

# COVID-19 RECOVERY PROGRAM

As post-acute providers continue to be challenged with the additional burdens of the COVID-19 pandemic, a collaborative approach to the care of our residents is essential. Our research of the most current scientific data provides our partners with the confidence and educational resources necessary to adapt to the day-to-day challenges. At Preferred Therapy Solutions, “we are in this together” is the philosophy that we live each day to ensure our partners have the necessary recovery programs that are part of their COVID-19 solution.

## CLINICAL EDUCATION AND RECOVERY STRATEGIES FOR THE COVID-19 PATIENT



### Pulmonary System

- Damage to alveoli due to inflammation
- Severe pneumonia
- Difficulty exchanging oxygen & carbon dioxide
- Acute Respiratory Distress Syndrome
- Edema



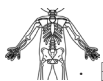
### Cardiac System

- Intense inflammatory response
- Increased incidences of tachycardia
- Blood pressure changes, decreased blood flow and higher risk for heart failure



### Complications of Immobility

- Severe muscle wasting and atrophy
- Muscle pain/aches
- Facial and oral motor weakness



### Musculoskeletal System

- Extreme loss of myofibrils
- Severe movement pattern impact and increased pain
- Muscle endurance and ability to recover
- Severe fatigue and activity tolerance decline



### Staff Competency

- Vital signs monitoring and interpretation
- Oxygen management
- Subtle changes in breathing, heart rate, appearance and lab values
- Documentation of skilled services



### Transitioning Home

- Education on hygiene, infection control, and monitoring visitors within the home
- Energy conservation
- Home delivery of medications



### Energy Conservation

- Pacing of Activities
- Use of adaptive equipment and assistive devices
- Breathing Exercises



### Nutrition and Hydration Enhancement

- Sweet or salty food (if dietary restrictions permit)
- Smaller portions offered throughout the day
- Fortified foods
- Compensatory strategies with breathing and swallowing

Learn how Preferred Therapy Solutions **COVID-19 RECOVERY PROGRAM** can help your patients. Contact Matt Nash, Vice President of Strategy and Development  
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