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## **The impact of comprehensive rehabilitation on the reduction of depressive and anxiety in patients after COVID-19.**

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### **Background**

COVID-19 is a multifaceted disease that can lead to dysfunction of many organs and systems. In addition to the physical consequences, being infected with SARS-CoV-2 can lead to psychological complications such as depression and/or anxiety. This may be related to a viral infection, the course of infection and subsequent physical consequences, or forced social isolation. Mental health plays a key role in a patient's recovery. It was shown that the occurrence of depressive disorders was associated with worse outcomes and longer hospital stay. The severity of anxiety disorders was associated with higher mortality of COVID-19 patients.

The aim of the study was to assess the impact of comprehensive rehabilitation in stationary conditions on the reduction of depression and anxiety disorders in patients after COVID-19.

### **Material and methods**

The study was conducted at the Saint Charles Borromeo Rehabilitation Hospital in Szczecin. The study included 171 patients qualified in accordance with the guidelines of the National Health Fund for inpatient rehabilitation following SARS-CoV-2 infection. The patients participated in the rehabilitation program in accordance with the procedure in the Rehabilitation Hospital for a period of 2 to 6 weeks. The standardized Beck Depression Inventory questionnaire was used to assess depressive disorders. The level of anxiety disorders was assessed using the Generalized Anxiety Disorder. The examinations were performed 3 times: before rehabilitation, after rehabilitation and 2 months after rehabilitation.

### **Results**

Post-rehabilitation and 2 months after rehabilitation patients obtained lower points in the Beck Depression Inventory ( $p < 0.001$ ) and the Generalized Anxiety Disorder ( $p < 0.001$ ) compared to the results before rehabilitation.

### **Conclusion**

Post-COVID-19 rehabilitation program based on active breathing exercises, aerobic and strength-endurance training has reduced depression and anxiety disorders in COVID-19 patients. The achieved effects of rehabilitation were sustained in the long term.

### **Biography**

Iwona Rotter- MD, PhD, Professor of Medicine and Health Science. She is a physician, specialist in the field of rehabilitation and neurology. She currently works as a professor in Chair and Department of Medical Rehabilitation and Clinical Physiotherapy at the Pomeranian Medical University of Szczecin (Poland). She is a graduate of postgraduate studies in Public Health - marketing and management in health care. The theme of her professional interests is rehabilitation in neurological and metabolic diseases. She conducts research on the relationship between environmental factors and the occurrence of lifestyle diseases. Her Impact Factor is 259.87 and Hirsch Index 15.

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