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.
Patient Digital Story

Finding My Way Back - Tracey's 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)

Consultation/Provider Support
(Rehabilitation Advice Line)

- Acute Care & Inpatient Rehab
  - ICU
  - Emergency Department
  - Acute Inpatient Units
  - Inpatient Rehab Units

- Post-Acute (bedded) Care
  - Sub-Acute
  - Restorative Care

- Continuing Care
  - Hospice
  - Home Care
  - Long Term Care
  - Supportive Living

- Community Care
  - Primary Care
  - Ambulatory Care
  - Community Rehab

Detailed Acute Care and Inpatient COVID Rehab Pathway
Detailed Post-Acute and Continuing Care COVID Rehab Pathway
Detailed Primary Care and Community COVID Rehab Pathway

1. Complete screening and assessment
2. Co-develop with patient a collaborative rehabilitation care plan
3. Ensure care coordination/discharge planning with primary care

Refer to appropriate rehabilitation setting as indicated
(Specific resources for tertiary, ambulatory & community rehab to be identified at the zone level)
ALL patients with COVID should receive self-management resources & symptom monitoring info

Mild Functional Impairment
(grade 0-1)
Needs not significantly impacting function

Universal Rehabilitation
E.g. Self Management
(Most Patients)

Moderate Functional Impairment
(grade 2-3)
Less complex needs requiring targeted intervention

Targeted Rehabilitation
E.g. Group classes
(Fewer Patients)

Severe Functional Impairment
(grade 3-4)
Complex needs with severely impacted function

Personalized Rehabilitation
E.g. Individual Focus/Multi-disciplinary
(Fewest Patients)

Ongoing self-management to support functional recovery

Patient and Provider Resources
HealthLink (Rehab Advice Line, Mental Health Help Line)
MyHealth.Alberta.ca and AHS COVID Information for Albertans & Health Professionals websites
Patients may initiate follow-up with Primary Care at any time
Unattached patients can connect with HealthLink to be attached to Primary Care

Updated March 29, 2021
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**

  - Posted on 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 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:**
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- **Post COVID-19 Rehabilitation Framework and patient resources:**
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