

Outcomes of COVID-19 Patients After Inpatient Rehabilitation

Groah SL, Pham CT, Rounds AK, Semel JJ. *PM R.* 2022;14(2):202-209.
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Key points:

- This study examined the recovery of patients with COVID-19 who were in a rehabilitation hospital.
- Most patients showed improvements in their ability to perform daily tasks like walking and self-care after undergoing inpatient rehabilitation.
- COVID-19 patients and those without COVID-19 had similar rates of returning to their communities after completing inpatient rehabilitation.

Plain language summary:

This research study investigated the recovery of people who were treated for health issues like stroke, brain injury, spinal cord injury/disease, orthopedic problems, or complex medical conditions while they had COVID-19. These individuals received care at a rehabilitation hospital, where they worked on being able to take care of themselves and their mobility after being seriously ill.

The main goal of the study was to see how effective inpatient rehabilitation was in helping patients with COVID-19 recover compared with people who did not have COVID-19. The researchers measured the patients' abilities when they first came to the facility and when they left. They looked at things like how well they could walk, move around, and take care of themselves. They also collected information about how long the patients stayed at the facility and where they went after leaving.

There were 896 patients surveyed, and 82 people had COVID-19 at least 3 months before being admitted to inpatient rehabilitation. The results showed that patients with COVID-19 were generally younger and had a higher body mass index than people in similar conditions at the rehabilitation hospital without COVID-19. Over time, they got better at doing everyday tasks on their own, which suggested that inpatient rehabilitation was helpful in their recovery.

One important finding was that the length of time people stayed at the facility was about the same, whether they had COVID-19 or not. Patients with COVID-19 were more likely to go back to their communities after treatment than those without COVID-19. In contrast, patients with COVID-19 who had spinal cord injuries and orthopedic issues were less likely to go back to their communities and more often went to skilled nursing facilities.

In conclusion, people who had COVID-19 and received inpatient rehabilitation after being in the hospital showed improvement in their abilities. Overall, the rates of returning to their communities were similar for patients with and without COVID-19.

Keywords and acronyms:

- **COVID-19:** Coronavirus Disease 2019
- **Inpatient Rehabilitation:** A specialized facility where individuals receive intensive care and therapy to aid their recovery after a severe illness.

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