

8.02 A physiotherapy prospective observational study of post-intensive care COVID-19 patients in Tallaght University Hospital

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A multi-disciplinary post intensive care syndrome (PICS) clinic was established after the 1st wave of COVID-19. Patients (n=27) who were in ICU with COVID-19 between March and June 2020 were invited and 12 patients attended for both assessments in October 2020 and April 2022. The patients were reviewed by a nurse, doctor (ICU Consultant), psychologist and physiotherapist.

Physiotherapy assessments included mobility status; a 6 minute walk test (6MWT); grip strength assessment and completion of the short form international physical activity questionnaire (IPAQ-SF).

Average Results for 6MWT, IPAQ-SF and Grip Strength		
	October 2020	April 2022
6MWT (metres)	358	424
IPAQ-SF (METS-MIN/WEEK)	2602	2975
Male Grip Strength (kg)	24	39
Female Grip Strength (kg)	24	29

Patients' age ranged from 44 – 76 years of age with a median age of 60 years. 83% (n=10) had returned to their baseline independent level of mobility. Two patients that were still reliant on portable oxygen required a 4-wheel walker two years after getting Covid-19. Results showed average improvements in each domain from 1st review to 2nd review. Patients walked on average 424m at 2nd review although this is substantially lower when compared to the population average of 571m. Physical activity levels did improve but remained at a “minimally active” level with an average of 2975 mets/week. Overall grip strength improved but male grip strength (39kg) remained weaker than the age cohort average of 48kg. Female grip strength improved sufficiently (29kg) to reach the average population value of 28.7kg.

Patients exercise tolerance, physical activity levels and grip strength improved since their initial review but remained below population averages for each domain except female grip strength.