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Impact of Post COVID Physiotherapy and Rehabilitation in Bangladesh

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ABSTRACT

Executive summary: The first confirmed case of COVID 19 in Bangladesh was on 8th March 2020, then it subsequently rises and makes the government worried as well as for mass people of the country. Within 9th March it reaches 100 and exceeded 200 cases within next two days. Almost every country taken therapeutic and nontherapeutic measures to control the devastating situation of SARS-CoV where in Bangladesh there is an ongoing debate whether the measures have been adopted adequately or efficiently. It seems government did not impose any strict rules and the mass people also seem not too serious to maintain just a simple rule of wearing a Mask, which seems fancy and impractical to them. However, the consequences of the impact of SARS CoV was frustrating, until today confirmed case was 371631, death case 5405, recovered 284833 and in Isolation 81393 (evident from corona.gov.bd). Developed countries investing a lot in research to discover the vaccine that can fight SARS CoV. Health care professionals with adequate training act as frontline fighters for SARS-CoV where all over the globe Rehabilitation professionals act as crucial health care providers for post-COVID patients. For instance, our research has four phases where phase one is completed and phase two is under process. For now, we aimed to complete our phase three and four. **Phase Three aim:** Identify the Functioning, disability, and other indicators of COVID-19 positive patients after recovery.

and **Phase four aim:** evaluate the impact of physiotherapy and rehabilitation among the recovered COVID-19 patients.

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MATERIALS TEXT

This will be a cross-sectional study where data will be collected from the defined community by home visit who are post COVID-19 patients and positive by PCR testing. Data will be collected by face to face interview where a pretested structured questionnaire will be used to obtain the data. A cross-sectional study represents the demographic and clinical characteristics of symptoms experiencing by COVID survivors after the recovery from the acute phase because Cross-sectional studies are used to assess the burden of disease or health needs of a population and are particularly useful in informing the planning and allocation of health resources. Phase IV: This will be a single-blinded experimental study which will be a commonly used method to evaluate patients' outcomes. Participants will be selected from the phase III study by computerized random conceal allocation. A simple random sampling technique will be used for the sampling procedure. This procedure will provide feedback to the researcher by measuring the initial level of the participants and what improvement the participants gained from the intervention.

- 1 **Baseline**
From All 2000 participants will be laboratory-confirmed post-covid 19 recovered participants, 500 participants will be selected via simple random sampling procedure by computerized random conceal allocation

1.1 **Baseline assessment act as pretest data**

- 2 **Group A 165±10** 4w

- 2.1 Group A will follow the booklet instructions for 4 weeks 4w
 Receive booklet for awareness

- 3 **Group B**
165±10

- 3.1 Group B will follow the advice for 4 weeks

- 4 **Group C**
165±10 4w

Group C will receive telephonic intervention for 4 weeks

- 4.1 **Intervention Respiratory rehabilitation**
 1. Inspiratory muscle training if inspiratory muscles are weak 2. Diaphragmatic breathing 3. Thoracic expansion (with shoulder elevation) 4. Mobilization of respiratory muscles 5. Airway clearance techniques (as needed) 6. Positive expiratory devices will add if needed. **Intervention**

Functional Rehabilitation 1. Muscle and joint range of motion 2. Strength testing 3. Balance 4. Exercise capacity – assess with the 6-minute walking test (continuous oxygen saturation monitoring included) 5. Cardiopulmonary exercise testing 6. Activities of Daily Living (ADL) devices will add if needed

5 After 4 weeks follow-up data will be collected for analysis

4w