

ROLE OF REHABILITATION IN PANDEMIC CONDITIONS

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Abstract

Despite the tireless research of scientists around the world, we are witnessing the prevalence of coronavirus disease, and many questions about the etiology, course, prevention, and rehabilitation of the disease remain open. Experiments by health professionals have shown that coronavirus infection was mostly mild to moderate, but severe and lethal cases were observed in about 40 percent of patients. Of course, it was noted that the condition of the patient's immune system, as well as the patient's age, the presence of co-morbidities, and harmful habits are of great importance. Suppose a patient with COVID-19 infection is rehabilitated from the first days of his illness and its continuity is established. In that case, the rate of not only death but also admission to the intensive care unit of many patients will be sharply reduced [3].

Keywords: COVID-19, rehabilitation, pandemic, medical staff.

Introduction

Purpose of the article: To identify, study, and analyze the problems encountered in the rehabilitation and continuity of patients with COVID-19 infection in pandemic conditions, to improve the work of medical staff, and their position in all stages and aspects of rehabilitation and thus ensure effective passage of all stages of rehabilitation. The task is to bring the patient back to pre-pandemic life and prevent complications, fully restore the lost capacity of the organism, in any case, to slow down the progression of the disease. To achieve them, a complex of therapeutic and restorative means is used, including exercise, natural factors, various types of massage, exercise in (massage) simulators, occupational therapy, psychotherapy, and those that have the most rehabilitative effect of autotraining. [9]

Research methods:

In the process of collecting, processing, and analyzing research materials using modern epidemiological, socio-hygienic, mathematical-statistical, and evidence-based medical methods to analyze the activities of nurses in the rehabilitation of patients with COVID-19 infection, "Nazarbek Covid 19" center nurses (78) and 134 patients (with their consent) were interviewed. (CQFN - COVID QUESTIONNAIRE FOR NURSES)

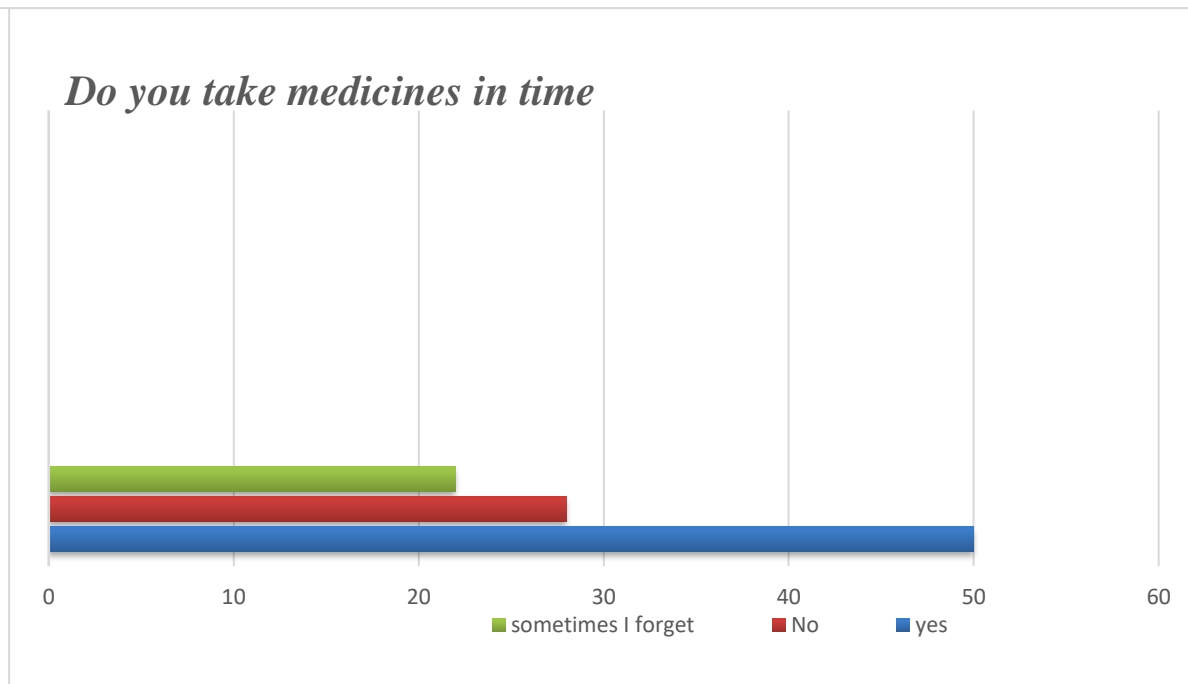
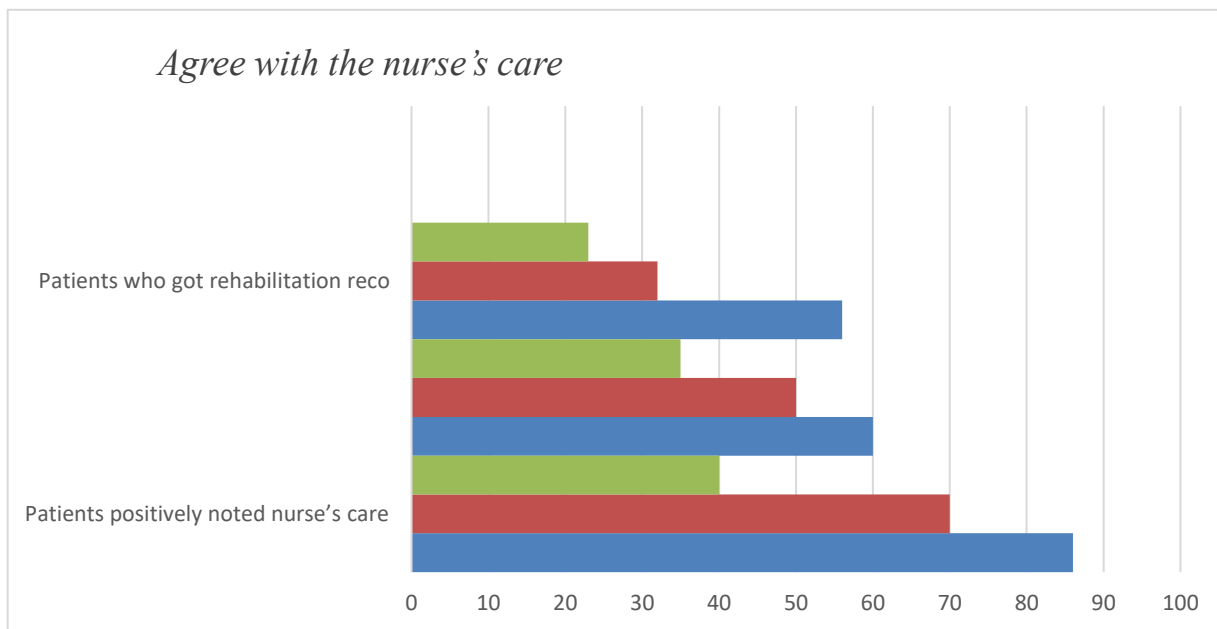
Results and analysis

According to the results of the survey: patients expressed dissatisfaction with the implementation of rehabilitation measures. When asked if they help the patient with breathing exercises and massages by medical staff, 46% of medical staff said that they do not help due to lack of time,

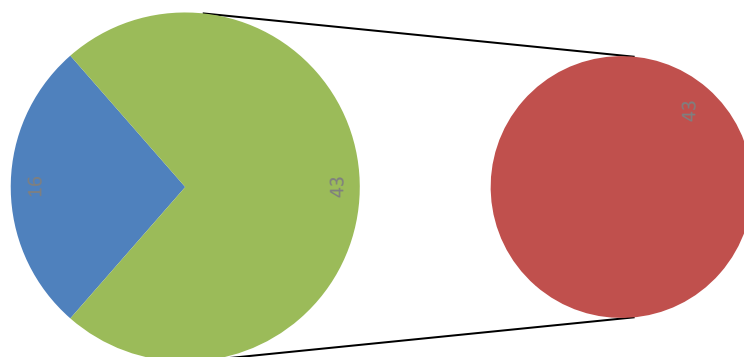


12% of nurses do not know breathing exercises, 56% of nurses help patients with exercises and regularly perform vibro massage).

After the patient is discharged from the hospital, breathing exercises are very important for at least three months after the illness (especially for those with comorbidities) and are explained by the ward nurse in 48% of cases and by the doctor in 30% of cases, the patient's diet and water balance (50%) by a nurse, (28%) in cases where the doctor is supervising.



*DOES THE NURSE EXPLAIN TO THE PATIENT IN ADVANCE
THE IMPORTANCE AND PURPOSE OF THE
PROCEDURES YOU WANT TO PERFORM?*



The importance and purpose of the treatments and medications taken were also determined when the nurse explained the patient (47%) when asked by most patients (in cases where the patients were medical personnel). Nurses (20%) said that it is important for patients to take the prescribed medication after leaving the hospital, to do breathing exercises and that it is important for them to recover. (18%) explained. 48% of patients were satisfied with nursing care, while 52% of patients responded with dissatisfaction.

Conclusion

Development of recommendations for improving the rehabilitation process in patients, Involvement of rehabilitation physicians in hospitals (inpatient facilities where patients with COVID-19 infection are treated); Provide rehabilitation programs based on the patient's current condition,

- ✓ Paramedics should be trained to assist the patient in performing breathing exercises and to use the principles of interviewing in a way that takes into account the patient's mental and emotional state.
- ✓ Recommend creating and implementing an interactive electronic system that connects patients with COVID-19 infection with primary healthcare facilities and patients in need of rehabilitation, which will allow patients to receive rehabilitation treatments faster and facilitate the work of medical staff.

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