

What's the Problem?

COVID19 patients are at risk for becoming quickly deconditioned, especially in the hospital setting given the nature of the virus and those that get admitted. The concern for deconditioning stems from patients being confined to their room, the need to minimize exposure amongst healthcare providers and the need to conserve PPE.

We wanted to find ways to optimize opportunities for patient mobility, maintain patient and provider safety, all while conserving PPE. We reviewed the Chinese Association of Rehabilitation Medicine guidelines to help develop the exercise program.

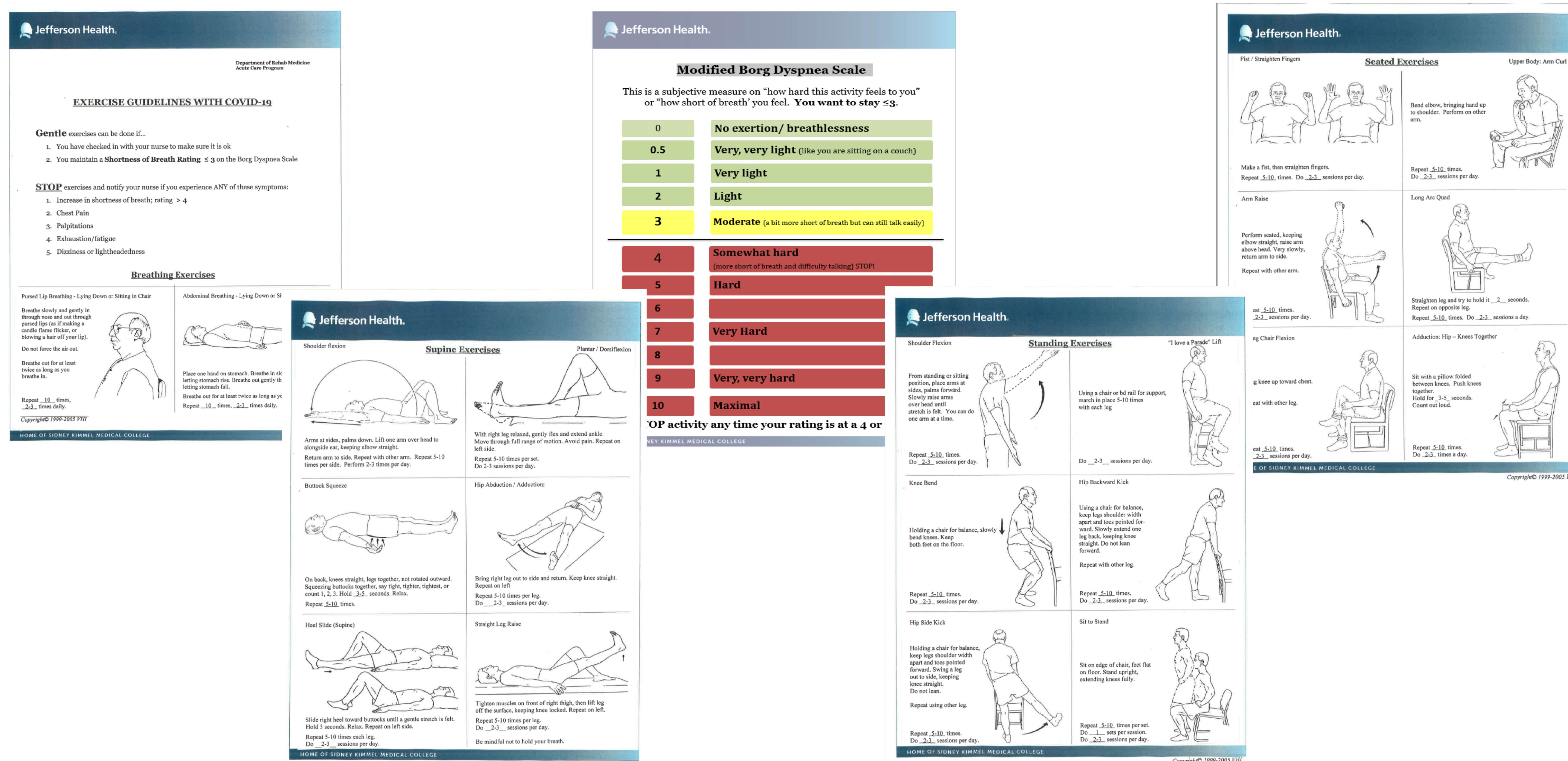
Cause analysis

Root causes of this problem included:

- Evolving understanding of ideal time to initiate PT and/or OT for patients with COVID-19.
- Differences in provider comfort to mobilize patients.
- Lack of established standardized exercise programs that could be shared with patients by any provider.
- Evolving understanding of appropriate PT and/or OT consults pre-COVID-19 and during COVID-19.
- Lack of common language for patients' mobility status.

How Might We: Improve mobility of patients with COVID-19 to minimize deconditioning, improve quality of life and decrease LOS.

We developed a standardized supine, seated and standing exercise program with handouts and videos that complemented each. Handouts were created using VHI computer software and provided to RN managers and therapy staff. Videos were loaded onto Jefferson Health YouTube for patients to access on iPads in the room and upon d/c home.



EXERCISE GUIDELINES WITH COVID-19

Gentle exercises can be done if...

1. You have checked in with your nurse to make sure it is ok
2. You maintain a **Shortness of Breath Rating** ≤ 3 on the Borg Dyspnea Scale

STOP exercises and notify your nurse if you experience ANY of these symptoms:

1. Increase in shortness of breath; rating > 4
2. Chest Pain
3. Palpitations
4. Exhaustion/fatigue
5. Dizziness or lightheadedness

Breathing Exercises

Modified Borg Dyspnea Scale

This is a subjective measure on "how hard this activity feels to you" or "how short of breath" you feel. **You want to stay ≤ 3.**

0	No exertion/ breathlessness
0.5	Very, very light (like you are sitting on a couch)
1	Very light
2	Light
3	Moderate (a bit more short of breath but can still talk easily)
4	Somewhat hard (more short of breath and difficulty talking) STOP!
5	Hard
6	
7	Very Hard
8	
9	Very, very hard
10	Maximal

OP activity any time your rating is at a 4 or

Standing Exercises

Seated Exercises

We also developed a step by step video on how to mobilize a patient requiring minimal assist from supine to sitting EOB to standing and then back to supine. The video was shared with nursing and housestaff and placed on MYJeffHub as a resource.

Videos can be found at:

Inpatient Exercises - https://www.youtube.com/playlist?list=PLq-eEddi_wgGA_zZAF-5q-KuzBxYOKkw6

Mobilizing COVID -19 Patients -

https://jam8.sapjam.com/groups/V6DNNXT1ZN1xRM1VUUmssw/content?folder_id=TT1Mvclkm6dwMYXyKJf3A