

MODERN ASPECTS OF PULMONARY REHABILITATION IN THE CONTEXT OF THE COVID-19 PANDEMIC

***I. A. Iliuk, K. P. Postovitenko, I. V. Baranova, S. I. Leshchenko,
S. V. Shevchuk, L. P. Denyshchych, I. V. Kurilenko, N. M. Prykhodko***

Abstract

It is well known that patients who have had a coronavirus infection need in rehabilitation measures to eliminate the consequences of the disease. However, the data about methods of medical rehabilitation and their effectiveness in such patients are limited, since this disease is new and insufficiently studied. It is believed that medical rehabilitation in COVID-19 convalescents should be comprehensive and aimed at optimizing the patient's functional capabilities, reducing the cost of treatment, by stabilizing and reducing the systemic manifestations of the disease.

This article is devoted to the problem of pulmonary rehabilitation in the context of the COVID-19 pandemic. This area of medicine pursues important goals - reducing the symptoms of the disease, improving the quality of life and increasing the patient's physical and emotional participation in daily life. The article lists the main methods of pulmonary rehabilitation. The choice the correct methods and personalization of rehabilitation programs, taking into account the individual clinical situation, can prevent the appearance of functional disorders and improve the quality of life of the patients after COVID-19.

Key words: COVID-19, pulmonary rehabilitation, quality of life.

Ukr. Pulmonol. J. 2020;29(3):66–72:

Irina Iliuk

National Pirogov Memorial Medical University, Vinnytsya

Associate Professor of Chair of Internal Medicine № 2

MD, PhD

104, Khmelnytske shose St., Vinnytsia, 21029, Ukraine

irynailiuk@gmail.com