



2022 Annual Conference | Course Description & Objectives | April 9, 2022

UNMC Truhlsen Events Center

VIRTUAL MORNING COURSE

Richard Severin, PT, DPT, PhD

Board-Certified Cardiovascular Clinical Specialist

Course Title: **Post-COVID Rehabilitation**

Course Description: With the increased prevalence of outpatient referrals for persistent symptoms and activity limitations following COVID infection it is imperative that rehabilitation professionals are adequately prepared to manage patients with this condition. This course will provide outpatient rehabilitation professionals with the most current evidence regarding the management of patients following COVID infection. Included in this course are a review of the risk factors for COVID infection, the pathophysiology of COVID, and a presentation on examination techniques, monitoring principles and potential modifications to rehabilitation programming for patients post-COVID infection.



Course Objectives:

Upon completion of this course attendees will be able to:

1. Describe the epidemiology, risk factors, and pathophysiology of COVID infection.
2. Understand the pathophysiological mechanisms involved in the activity limitations and symptoms present in patients post COVID
3. Collect and interpret clinical examinations to assess body structure impairments present in patients post COVID; with an emphasis on dyspnea and activity intolerance.
4. Implement rehabilitation interventions to address the body structure impairments present in patients post COVID; with an emphasis on dyspnea and activity intolerance.
5. Monitor and modify rehabilitation protocols as needed for patients post COVID.

Couse Outline/Schedule:

Part 1: The Epidemiology and Pathophysiology of COVID 19 (30 minutes)

- This chapter will review the epidemiology and risk factors of COVID 19 infection. An emphasis on the role of chronic disease burden and baseline health status will be included.

- This chapter will review the pathophysiological mechanisms involved with COVID 19 infection and the frequent symptoms reported by patients. Body structure and function impairments both germane to COVID infection and potential sequelae of ICU management will be included.

Part 2: Outpatient Clinical Examination for COVID 19 (45 minutes)

- This section will review and introduce clinical examinations relevant to the most frequent body structure and function impairments reported in patients post COVID infection. A brief demonstration of respiratory muscle testing will also be included. Interpretation of the findings from these clinical examinations will also be included.

Part 3: Outpatient Intervention Techniques for COVID 19 (45 minutes)

- This section will review and introduce clinical interventions relevant to the most frequent body structure and function impairments reported in patients post COVID infection. A brief demonstration of respiratory muscle training and breathing exercises will also be included

Exhibitors Break

Part 4: Monitoring Considerations for COVID 19 (30 minutes)

- This section will cover physiological and symptomatic monitoring considerations for patients post COVID infection including but not limited to heart rate, respiratory rate SpO2, blood pressure.

Part 5: Treatment Modification Considerations for COVID 19 (30 minutes)

- This section will discuss treatment modifications to improve tolerance to rehabilitation interventions including but not limited to energy conservation techniques and ‘Stop. Rest. Pace’ for patients experiencing myalgic encephalomyelitis or chronic fatigue syndrome following COVID infection.

Q & A Session (30 minutes)

Bio:

Rich Severin PT, DPT, is a board-certified cardiovascular and pulmonary clinical specialist. Currently, he is finishing a PhD in rehabilitation science at the University of Illinois at Chicago, with a focus on cardiorespiratory physiology and obesity. His dissertation project is investigating the role of respiratory muscle performance in obese patients undergoing weight-loss surgery. Dr. Severin serves as clinical faculty in the Department of Physical Therapy at the University of Illinois at Chicago and is the coordinator of the bariatric surgery rehabilitation program at UIHealth. He is also a part-time clinical assistant professor in the Hybrid Doctor of Physical Therapy Program at Baylor University.