners, pharmacists, and dieticians. Patients with a high symptom burden or those at increased risk of exacerbations are recommended to participate in a formal rehabilitation program that is structured and multi-disciplinary.

Keywords: pulmonary rehabilitation, COVID-19, COPD.

Biography:

Tahani Ali Salem Maharem completed her Phd in Pulmonology Nursing at Alexandria university, Egypt . She is a Clinical instructor at Medical Surgical Nursing Department, Faculty of Nursing Alexandria University Egypt since 2007. She is a Member of Pulmonary rehabilitation team at Chest Disease Department at Main university Hospital Alexandria university Egypt since 2014 She is a Assistant Professor at Nursing Department, Applied Medical Science Faculty at Al Baha University, KSA since 2020.