



COVID-19 Home Management Programme



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ARE YOU RECOVERING FROM COVID-19?

As experts in exercise and respiratory rehabilitation, physiotherapists can work with patients to support their recovery.

If you require the assistance of a physiotherapist for your COVID-19 recovery, contact us: +27 (0) 11 852 8690.



Stay Home, Stay Safe

☒ Wearing a face mask is better than wearing a ventilator mask.

☒ Washing your hands is better than washing your life away.

☒ Staying in your room is better than staying in ICU.

#CovidCare



PHYSIOTHERAPY AND COVID-19

Alongside doctors and nurses, physiotherapists play a key role in the care and treatment of COVID-19 patients. From acute hospital care to home-based care and COVID-19 rehabilitation, the physiotherapists at Physio4You–Lenmed Ahmed Kathrada Private Hospital are dedicated and committed to help our hospital, community and country get through this pandemic.

Early respiratory rehabilitation and exercises are key in achieving favourable outcomes. As experts in movement, physiotherapists can guide patients on how exercise can help with recovery. People with respiratory symptoms will benefit from respiratory rehabilitation. Examples of this include correct breathing exercises in the correct positions and the use of respiratory devices to improve lung function. Physiotherapists can help patients understand the impact of COVID-19 and work with them to support their recovery.

Physio4You has served the hospital and community since COVID-19 hit our shores. Their dedicated team of physiotherapists understand the fear and anxiety patients and their family experience. COVID-19 has tested their resilience and perseverance. We can't fight this on our own. We believe that we rise by lifting others. We have had the opportunity to work closely with the critical team of physicians, intensivists, nurses and our allied team. Our common goal is to optimise patient function and health. This collaboration and team effort is why we at Physio4You are proud to be part of the Lenmed team fighting for each and every life.

You can do your part too by staying home. Wearing a face mask is better than wearing a ventilator mask. Staying in your room is better than staying in ICU. Washing your hands is better than washing your life away. STAY HOME, STAY SAFE!

Riona Duki

Dipna Morar



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RESPIRATORY REHABILITATION EXERCISES

Practice these exercises at home to improve your lung function.

Deep Breathing Exercises – Sit up on the edge of the bed/ chair, maintaining an upright posture. Lift both your hands up, taking a deep breath in. As you exhale, lower your hands. **Repeat 5 times.**

Place your hands on your diaphragm (your physio will show you hand placement). Take a deep breath in, hold for 5 seconds, and breathe out. **Repeat 5 times. This exercise should be practiced 3 times a day.**

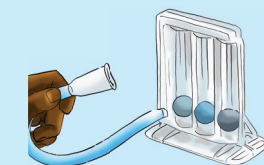
Blow Bottle – Using a straw and a bottle filled with 10cm of water. Exhale completely, take a deep breath in and blow through the straw creating bubbles.

Steam Inhalation – Pour boiled water into a deep dish/bowl. Add Karvol drops, Vicks or eucalyptus oil to the water. Cover your head with a towel. Breathe in the steam to help moisten and open your airways.

Caution – Burn hazard.

Balloon/Glove Blowing – blow balloons at a steady pace to strengthen your lungs. Attempt 5 blows, 3 times a day. If you have been issued an incentive spirometer, use this **10x every hour for the first 2 days and thereafter 10x, 3 times a day.**

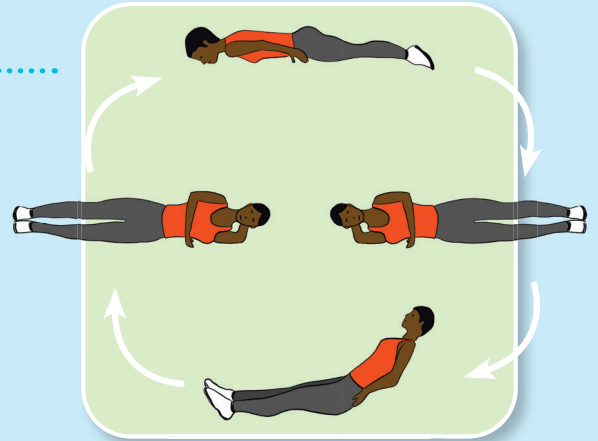
Thoracic stretches – Side stretches to stretch muscles between ribs. This helps improve the depth of breathing.



CORRECT POSITIONING

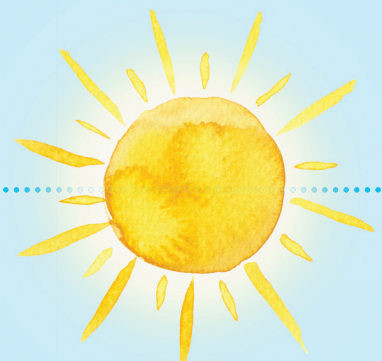
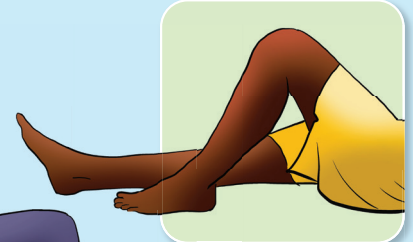
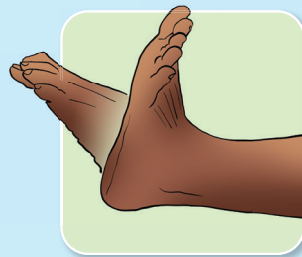
Sleeping on your tummy (proning) with a pillow supporting your head and chest (not tummy) is strongly recommended to help improve oxygenation.

Try to sleep for up to 2 hours on your tummy at a time, attempting this 4 times a day. Alternate side lying is an acceptable position if you are unable to prone. Breathing exercises can be done in these positions.



CIRCULATORY EXERCISES

1. **Heel slides** – bending and straightening your knees, **10x every 3 hours.**
2. **Heel slides** – bending and straightening your knees, **10x every 3 hours.**
3. **Bridging** – Bend both your knees and lift your buttocks, **5x twice a day.**
4. **Marching on the spot** – **3 sets of 1 min, twice a day.**
5. **Walking** in the room. Try walking in your isolated area at least **3 times a day.**
6. **Sit in the sun** or near the window for some fresh air and **daily dose of vitamin D.**



MENTAL HEALTH

1. It is important that you **keep your mental health in check** during this challenging time. Try to manage your symptoms with painkillers and take your prescribed medication and vitamins on time.
2. **Have a routine**, wake up early, shower and do your exercise routine.
3. **A good night's rest** of 8 hours is recommended.
4. **Keep a diary of your symptoms**. Record daily how you are feeling and how your symptoms are improving over time.
5. **Watch your favourite TV shows**, read books or play games on your phone.
6. **Avoid negative news** and do not read negative patient experiences.
7. **Sit out in the sun daily** if possible.
8. **Meditation and breathing** exercises can help reduce stress and anxiety.
9. **Video call friends and family**.

ISOLATION TIPS AT HOME

Mentally prepare yourself and family members for isolation of 10 days.
This means:

1. **Minimal contact** with in-house family members.
2. **If you have to make contact** with other people in the house, maintain a two-metre distance at all times. All individuals must wear a mask. Contact should not be for more than 15 minutes.
3. **No family member is to enter the isolation bedroom area.**
4. **No visitors are allowed for the isolation period.**



Stay Home, Stay Safe



AT HOME

Bathroom

Preferably stay in a room with a bathroom. Stay within your space for 10 days.

If sharing a bathroom, ensure that:

1. A **mask** and visor/shield is used.
 2. The **toilet seat and basin is sanitised** with an alcohol based sanitiser or soap and water before and after use.
 3. **Close the toilet** seat before flushing.
 4. Try **keeping toiletries separately**, do not use unnecessary items for the isolation period.
 5. **Sanitise items as you touch** e.g. door handles, light switches, flush handle, toiletries, etc.
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Bedroom

Ensure that family members are aware of the isolation protocol and no other family members enter the designated isolation room.

1. Keep only **the essential** cosmetics out on the counter.
 2. Take out **3–4 sets of essential clothing** from the cupboard, only use these clothes for the isolation period. In this way, you are preventing contamination of the other items in the cupboard.
 3. All **vitamins and medication should also be with you in the isolation** room. This prevents contact with others in the house.
 4. Keep **2 buckets in the room**, one for refuse (with plastic bag in bucket) and another for laundry (with pillowcase in bucket).
 5. The **laundry should either be handwashed by yourself** with hot water and soap/detergent in the bathroom. Alternatively, carefully place clothes in a pillowcase, tie the pillowcase and wash in a washing machine with hot water. The **person handling laundry** needs to **wash hands** with soap and water **before and after handling** the laundry. Wear a **mask** when handling laundry items.
 6. Use **one plastic bag in the bedroom for refuse**, and tie the bag carefully. Place it in a second-placed bag in the bucket outside the room. The double bagged refuse should be discarded in the main dustbin.
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Meals and Utensils

1. Preferably use **disposable cutlery and plates** for the duration of the isolation period.
2. Alternatively, **keep a dish of hot water and soap in the room**. Place dirty dishes in the water and allow to soak before thoroughly washing with soap and water.
3. Use the **same dishes and utensils for the isolation period** and do not share with other family members.
4. Remember to maintain a **healthy diet with a balanced portion of fruits and vegetables**. This will boost your immune system to fight off the virus.
5. **Keep hydrated by drinking 6–8 cups of water a day.**

WHEN TO SEEK MEDICAL HELP

1. If your **symptoms are worsening**.
2. If your symptoms have **not improved after 7 days**.
3. If you have become **confused** or have **difficulty concentrating**.
4. If you develop a **new fever or your fever returns**.
5. If you develop **chest pain**.
6. If your breathing becomes difficult and the **number of breaths you take in 1 minute is more than 25**.
7. If your **oxygen level on the pulse oximeter is lower than 90%**.

Call your doctor or arrange a **virtual medical consult** rather than go to the doctors' consultation rooms.

Call an **ambulance** and go to the hospital.

RECOMMENDED EQUIPMENT

1. Thermometer: To measure temperature.
2. Pulse Oximeter: To monitor oxygen saturation levels.



*Wishing you a
speedy recovery.*
Compiled with assistance
from Riona Duki,
physiotherapist and
COVID-19 survivor.

