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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

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اگرآپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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COVID-19

Advice and information for recovery from COVID-19 Part 1

https://www.ashfordstpeters.nhs.uk/therapies-covid19

Patient Information

Government Rules of COVID-19:

To maintain the safety of yourself and the hospital staff as well as friends and family it is important to observe the Government guidance regarding:

- Hand hygiene
- The wearing of face coverings
- Social distancing, 2 meter when you can and at least 1 meter.

Sometimes this is difficult to achieve, especially during some of your care, treatment and rehabilitation. All staff working with you will be wearing protective equipment and on some occasion you may be asked to wear a face mask to minimise the risk of spreading the virus.

This document will explain what COVID-19 is, whilst giving you advice and information on how to manage your recovery to maximise your outcome and answer any questions you may have. It will also offer many resource links which will offer specific, expert advice on all aspects of your recovery.

Manage post COVID-19
https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-COVID-19-0

Managing Fatigue
https://www.ashfordstpeters.nhs.uk/therapies-fatigue

Managing Shortness of Breath -
https://www.ashfordstpeters.nhs.uk/therapies-breath

Bladder, Bowel & Pelvic Floor Muscles after COVID-19 -
https://www.ashfordstpeters.nhs.uk/therapies-bladder

Recovery from COVID-19 -
https://www.ashfordstpeters.nhs.uk/therapies-covid19

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Therapies / Respiratory Medicine **Department:** Respiratory Medicine
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Positions to try ACBT in:

(1) Lying on your stomach,
(2) Sitting upright in bed,
(3) Lying on alternate sides
(4) Sitting in a chair.

Do not do ACBT if you have:

- Nausea
- Acid Reflux
- Becoming significantly breathless
- Blood in your phlegm
- Had a recent chest, spine or rib injury
- Feel wheezy/ have a tight chest

Avoid performing ACBT immediately before or after a meal.
Stop ACBT if you have any side-effects.

Resources

ICU Steps – intensive care patient support charity –
https://icusteps.org/

Older people
https://library.nhs.uk/coronavirus-resources/older-people/

Accessible formats
https://library.nhs.uk/coronavirus-resources/accessible-formats-2/

What is COVID-19?

COVID-19 is a highly contagious virus that mainly affects the lungs. It is transmitted through droplets created from sneezing and coughing from those infected. The virus enters the body via nose, mouth and eyes. This is why washing your hands, wearing a mask and respecting social distancing is vital.

Most Commonly Reported Symptoms of COVID-19 are:

- A new continuous cough
- A fever – temperature above 38 degrees.
- Fatigue
- Muscle aches
- Shortness of breath, worse when moving around
- Increased sputum production
- Loss of appetite, taste and/or smell

The severity and duration of symptoms varies person to person. Some people require hospitalisation in order to treat their symptoms but for most, symptoms last 7-14 days and will be mild.

To manage symptoms at home

- Stay hydrated
- Take paracetamol if you have a temperature
- Rest but get up and move around at regular intervals.

If you need additional advice, visit NHS 111 online (www.111.nhs.uk/covid-19)

If your symptoms get worse or you experience one of the following:

- Worsening Shortness of Breath
- A new or recurrent fever
- Worsening ability to concentrate
- Chest pain

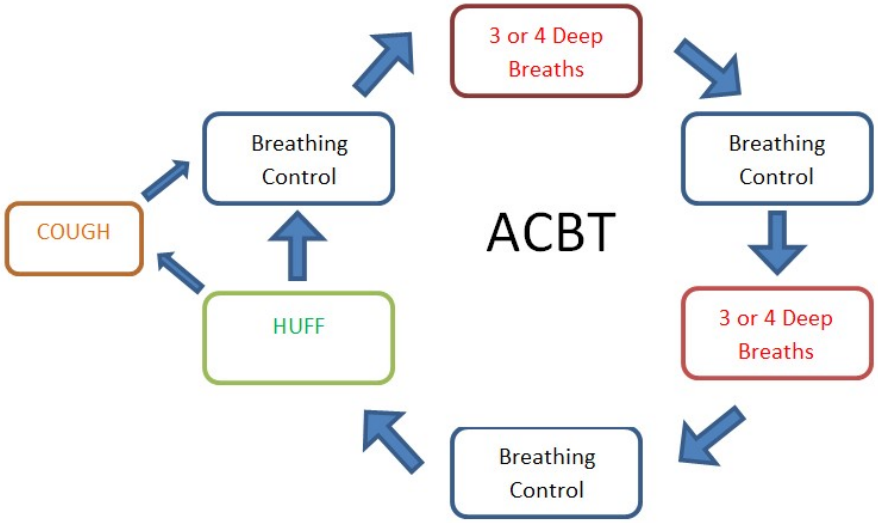
Please call 111 for more advice or in an emergency dial 999 immediately.

Aim of recovery and rehabilitation

Everyone will recover at a different rate, you should set small, achievable goals aiming for small improvements. Some people will experience a 10-15% improvement in their symptoms every month but you may experience slower or faster recovery. If you are concerned about how quickly you are recovering you should speak to your doctor.

Techniques to help clear your chest

Active Cycle of Breathing Technique (ACBT) – this is an exercise which is made of three parts that collectively help clear mucus off your chest.



- Breathing Control – gentle, relaxed breathing with your shoulders relaxed.
- Deep Breaths – breathe in slowly and deeply, hold for 2-3 seconds, gently breathe out.
- Huff – a forced expiratory technique – take a medium size breath. Forceful breath out through an open mouth, as if steaming up a mirror. Repeat 1 or 2 times. Cough if sputum is audible whilst huffing.
- Repeat the cycle until the chest is clear or huff is consistently dry – normally repeat for 10min to 30mins
- Ensure you do not become fatigued. Repeat 2-3 times per day.

Why am I Coughing?

A cough is one of the most commonly reported symptoms for COVID-19, and in some cases it can be productive of phlegm. It is important to clear this from your airways/lungs to improve your breathlessness and oxygen levels.

Strategies to manage a DRY COUGH	Strategies to manage a PRODUCTIVE COUGH
• Stay well hydrated • Sipping a drink – take small sips, one after the other, avoid large sips • Steam inhalation – pour hot water into a bowl and put your head OVER the bowl. If comfortable doing this, cover your head and bowl with a towel • Drink warm honey and lemon or another warm drink as this can help soothe the throat • If you have a need to cough but have no drink available, try swallowing repeatedly, this will suppress the cough.	• Keep well hydrated • Steam inhalation • Try lying on either side, as flat as you can. This can help drain the phlegm • Try moving around; this will help to move the phlegm so you can cough it out.

How Might I Feel After Having COVID-19?

Your symptoms may last longer than 14 days and sometimes months, especially if you have been in hospital or had severe COVID-19 symptoms. This is known as 'long COVID'.

This guide will provide you with information on how to manage the following symptoms:

- Severe fatigue
- Ongoing breathlessness
- Muscle Weakness
- Post Viral Cough
- Difficulties with memory/confusion

As well as physical symptoms and difficulties it is very common to experience feelings of anxiety and low mood. Some people who were treated in hospital may also experience unpleasant anxiety and memories about their stay.

Why is Rehabilitation Important?

While you are recovering, rehabilitation will improve your exercise tolerance, muscle strength, help manage your breathlessness and fatigue and improve mood, anxiety and motivation.

How to Help Yourself

- Get up at a normal hour

- Complete morning tasks to prepare for the day, e.g. wash, get dressed, and brush teeth
- Sit at a table for meals
- Drink regularly during the day
- Exercise
- Stop smoking – it is never too late to stop.

Smoking tobacco products increase your risk of infection due to the harm caused to your immune system and lungs. Smoking has been linked with poorer outcomes in COVID-19.
By stopping smoking you can see the benefits within 24 hours.

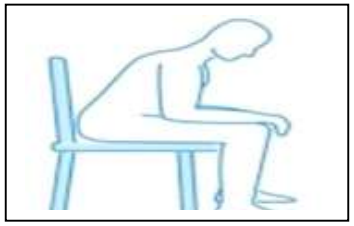
Managing Shortness of Breath

Shortness of breath is frightening and can make you feel anxious or panic. Being breathless is often worse when doing daily tasks, but you can learn simple strategies to regain some control over your breathing. For more detailed information on breathing techniques, speak to a physiotherapist. The following are basic breathing exercises and positions:

Relaxation techniques: set aside a specific time for relaxation each day. There are many online resources with guided relaxation techniques and exercises (see below). Music and pets can also help!

Mindfulness: try to incorporate mindfulness into your daily life, as this has been shown to benefit mental and physical resilience and helps with anxiety. Again, look for resources on the internet and there are also some good apps that you can download for free.

Forward Sitting



- Sit leaning forward
- Rest your forearms on your knees
- Relax shoulders and upper chest

Supported Standing

- Stand leaning forward and use a chair, bench or wall for support
- Relax chest and shoulders.

Other general wellbeing strategies that might help

Regular gentle exercise: improving your fitness will aid activity tolerance and energy in the long term. Exercise will also reduce stress levels, aid anxiety and boost your mood. Consider yoga, tai-chi or Pilates. Please refer to the section 'Developing Exercise Tolerance'. If you have any concerns about starting to exercise or your symptoms worsen, you should speak to your doctor.
Diet, smoking and alcohol: try to reduce smoking & alcohol consumption and eat a well-balanced diet.

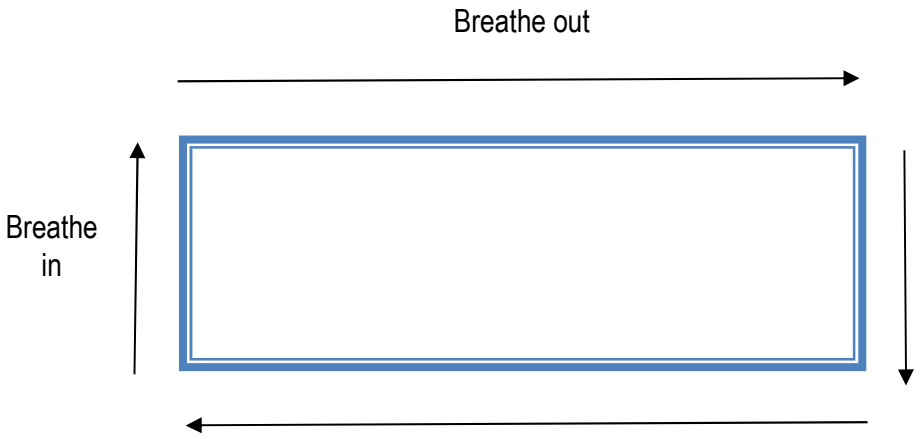
Relaxed slow deep breathing

This can be useful before and during an activity that makes you breathless:

- Breathe in gently through your nose then breathe out through your nose (or through your mouth if unable to breathe through your nose)
- Try to let go of any tension in your body as you breathe out (closing your eyes might help you focus on your breathing)
- Gradually try to make the breaths slower.

Breathe a Rectangle:

- Find a comfortable position
- Look for any rectangle shape in the room or around you e.g. a window, door or TV screen.
- Move around the sides of the rectangle with your eyes, breathing in on the short sides and out on the long sides. Adapt the speed to your breathing but slow it down as you relax into it



Pursed-lip breathing

This can be used at any time to help control your breathing:

- Breathe in gently through your nose
- Purse your lips as though you are about to blow out a candle or whistle
- Blow out with your lips in this pursed position – imagine blowing out a candle as you breathe out.

Blow-as-you-go

You can use this whilst doing a task that makes you breathless:

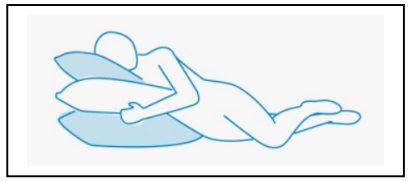
- Breathe in BEFORE you make the effort e.g. standing/ lifting
- Breathe out WHILE you make the effort e.g. while standing up.

Positions to help with shortness of breath

- Sit leaning forwards with your elbows resting on your knees or on a table.
- Stand with your back against a wall, with your feet slightly apart and about a foot away from the wall.
- Stand leaning forward resting your elbows on a firm surface e.g. sturdy chair, countertop or windowsill.

Positions of Ease

High side lying



- Lie on your side
- Support your head and shoulders
- Bend your needs a little

Supported Forward Sitting

- Sitting upright, lean forward on to a table or hard surface
- Add as many pillows as required