10.08 The effects of a 6-week virtual COVID19 recovery programme on exercise capacity, fatigue scores and quality of life in individuals recovering from COVID-19.

Authors: K. O'Brien[1], C. Bannan[2], P. Nadarajan[3], B. Kent[3], L. Townsend[2]

[1] Physiotherapy Department, St. James's Hospital, Dublin 8.

[2] Department of Infectious Diseases, St. James's Hospital, Dublin 8

[3] Department of Respiratory Medicine, St. James's Hospital, Dublin 8.

Background: Post-COVID19 symptoms have been widely reported within the literature. The aim of this service report was to assess the effect of a 6-week virtual exercise rehabilitation programme in people recovering from COVID-19.

Materials/methodology: Participants referred from a post-COVID-19 multidisciplinary clinic were included if presenting with persistent dyspnoea, reduced exercise capacity and/or reduced physical function. Pre and post programme assessments (6-Minute Walk Distance(6MWD), Chalder Fatigue Score(CFQ-11) and Short-Form 36 Questionnaire(SF-36)) were completed in person.

Results: Eighty participants were assessed 60 participants have completed post programme assessments to-date. Results demonstrate significant increases in 6MWD distance (pre: mean distance 385m ***±*** 93.4; post: mean distance 515m ***±*** 61.4) as well as reduced dyspnoea scores (median peak Borg pre: 4 ***±*** 3.5; median post: 3 ***±*** 4). There were no adverse effects on fatigue levels (mean CFQ-11 21 ***±*** 8 pre; mean CFQ-11 13***±*** 10.7 post). SF-36 scores improved (mean 402 ***±*** 174 pre; mean 496.5 ***±*** 184 post) with participants showing improvement in all domains particularly physical functioning, role limitations due to emotional problems and pain domains.

Conclusions: These preliminary findings suggest a physiotherapist delivered virtual post-COVID-19 recovery programme can improve exercise capacity, dyspnoea and quality of life without exacerbating fatigue.

Conflict of Interest: None to declare