
Post COVID-19 Rehabilitation Response Overview: Taskforces, Tools & Resources



May 2021

Why Rehab?

- 30 day ED visit rates (post-discharge) as high as 98%
- 30 day hospital re-admission rates as high as 14%
- For many COVID-19 patients, health problems can last for weeks (25%) and months (10%) – the vast majority of which will be able to self-manage with appropriate resources and supports.

Chronic Fatigue (>40%)

Memory Problems (50%)

Mental Health Concerns (50%)

Muscle Soreness &
Weakness (50%)

Shortness of Breath
(approx. 65%)

Cardiovascular (50%)

Patient Digital Story



Post COVID-19 Rehabilitation Taskforces Overview

GOAL: Develop a provincial approach to timely, standardized & coordinated rehabilitation for adult patients experiencing post COVID-19 symptoms across care continuum.

1. Provincial Post COVID-19 Rehabilitation Taskforce

(April – Sept. 2020)

Purpose: Develop recommendations for rehabilitation screening, determining rehabilitation needs, process for discharge/transitions and longitudinal monitoring.

Output: [Final Report of 19 Rehabilitation Recommendations](#)

2. Post COVID-19 Rehabilitation Response Taskforce

(Nov. 2020 - March 2021)

Purpose: Operationalize 19 recommendations from first taskforce.

Output: Post COVID-19 Rehabilitation Framework (including pathways, screening tools, patient and provider resources)

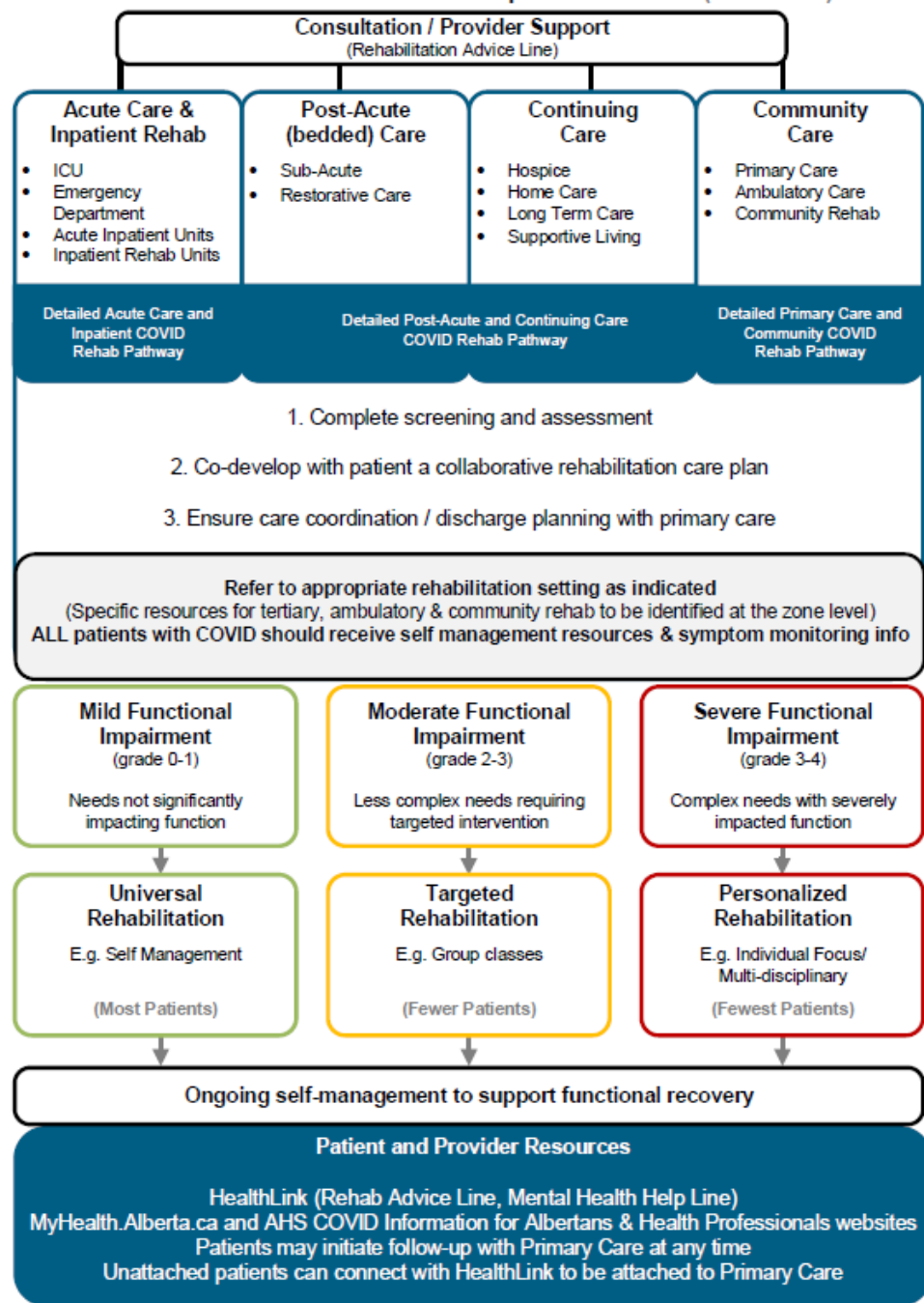
3. ECC Post COVID-19 Taskforce

(March – May 2021)

Purpose: Support implementation of framework from second taskforce at the Zone level.

Expected outputs: Zone pathways, referral criteria & processes, integration between care settings, broad communication

Provincial COVID Rehabilitation Response Overview (for Adults)



Post COVID-19 Rehabilitation Framework

Framework is summarized in the second taskforce's final report / appendices and includes:

- 19 Rehabilitation Recommendations

- Post COVID-19 Rehabilitation Screening Tools:

- Post COVID-19 Functional Status Scale (PCFS)
- Post COVID-19 Symptom Checklist
- Scoring/evaluation to determine rehab needs

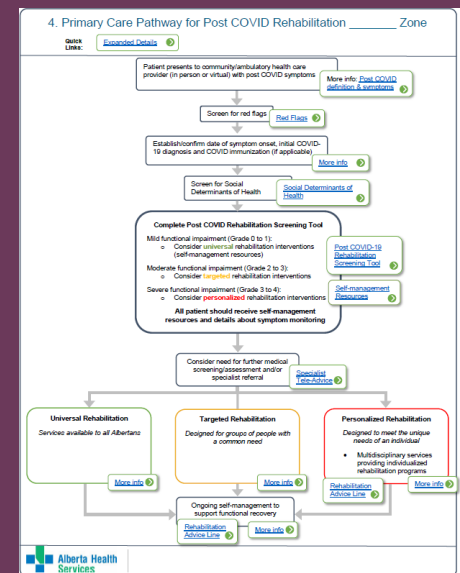
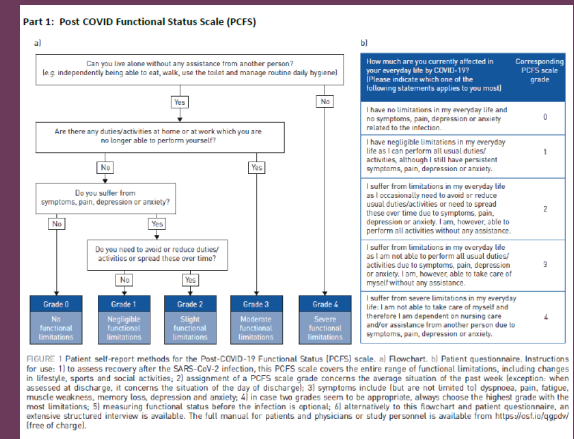
- Care pathways and supporting toolkits (including implementation considerations, symptoms, red flags, resources) for:

- Acute care and inpatient rehabilitation
- Post acute and continuing care
- Primary care and community rehabilitation

- Rehabilitation Service Inventory Mapping Tool

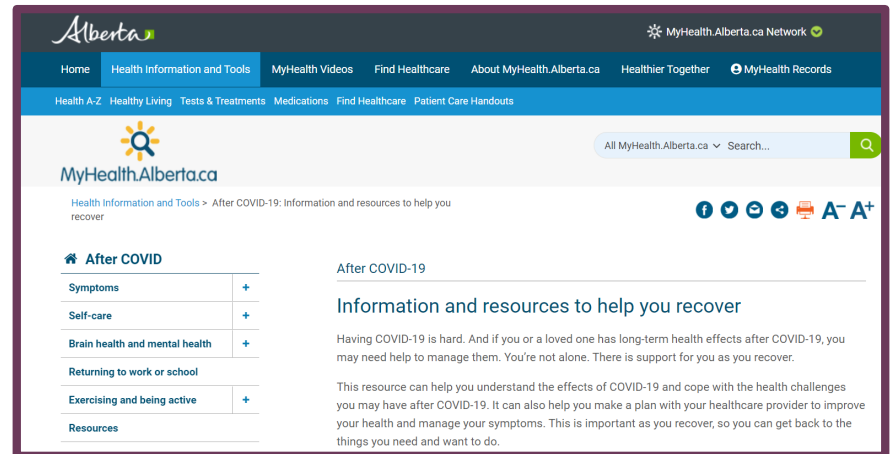
- Patient Resources – more info on next slide

- Provider Resources – more info in two slides



Patient COVID-19 Resources

- **Rehabilitation Advice Line 1-833-379-0563**
- Self-management resource:
“How to Support Your Recovery & Rehabilitation After COVID-19”
 - Posted on [MyHealth.Alberta.ca](https://myhealth.alberta.ca)
 - Will be translated into 11 languages
- **List of patient rehabilitation resources**
 - Appendix I to taskforce final report
 - Posted on the [AHS COVID-19 Information for Albertans site](https://www.alberta.ca/ahs-covid-19-information-for-albertans.aspx) in new section called: [“Getting Healthy after COVID-19”](#)



Provider COVID-19 Resources

- **Rehabilitation Advice Line 1-833-379-0563**
- **List of provider rehabilitation resources**
 - Appendix J to taskforce final report
 - Next steps:
 - Post list of links on [AHS COVID-19 Information for Albertans site](#) in new section (under construction) called **“Getting Healthy After COVID-19”** - anticipated completion early May
 - Identify gaps in provider resources and develop as needed (part of the scope of work of the new “ECC Post COVID-19 Taskforce” as they support implementation of the framework to the Zones)



Next Steps

- Increase awareness & uptake through internal & external communication
- Encourage self-management where possible
- Support Zones with implementation & integration between care settings
- Develop Zone specific pathways & lists of available resources
- Develop referral criteria & processes
- Embed screening tools into Connect Care
- Enhance provider resources
- Data collection & provincial survey to better understand long term trajectory of COVID-19

Questions?

- **Rehabilitation Advice Line:**
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- **Zone specific pathways and provider resources:**
Isabel.Henderson@ahs.ca
- **Post COVID-19 Rehabilitation Framework and patient resources:**
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