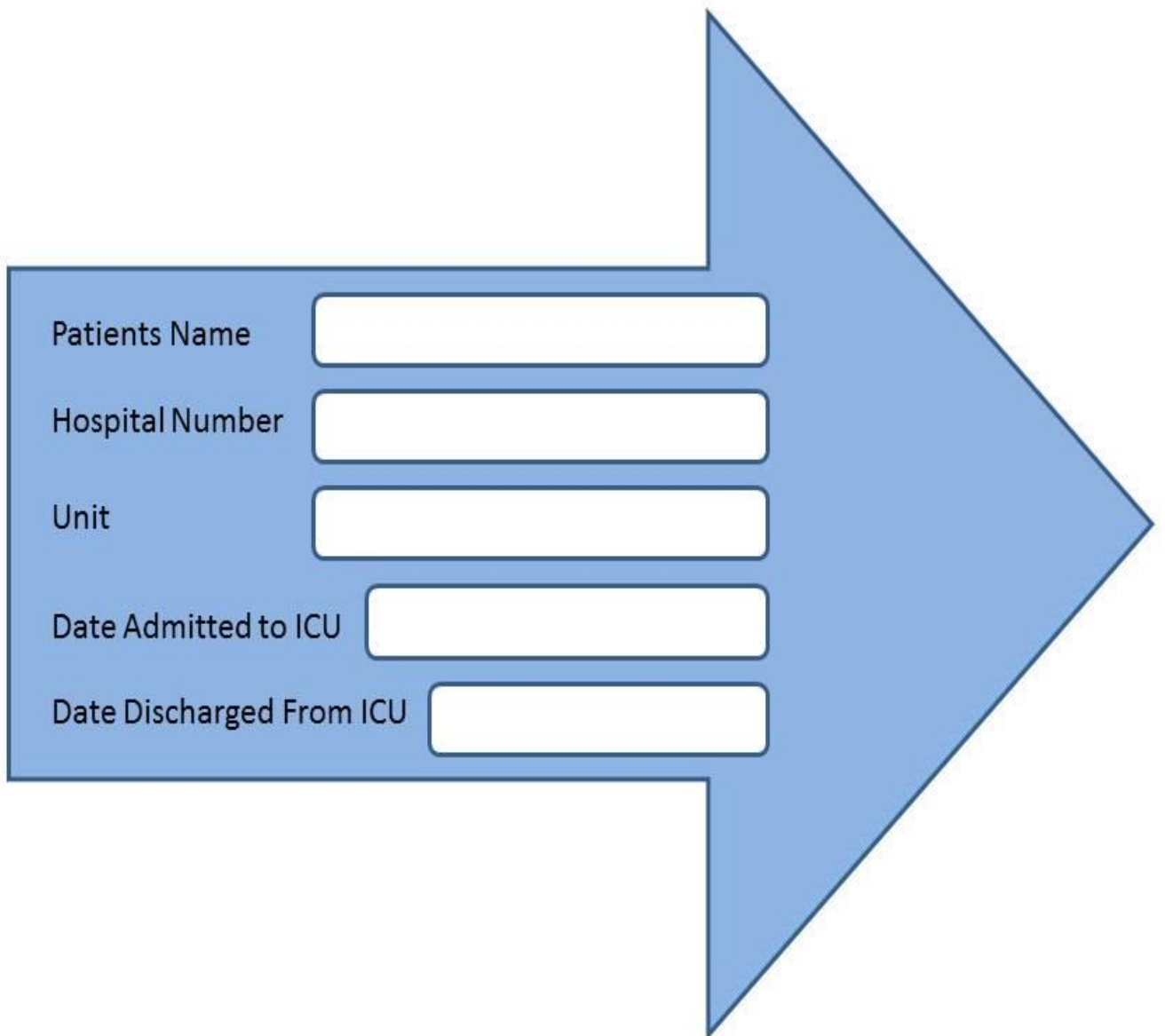


COVID19

Rehabilitation Handbook





Patients Name

Hospital Number

Unit

Date Admitted to ICU

Date Discharged From ICU

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Recovery after COVID-19

Common problems during and after respiratory illness:

Individuals are likely to have different problems due to the impact of COVID-19 . Listed below are some of the common problems you may experience during or after the illness. Some people recovery quickly and do not require much support. However, some will require more time to help with their recovery, this booklet is designed to help support you.

If you would like further information on any of these topics or guidance for how you can work through these problems please use the contents page to find the relevant section in this manual. If you feel you require further support there is a list of contacts and resources at the back of the booklet - page 43.

Physical:

- **Muscle weakness** – being unwell often means your staying in bed or resting more, this can lead to muscle weakness.
- **Reduced mobility:** -this can put you at risk of deconditioning and or muscle weakness
- **Breathlessness** - Breathlessness is a key feature for many people with this condition. If you have been admitted to hospital it is likely that you may become short of breath as your lungs work harder to provide oxygen to your body. This may mean that you breathe faster and shallower. Some people feel anxious as simple daily tasks become harder. Being breathless can make you panic or feel frightened.
- **Phlegm** – Most people cough and clear phlegm throughout the day without noticing. With COVID-19 you may have a dry cough, but some people develop phlegm as the course of their illness progresses. This can depend on your underlying health conditions, or it may just be how you are being affected by the virus. Clearing this phlegm is important as it will improve your oxygen levels and help make breathing easier.

- **Fatigue** – Being unwell and recovering from this illness may leave you feeling very tired. You may feel you need to sleep more or feel completely exhausted after only taking a short walk.
- **Reduced physical fitness** – all of the problems listed above can have an impact on; your daily activities, the distance you are able to walk and the amount you can achieve each day.

Psychological:

- **Delirium**

Delirium is a sign that someone is physically unwell.

People may feel suddenly 'confused' at times and then seem their normal selves at other times.

People who are delirious may not know where they are or believe they are somewhere else, e.g. on holiday.

Sometimes people see things that other people can't see, or believe things that aren't true.

IT DOES NOT MEAN THAT YOU ARE GOING MAD OR THAT YOU WILL BE SO CONFUSED FOREVER.

- **Feeling frightened or anxious**

Some people who have been very confused with delirium may feel very frightened or embarrassed afterwards. It may help to talk to a member of staff or one of your loved ones to help you make sense of why you feel like this.

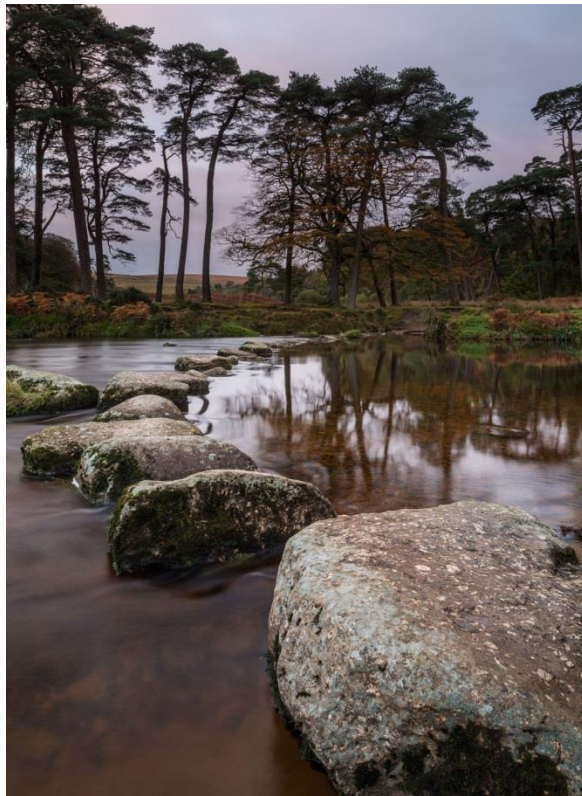
- **Thinking and memory**

Some people after being unwell have problems with memory and attention. You might find yourself forgetting things that previously you would have remembered. This is common and will often get better over time.

What is this handbook for?

This handbook has been created to give you a framework that you can use with your team of health care professionals and your loved ones to support your recovery after COVID-19.

Today is the day that you need to set your personal goals for recovery, and start working towards your future.



Life after severe illness can be challenging and it can feel like a series of stepping stones to feel “normal” again. This process will take time, effort and energy for you and your family. Remember to give yourself time to adapt, recharge and support yourself or your loved ones through this process.

Setting goals for recovery



It is important to be patient and stay positive! Setting realistic goals can help you to feel a sense of achievement and see your progress.

You may like to set yourself small goals to reach by the end of each week.

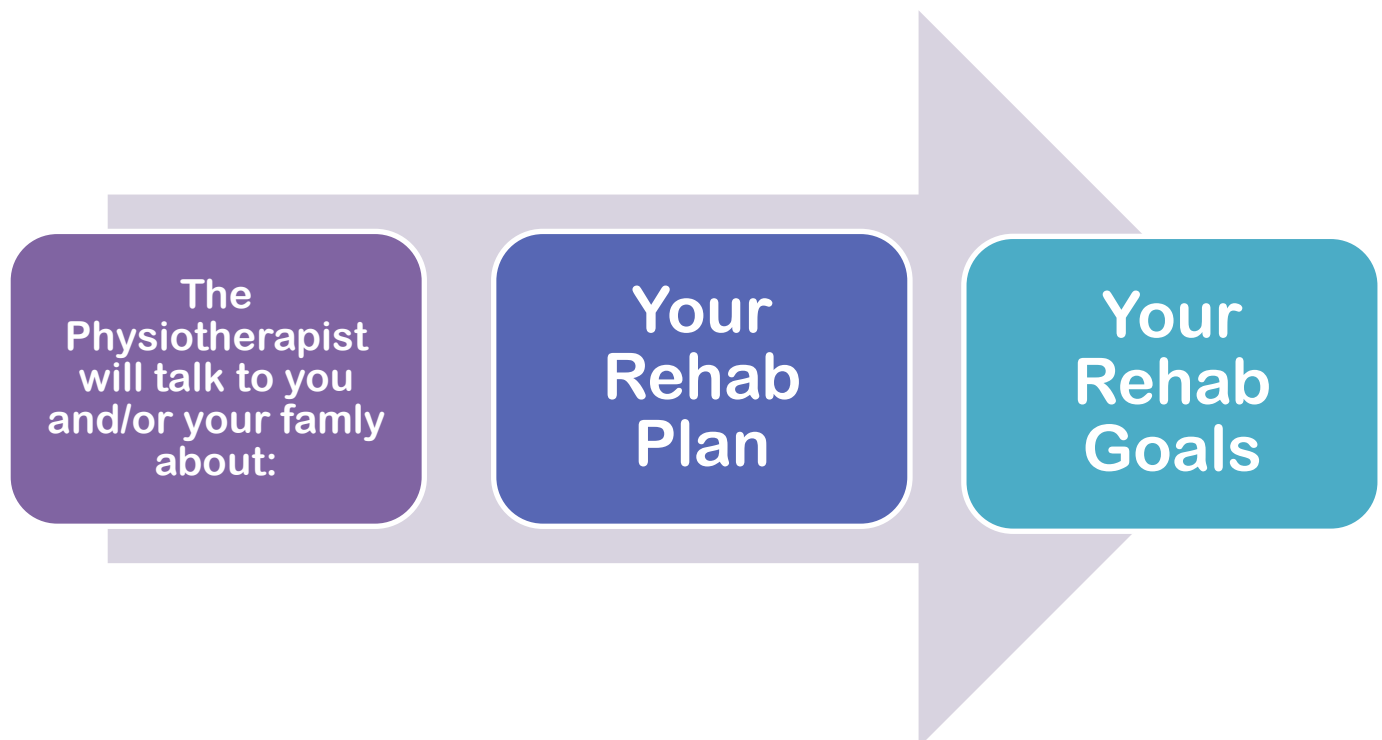
These can be physical or mental or both. Reflecting back on these can be quite encouraging, as long as you do not set yourself goals that are too difficult and unrealistic.

Rehabilitation Goals

When setting goals for your future it is important to split your goals into manageable chunks.

My main goal is to:

To get to my main goal I need to:



Remember you need to be mindful of **pacing** yourself and think about your levels of **tiredness** and **breathlessness**. Sometimes it can be

useful to record these before and after your exercises to show your progress.

Your rehabilitation goal might be:

To improve your breathing

Every day our lungs produce 100mls of fluid called sputum. Sputum traps the dirt particles that we breathe in. This is normally coughed and cleared during the day to clear the lungs. Patients who are unwell and weak sometimes find it difficult to cough and clear the daily sputum load.

This is made worse if patients have pneumonia or a chest infection, as more sputum is produced.

One of the best ways to help clear sputum is,

- Early activity such as getting into the chair or walking. This encourages deep breathing and coughing.

Relief of breathlessness : tips for patients

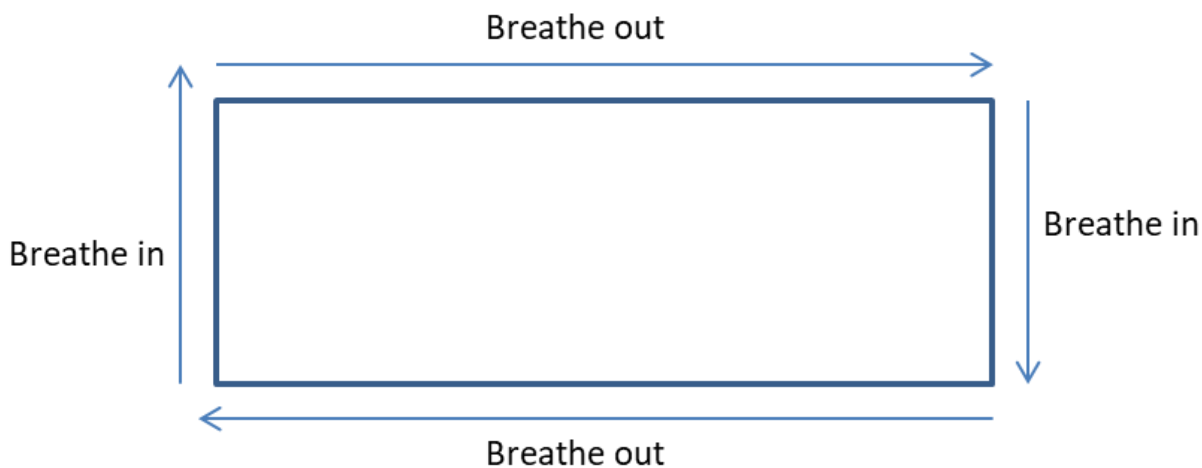
After an illness which effects the lungs, many people often feel short of breath. Every day activities such as getting dressed, walking or doing jobs around the house can make you feel breathless. This can cause fear and panic.

- Stop (speaking and moving). Give yourself time to recover your breath.
- Positioning: choose a position which will make it easier for you to breathe (examples below)
- Relax or distract (It may help to focus on a picture, a view from the window).
- Breathing techniques (these can be taught to you by your nurse or physiotherapist – ask for a guidance leaflet).

Breathing control - Relaxed breathing with minimum effort.

- The aim is to move from fast, upper chest breathing to relaxed, slow tummy breathing.
- Place one hand gently on the stomach. You should feel your stomach should rise and fall with each breath in and out.
- Take slower breaths, in through your nose down into your tummy, then gentle breathe out through pursed lips to create more room for the next breath in. Do not force your lungs to empty.
- Remember 3 Rs: Rise the tummy as you breathe in, Relax the breath out, Rest and wait for the next breath to come

Try counting “in, 2, out 2,3,4 etc “ or "Square Breathing” : Look at a square picture, window or screen. Focus on the corner as you breathe in, then breathe out as your eye moves along the square to the next corner



Closing your eyes may help you focus on breathing and relax. Relax the shoulders and neck muscles and try not to hold the stomach in. Let your hands and arms feel loose or heavy as you breathe out.

Breathlessness Scale

This is a scale that asks you to rate the difficulty of your breathing.

Please use the breathlessness scale below to help with monitoring your breathlessness. You could use this to score how well your lungs are recovering

Aim: to help you monitor and guide you as you exercise. It's important to take regular rests and stop before you get too short of breath.

Shortness of Breath Modified Borg Dyspnea Scale	
0	Nothing at all
0.5	Extremely Slight (just noticeable)
1	Very Slight
2	Slight
3	Moderate
4	Somewhat Severe
5	Severe
6	
7	Very Severe
8	
9	Extremely Severe (almost maximal)
10	Maximal

Positions to ease breathlessness

Try out some of the supportive position below to work out which works best for you.

1. High side lying.
2. Forward lean sitting without pillows.
3. Forward lean sitting with pillows.
4. Upright sitting in chair.
5. Forearm support to assist breathing using trolley.
6. Forward lean standing.
7. Standing with back support.



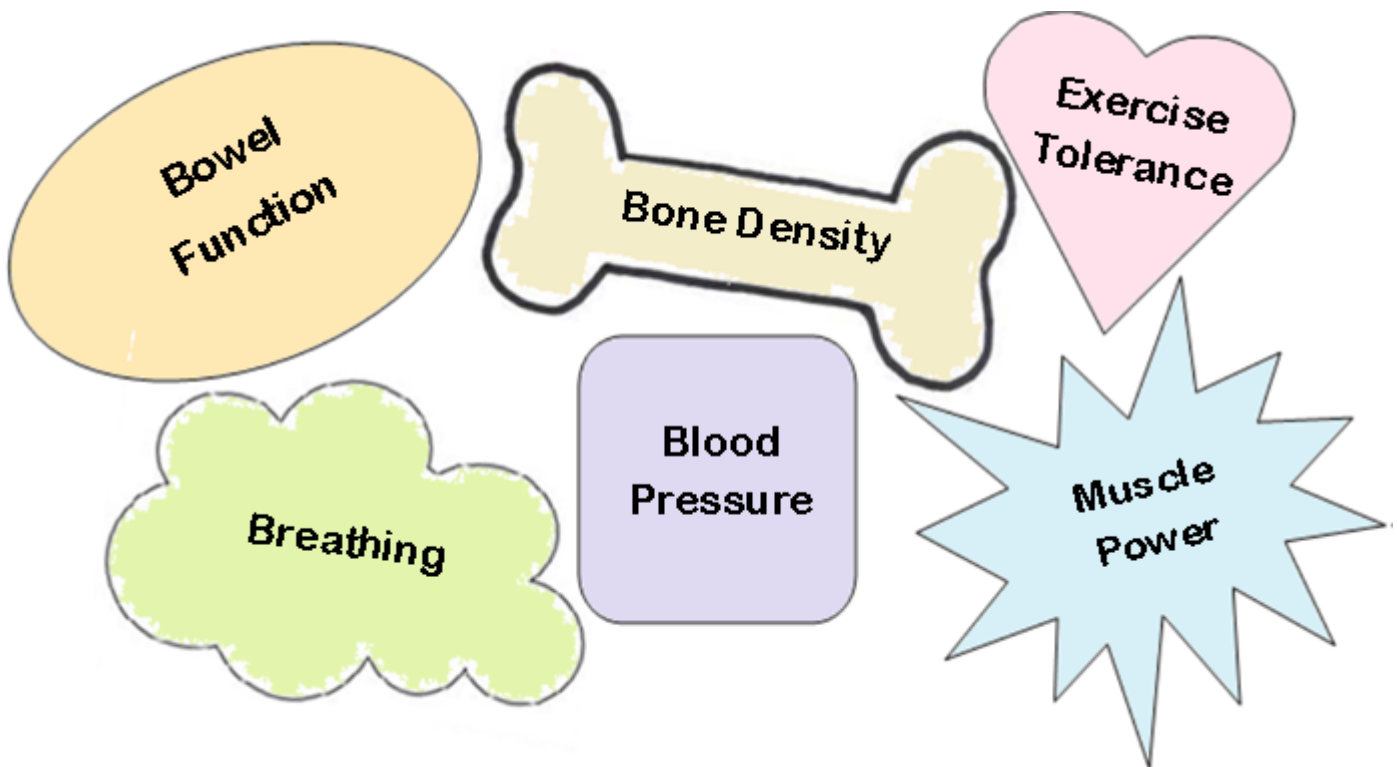
With thanks to Chest Heart and Stroke Scotland

2) Physical ability

Whilst in hospital most people move about less than normal. A lot of bed rest or sitting can lead to muscle loss. This can result in experiencing weakness, joint stiffness, muscle tightness, sometimes feeling more unsteady on their feet and reduced fitness. This is normal, however it is important to rebuild muscles as soon as possible after illness and being active helps people recover both physically and mentally.

Getting out of bed is very important

Even when you don't feel well or are feeling tired, getting up can help you:



Things that can help you to get stronger:

- Whilst in hospital you will may require some help with your daily needs but you will be encouraged to do what you can for yourself – for example, washing or feeding yourself or brushing your teeth (these are called functional activities)
- Getting into a daily routine, including times of rest and times of activity. The team looking after you will help you this.
- You are encouraged to complete exercises that you can do by yourself.

Exercises

Exercise is important after being ill and helps you to recover from your time in intensive care. While you were ill your body took some of the energy needed to survive from its stores in your muscles, meaning they may be smaller and weaker. It takes time to get your strength back.

Some of the benefits of exercises are:

- Help to strengthen your heart and lungs
- Help to rebuild the muscle you lost during your illness
- Help to reduce stress
- Help you to get good refreshing sleep
- Improve movement in your joints
- Improve your confidence.

The exercises are divided into three sections:

Bed exercises: These are a good starting point and can be started whilst you are still a patient on intensive care.

Chair exercises: As soon as you start sitting out in a chair you can begin to do these exercises. They can be done alongside the bed exercises as well as on their own.

Advanced exercises: These are designed to be a progression of the first two sets of exercises. Once you are discharged home and can walk

without any help then you can start this section.

Repetitions: Start with 6 - 8 repetitions of each activity, increase as able.

We recommend that you start an exercise diary, this is an example of what you could record to help highlight and track your progress.

My Rehab Diary

Date:

Goal today:

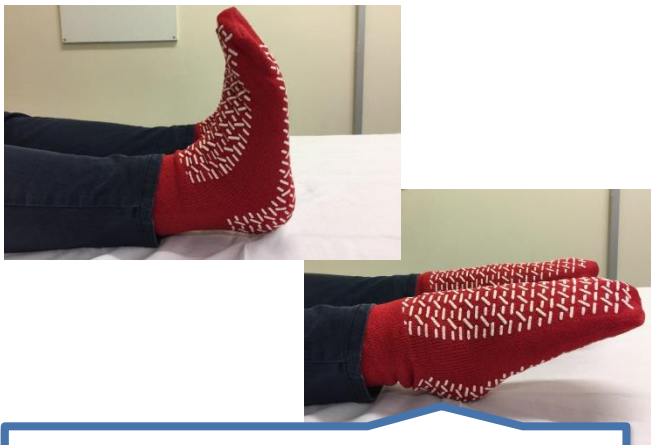
Exercises Completed

How I felt before (breathlessness score)

How I felt After (breathlessness score)

What I am going to do tomorrow

Bed Exercises



Move your ankles up and down



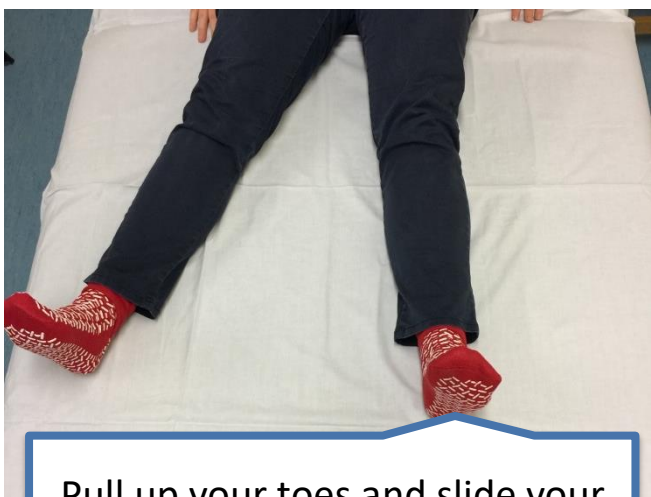
Push your knee down into the bed



Push knee into towel and lift your heel off the bed



Slide your heel along the bed towards your bottom

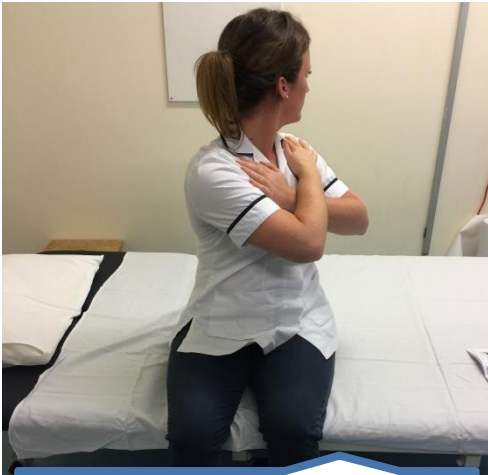


Pull up your toes and slide your leg out to the side.



Bend your knees & lift your bottom off the bed.

Chair Exercises



Cross your arms and turn your head and body left and right.



Start with your elbow straight then bend to touch your shoulder.



Lift your arm so that your elbow is beside your ear and then lower.



Keep your elbows tucked in, move your arms in and out.



March your legs while sitting.



Straighten one knee at a time and hold.

Advanced Exercises

Only try these exercises once you have **discussed them through with your nurse or physiotherapist** or if you can **walk independently**.

- Wear loose, comfortable clothing and keep a glass of water handy.
- Try doing these exercises at least twice a week; this will help to improve muscle strength, balance and co-ordination.
- Build up slowly and aim to increase the repetitions of each exercise over time.
- Hold on to a firm surface for all standing exercises e.g kitchen sink. Keep the body upright and toes pointed forward.



Lift the leg out to the side,
and back to the centre.



Stand up on your toes and
gently back down.



Lift the leg out behind you,
and back to the centre.



Squat down as able then
stand up tall.



Sit to stand, push up from chair (push up with hands if you need to)



Slowly bend your elbows then push up from the wall.



Marching on the spot.



Throw a ball to the wall then try to catch it on the bounce.

Exercise & Repetition Advice

- Not all the exercises need to be done all at once, break them down into manageable bite size chunks.
- Start with 6 - 8 repetitions of each activity, increase as able.

Common experiences after severe illness

As they start to recover some patients begin to realise how unwell they have been, and have to begin to try to make sense of what has happened to them. Common psychological issues include strange dreams, problems sleeping or feeling anxious or low. If you would like support with any of these symptoms please ask your current ward clinical team.

Due to current restrictions your family might not be able to visit. They can still provide support and encouragement remotely via the use of a phone or digital device –if you don't have your own please ask a member of the team if they can support you with this.

How your family can help:

- Supporting you to complete your exercises
- Helping you to keep track of what you've achieved each day
- Reminding you how far you have come
- Sharing stories of loved ones at home
- Setting goals with you

Tracking your recovery

It's important that you try and keep yourself motivated, sometimes this can feel very hard and there may be days where you feel like you haven't made any progress. Please use the rehabilitation record on the next page to try and keep track of your recovery milestones.

My Rehab journey



Walk to the bathroom on my own

Walk around my bed space

Stepping on the spot

Chair cycling

Transfer bed to chair

Sit on edge of bed

Date I reached this goal

Psychological impact of illness

Being physically unwell has a psychological and emotional as well as a physical impact. It can also impact on your memory and thinking. Being severely unwell means you will probably go through a process of adjusting and recovery which may take time.



Here are some exercises which you might find helpful:

1. Grounding exercises

Sometimes in hospital there is just too much time to think - our mind over-works which is not usually a helpful process. It is important to work with your mind to try to help it be more of a friend to you.

Grounding your mind to focus on the here and now is important.

There are different ways in which we can help to ground our mind:

2. Breathing

When we are anxious or upset our breathing becomes more rapid. We can feel better by deliberately slowing and relaxing our breathing. Anxious breathing is up in the chest, whereas relaxed breathing happens deeper in the belly

Relaxed breathing instructions

- Breathe in slowly and steadily through your nose for a count of 4 - don't rush this
- Pause for a count of 1
- Exhale slowly and steadily for a count of 4 - breathe out gradually.
- Repeat for a few minutes until you notice a change in how your body feels
- If you get distracted, or if your mind wanders, just bring your attention back to how it feels to breathe in and out

3. Smells

If you are deliberately paying attention to a smell you are truly in the present moment. Try to find a smell that has positive associations for you – maybe one that reminds you of happy times, or a smell which you enjoy. Use it to bring yourself back to the present moment.

Helpful smells

- Small bottles of essential oils - e.g. eucalyptus, mint, lavender, lemon
- Small dried flowers such as lavender
- Perfume soaked on a tissue
- Whole spices from the kitchen

4. Grounding statement

We can sometimes forget that we are safe in the present. It can be helpful to write a 'grounding statement' to remind yourself that you are safe. You can read it if you become upset.

For example I survived and I am safe now.

5. Mindfulness

Mindfulness is about being aware of what is happening in the present, moment-by-moment, without making judgements about what we notice.

Why should I practice mindfulness?

Our minds can be focused on things in the past, present or future. We often find ourselves thinking about events that have already happened, or worrying about things that could happen. Mindfulness is a practice which encourages us to attend to the present moment. There is good evidence that mindfulness practice can help people cope more effectively with a wide variety of feelings, including physical feelings such as pain.

Why do I need to practice?

We can all pay attention to the present moment, at least for a short while. If you haven't tried meditation before, though, you might notice that your attention wanders and is not easily controlled. People who practice mindfulness regularly find that it helps their ability to stay in the present moment.

How to include Mindfulness in your life

- Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Listen to music, watch something.
- Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe.
- Simply notice whenever other thoughts and sensations come to mind, then refocus on your chosen mindful activity.
- Be patient and compassionate with yourself.
- Describe... rather than judge good or bad, pleasant or unpleasant.
- It is as it is.
- It will pass.

Sometime this 5 to 1 exercise is good –

Please name:

5 things I can see

4 things I can hear

3 things I can touch or feel

2 things I can smell or like the smell of and then take

1 slow deep breath

Anxiety and Depression

If you find that you feel low, anxious, or worried either when in hospital or once you get home please get in touch with there are some useful contacts listed in the back of this manual.

What is anxiety?

Anxiety can have both psychological and physical symptoms.

Psychological symptoms can include:

- feeling worried or uneasy a lot of the time
- having difficulty sleeping, which makes you feel tired
- not being able to concentrate
- being irritable
- being extra alert
- feeling on edge or not being able to relax
- needing frequent reassurance from other people
- feeling tearful

When you're feeling anxious or stressed, your body releases stress hormones, such as adrenaline and cortisol. These cause the physical symptoms of anxiety, such as an increased heart rate and increased sweating.

Physical symptoms can include:

- a pounding heartbeat
- breathing faster
- palpitations (an irregular heartbeat)
- feeling sick
- chest pains
- headaches
- sweating
- loss of appetite
- feeling faint
- needing the toilet more frequently

- "butterflies" in your tummy

What is Post-Traumatic Stress Disorder (PTSD)?

PTSD is an anxiety disorder caused by very stressful, frightening or distressing events.

Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt. They may also have problems sleeping, such as insomnia, and find concentrating difficult.

The symptoms of PTSD can have a significant impact on your day-to-day life.

The specific symptoms of PTSD can vary widely between individuals, but generally fall into the categories described below.

Re-experiencing

Re-experiencing is the most typical symptom of PTSD. This is when a person involuntarily and vividly relives the traumatic event in the form of:

Flashbacks

Nightmares

Repetitive and distressing images or sensations

Physical sensations such as pain, sweating, feeling sick or trembling.

Some people have constant negative thoughts about their experience, repeatedly asking themselves questions that prevent them coming to terms with the event.

For example, they may wonder why the event happened to them and if they could have done anything to stop it, which can lead to feelings of guilt or shame.

Avoidance and emotional numbing

Trying to avoid being reminded of the traumatic event is another key symptom of PTSD. This usually means avoiding certain people or places that remind you of the trauma, or avoiding talking to anyone about your experience.

Many people with PTSD try to push memories of the event out of their mind, often distracting themselves with work or hobbies. Some people attempt to deal with their feelings by trying not to feel anything at all. This is known as emotional numbing.

This can lead to the person becoming isolated and withdrawn, and they may also give up pursuing activities they used to enjoy.

Hyper-arousal (feeling 'on edge')

Someone with PTSD may be very anxious and find it difficult to relax. They may be constantly aware of threats and easily startled. This state of mind is known as hyperarousal.

Hyperarousal often leads to:

- Irritability
- angry outbursts
- sleeping problems (insomnia)
- difficulty concentrating

If you feel you require further psychological support please contact the ICU Psychology team: email: plh-tr.plymicurehab@nhs.net

Due to recent changes unfortunately there is not an active telephone number.

Discharge Home

The decision for you to be discharged from hospital will ultimately be made by your Consultant.

These decisions will be made in close consultation with other members of the team who have been taking care of you during your recovery including the nursing staff and the wider MDT.

The support that you will require when you are discharged will vary depending on many factors including your personal circumstances, illness and length of hospital stay.

When you are ready to be discharged from hospital your physiotherapist will aim to review and update your exercise plan according to your ability and progress.

Once you have been discharged from hospital your recovery will be well underway, however many patients still have further to go before they will make improvements.

This prolonged recovery period can lead to problems including experiencing considerable levels of anxiety and depression. For many patients the recovery phase of their illness is the most stressful. The emotional impact of having been so unwell can last for some time.

After being severely ill, it can take many months before you start to feel better. The speed of your recovery can depend on lots of things. For example, how unwell you were, how fit you were before coming into hospital, how well you are able to join in with the rehabilitation process.

Getting back to day to day life

Getting home is a huge step on the road to recovery. While it is often an enormous relief to be home, some may find the first few weeks a bit of an emotional rollercoaster in terms of readjusting to everyday life, and being without constant clinical care and support.

In this section, we've provided some general information and advice on the common physical and psychological issues you might face, what you can do to help the recovery process along, and the types of help that might be available to you and your family after you get home.

Recovery at home

The information in this section is aimed at helping you regain some of the strength and mobility you will have lost during your time spent in hospital. When you have been ill, it can take a while to get back to feeling your normal self. It can be quite a shock how difficult it is to try to do your normal activities. You may get tired very easily. Even simple things, like washing and dressing, can be exhausting to start with.

This is normal as your muscles have not had to do any work for a while and they need time to build their strength again.

The good news is you can rebuild your muscles back to what they were before.

- *You will need to do some exercises, it will not happen by itself.*
- *Everyone is different and so it's impossible to give an exact timetable for how much exercise you should take and when.*
- *Over the next few pages there is guidance to how you can help pace yourself and progress your recovery*

Mobility, Exercise and Increasing Activity at Home

Important things to remember before exercising

Many patients who have been really unwell found that they could no longer perform certain tasks without experiencing increased fatigue. This could lead to them becoming increasingly inactive, or catching up on jobs when they had a good day, which then lead to a flare-up of pain or general weakness and the need to rest for a few days. This can feel frustrating and like you're not improving.

What is Pacing?

“a way of increasing your activity level without stirring up your fatigue too much”

Aim: to maintain an even level of activity throughout the day instead of doing as much as possible in the morning and then resting all afternoon.

How to use Pacing:

1) Work out what you can manage now:

- Decide on your baseline – how much of your activity can you do on a good day and a bad day
- This may take a couple of attempts to get right
- DO NOT compare yourself to others or what you think you ought to be able to do

2) Decide on a realistic build-up rate:

- Too much too soon will make you overdo things
- Build up the task slowly and at a steady rate regardless of your fatigue

3) Write your plan down and record your progress

- Write down your plan and your daily progress (maybe in a diary)

- This will allow you to easily notice your progress or if you're slipping back.
- On a daily basis it is also difficult to remember things or how you were

Pacing Techniques

There are 3 main aspects to pacing:

- 1. Breaking tasks down into smaller bits – Part of prioritising**
- 2. Take frequent short breaks**
 - a) Do something for a set time
 - b) This breaks the overactivity / underactivity cycle
 - c) Helps to even out your activity over the course of a day
 - d) 'Taking a break' does not mean stopping completely
 - e) Change your position or do something else for a short while
- 3. Gradually increase the amount you do**
 - a) You may seem like you are going backwards and activities can take longer
 - b) Gradually build up the amount you do
 - c) 'Pace up' by a set amount
 - d) Do not be tempted to try to do more on a 'good day' stick to pacing levels

Use the exercises in this leaflet to help improve your strength and fitness.

At the time of your discharge home the government may be still be recommending that you self isolate. This shouldn't prevent you from exercising in the safety of your home. It might feel hard to motivate yourself. It is important to remember that walking around your house and using the stairs is also great exercise.

Ideas for exercising at home or if having to self-isolate:

- Walk across or around the biggest room or hallway
- Sit to stand repetitions with or without arms for support
- Step ups – on and off bottom step – side step ups
- Full flight of stairs
- Walk a lap of the house downstairs and/or upstairs – include the garden if this is safe to access

Tips for changing habits:

- write a list of your plans and stick it on the fridge
- start off with a small change and build on this
- make a list of why you want to change
- explain to others why you are changing a habit, get support and help from others if needed
- reward yourself with a treat
- do not worry if you fall back into your old habits, everyone does when they try to change, look at your plan and start afresh
- find a new way of doing something with pacing rather than stopping it altogether

If you feel that you are not making progress with your physical recovery or you would like some advice or support, it is recommend that you contact your GP who will be able to make appropriate recommendations or referrals.

When it's is not safe to exercise or when to stop exercising:

- You are unwell
- You feel tired
- You develop chest pain, dizziness or undue shortness of breath
- Increase in chest tightness
- Joint or muscle pain

Guide for exercise intensity

<i>Rating of Perceived Exertion Borg RPE Scale</i>		
6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		
11	Fairly light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	Don't work this hard!
20	Maximum exertion	

Whilst you are exercising try and estimate how hard you are exerting yourself using the scale above.

Its starts a 0 where it feels easy or like nothing at all and progresses to 10 where you feel like you're working at your maximum.

As you exercise think of the total amount of exertion and physical fatigue you re feeling. Aim to keep within the green zone.

It is normal to be out of breath and for your heart rate to increase with exercise and walking, but this should return to normal within five minutes after finishing.

Exercising at moderate levels will help increase endurance and lung function. If you keep a record of your scores and activities - you should be able to notice improvements over time.

Remember you have had a serious illness. You will be feeling weak and your body has a lot of work to do to get back to being fit. It is important to be realistic in what you expect yourself to be able to do.



Questions you may have.

What happens when I go home?

You should receive a follow up telephone call from the Community Respiratory Team. They will check how you are getting on and advise you with how to continue your recovery. If you do not hear from the team within a few days of your discharge please contact the team for your local area on the contact number below.

Plymouth Community Respiratory team (including South Hams and West Devon): Tel: 01752 434342

Community Respiratory team – East and North Cornwall: Tel: 01579 373527

How long until I can go out again?

Once home, individuals should self-isolate for 14 days after the onset of symptoms in order to minimise transmission. This is longer than the 7 days of isolation for individuals who remain at home with symptoms, since those admitted to hospital have higher viral loads at the time of illness.

Please discuss your particular case with the Doctor discharging you before you leave the hospital.

Am I ok to go out for my daily allowed exercise when home

Again please discuss your particular case with the Doctor discharging you before you leave the hospital.

You can write the answer here

.....

.....

.....

.....

If you have been advised to continue to self-isolate at home – there are many local services that can provide help and support.

Support Services in your local area:

Plymouth:



**CARING FOR
PLYMOUTH**



Caring for Plymouth:

Support for the medically vulnerable

Specially trained staff will be ready and waiting to take calls on 01752 668000 between 8am and 6pm

Age UK Plymouth can arrange assistance to provide you with everything you need while self isolating. They have a Shop N Drop service, a prescription collection service and can arrange a weekly telephone call with a phone friend to keep you in regular contact with someone.

For more information or to access any of these services please email enquiries@ageukplymouth.org.uk

Food Boxes Available: Age UK Plymouth will be taking orders for food boxes which will be available for delivery. Prices start from £10 per box. To place an order please call 01752 253980.

Other Plymouth support services:

- Adult Social Services 01752 668000
- Improving Lives Plymouth 01752 201890
- Community Action Helpline 07786683074
- Extra Help 01752 424515
- Plymouth Labour Force 07786683074

Devon: <https://www.devon.gov.uk/coronavirus-advice-in-devon/document/community/#section-9>

East Devon: District Council's Coronavirus Community Support Hub available to help local residents, communities and organisations access information and support: Hotline on 01395 571500

The line is open Monday to Friday 9am to 5pm

Cornwall:

Supporting Cornwall. This online platform is a place for communities in Cornwall to connect and support each other through the Coronavirus.

<https://cornwall-link.madeopen.co.uk/>

Volunteer Cornwall: can help with food shopping, collecting prescriptions, telephone befriending. Tel: 08872 266988

South Hams: Different voluntary support services are available in each parish: for more details: Website: <https://southhams.gov.uk/findagroup>

telephone contact: 01803 861234 note limited office hours

Coronavirus community assistance directory.


Find help in your community <https://coronavirus.scvo.org/>

Age UK 08006781602

Resources –recovery and well-being

Below is a list of resources which may help you (and/or others you live with) to become as active as possible and to do this safely in your home. There is also some specific information on coping with breathlessness and anxiety. These resources are all online at Reablegend.com. If you do not have access to the internet, we hope you can ask a family member, neighbour or voluntary support group to print some of the resources for you.

NHS Physical Activity Guidelines and tips for older adults -	They have a series of downloadable leaflets of exercises to help flexibility, strength and balance -	https://bit.ly/2xtGAhp
Managing breathlessness	How to cope with being breathless - https://bit.ly/3bJttrt Energy Conservation - https://bit.ly/39s2sa8 Breathing exercises - https://bit.ly/3arhbDM	
10Today – 10 minute activity sessions on the radio and on TV -		https://10today.co.uk/tune-in/
Specific Corona Virus information	Top Tips: Staying well when social distancing - https://bit.ly/39ulm0k Coping with stress during the 2019-nCoV outbreak	

	<p>- https://bit.ly/2ycBBlw</p> <p>Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty - https://bit.ly/3dJ7SBg</p> <p>Every mind matters - Expert advice and practical tips to help you look after your mental health and wellbeing - https://bit.ly/39yOnrD</p> <p>Nutrition and dietary issues during COVID-19 - https://bit.ly/2UKNaYN</p>	
<p>ICU Delirium and COGNITIVE IMPAIRMENT STUDY GROUP</p>	<p>ICU Delirium</p> <p>Designed to help understand the problems that critically ill patients experience</p> <p>Website www.icudelirium.org</p>	

Acknowledgements:

We would like to thank the various Critical Care Follow-up Clinics around the country for their information and advice whilst compiling this booklet. Special thanks go to the Critical Care Unit at Queen Alexandra Hospital Portsmouth, Michelle Platt at Sherwood Forest Hospital, The Critical Care unit at Whiston Hospital Liverpool, James Bruce Critical Care Torbay Hospital, Gloucester Pain Service, University College London, Chest Heart and Stroke Scotland and The ICU Steps charity who permitted the incorporation of some of their ideas in this booklet.

We are also very grateful to the Physiotherapy, Dietetics and Intensive Care education team services in the Trust for their contributions to the booklet.

Spring Intensive Care Charity



Spring
intensive care charity
P L Y M O U T H

This handbook has been supported by Spring Intensive Care Charity. Spring Intensive Care is a registered charity that supports patients and loved ones and relies totally on voluntary donations which are used to ensure that critically ill patients in Plymouth get the best care possible. The funding of the patient diary is just one of the examples of how the money raised by the charity can be used. Over the years, the Charity has funded nurse education, supported the families of critically ill patients and brought various pieces of equipment. Some examples of this can be seen below.



Ultrasound Machine



Training Simulator



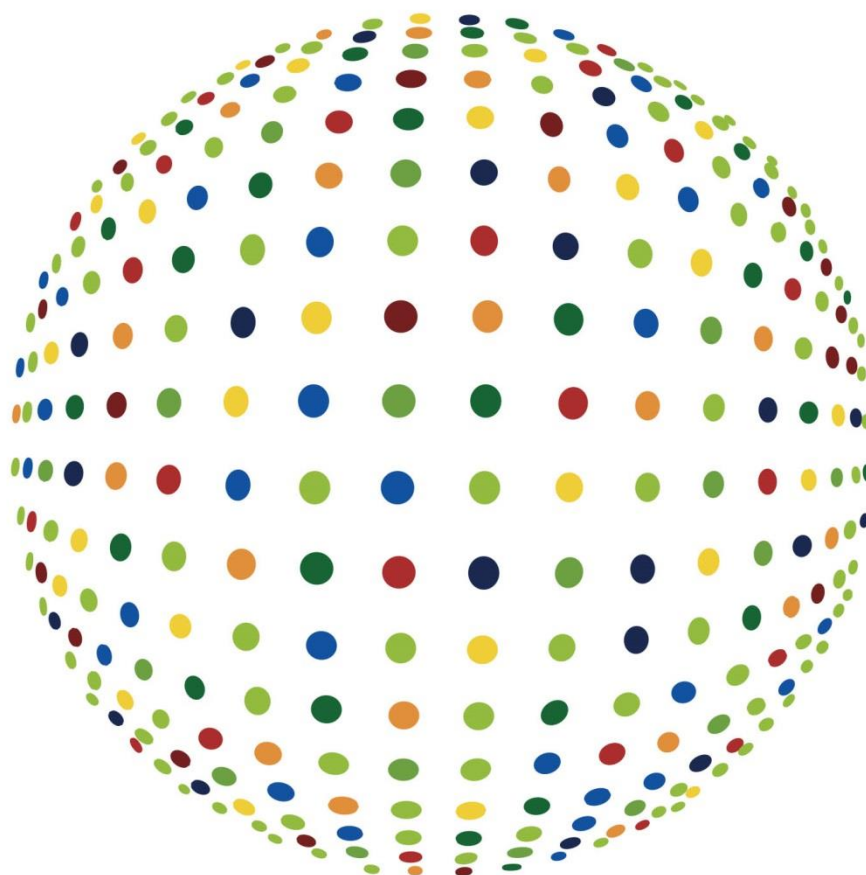
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How can you support us:

- By post - Please make your cheque payable to 'Spring Intensive Care' and send to Lucy Parker, Spring Intensive Care, Critical Care Unit, Level 4 Derriford Hospital, Plymouth PL6 8DH
- Online - Secure encrypted donations using Paypal, Debit or Credit card
- Please visit <http://www.springintensivecare.org> or scan this QR code



Registered Charity No: 297613



Spring

Intensive Care Charity

P l y m o u t h

Edited by: Emily Rich Olivia Roberts, Kate Tantam and Richard
Freeman March 2020

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