Leiden University Medical Center

University Network for the Care Sector South Holland

Recovery of post-COVID-19 patients in geriatric rehabilitation: daily functioning and quality of life

EuGMS SIG initiative

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EU-COGER
European cooperation in geriatric rehabilitation research after COVID-19

The effect of the COVID-19 pandemic on the geriatric rehabilitation...

EU-COGER research team

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… and the rest ☺

Geriatric Rehabilitation (GR) after COVID-19

Aims

1. To gain insight into recovery of older COVID-19 patients during and after stay at a rehabilitation department

2. To gain insight into the content of post-COVID-19 rehabilitation in various European countries

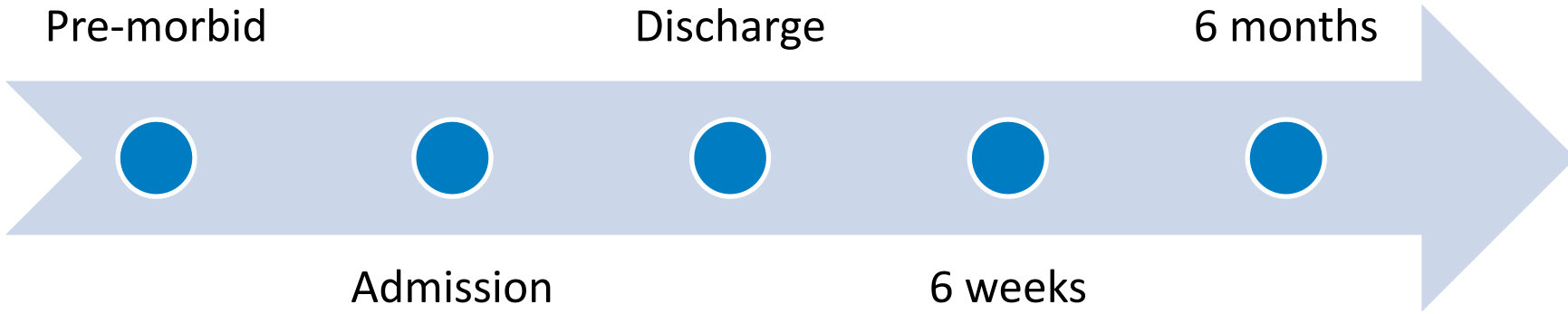
Study design

What? Multi-center observational cohort study

Who? Patients admitted to GR after SARS-COV-2 infection

Where? 66 health centers in 10 countries

When?

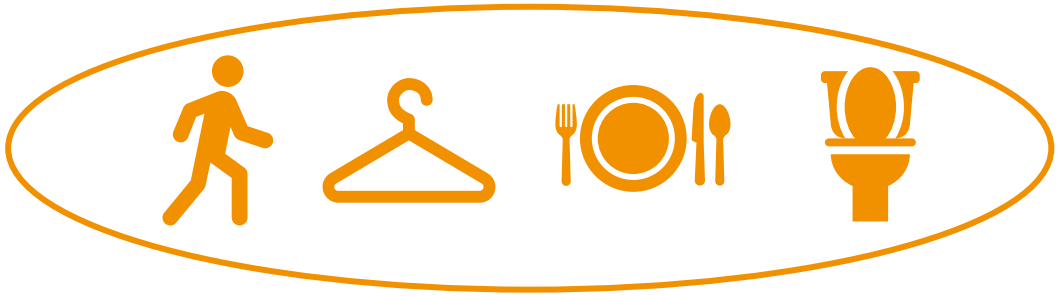


Outcome measures

Question #1:

Primary outcome: **ADL functioning**

Secondary outcome: **Quality of life**



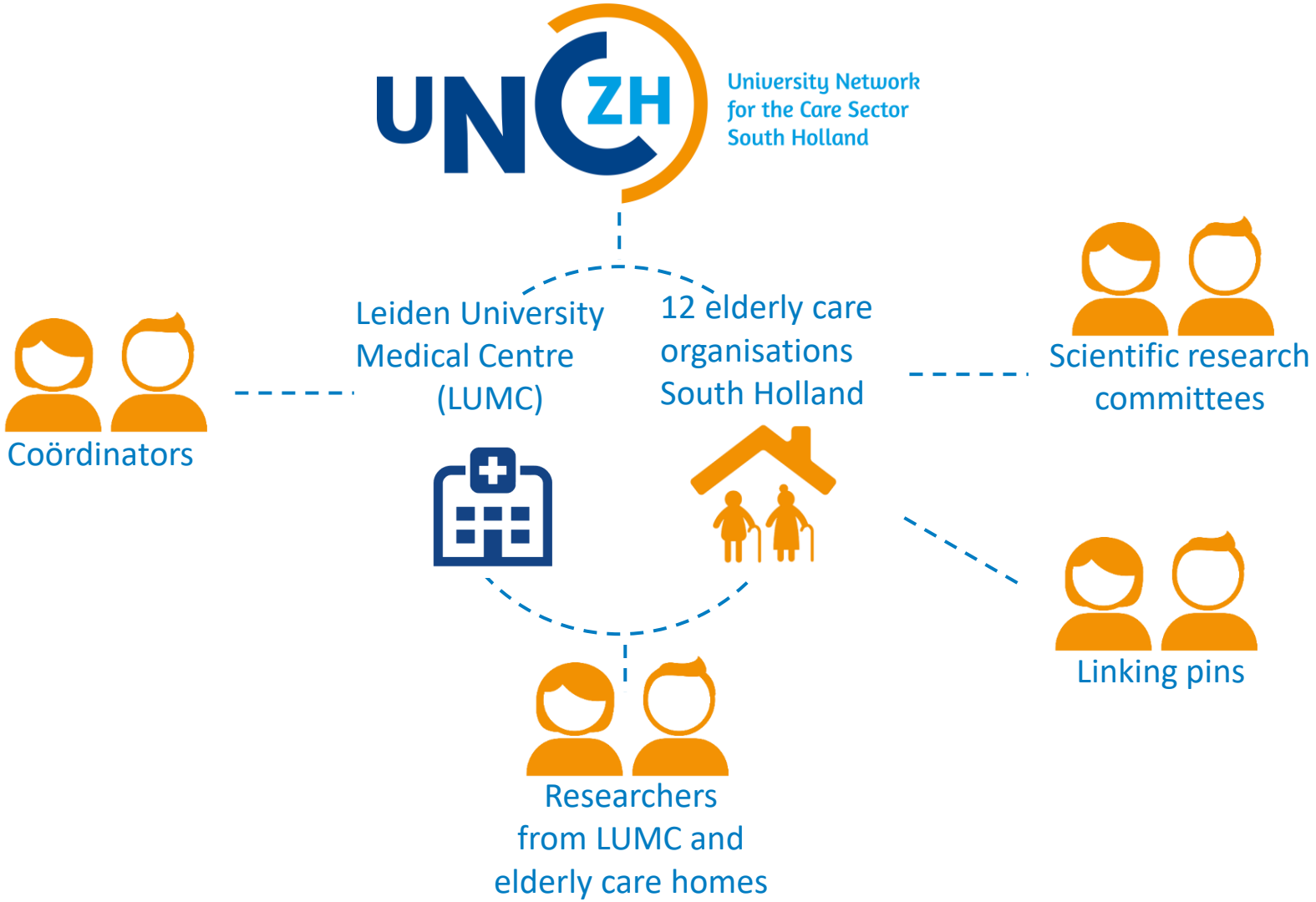
Question #2:

Treatments

Health care professionals

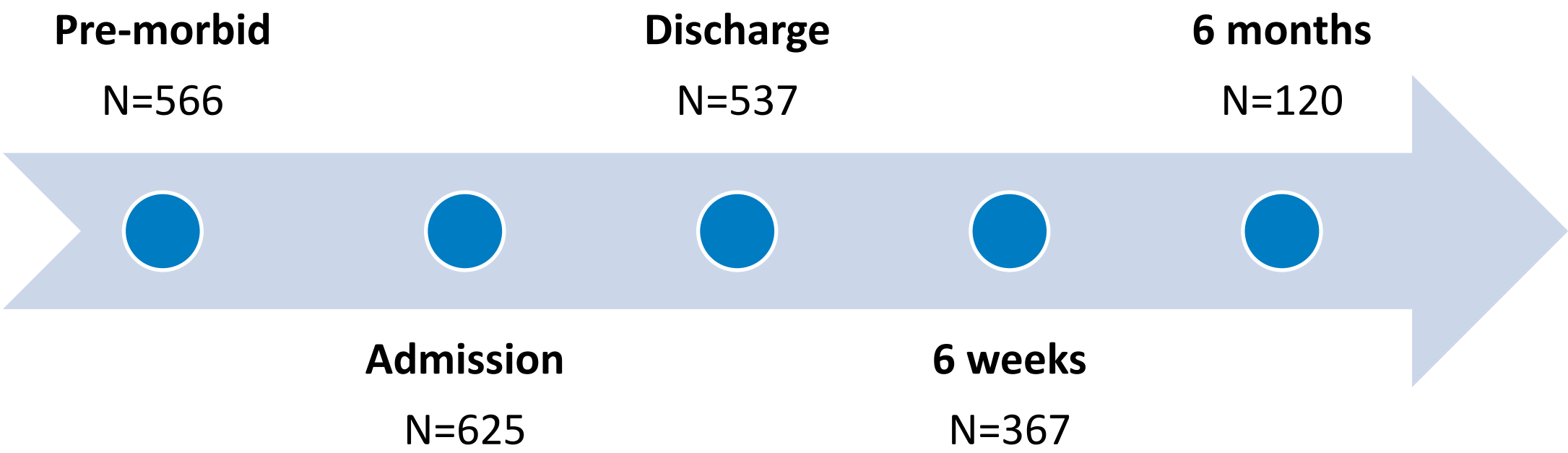
Update October 20, 2021 (N=712)

Research in elderly care homes in the Netherlands



National coordinator meetings

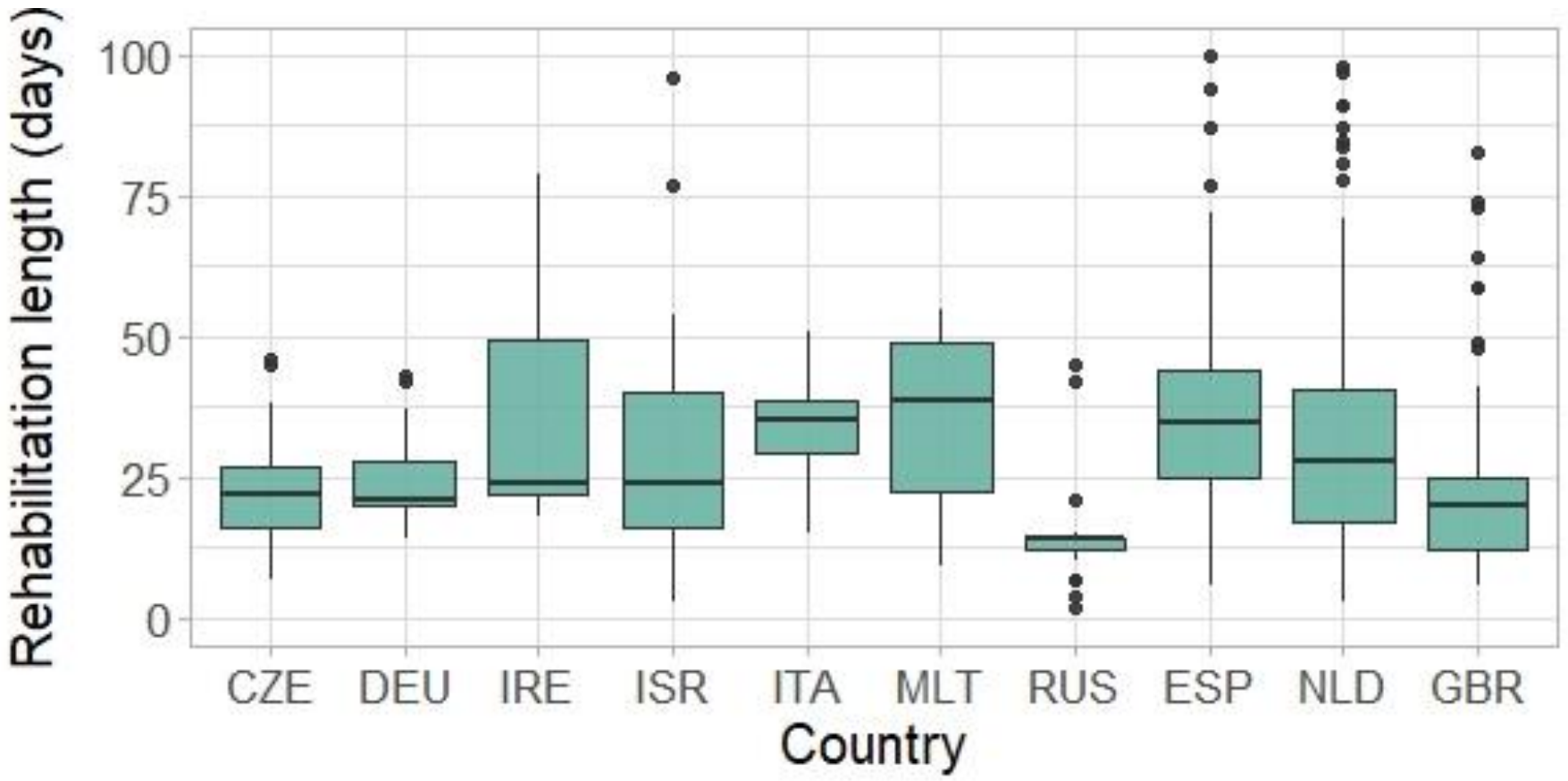
Overview of collected data



Post-COVID-19 patients (N=703)

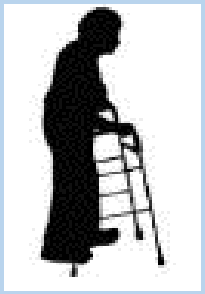
Characteristics	
Age (mean(IQR))	75.5 (69 - 83)
Sex: male	51.8 %
Obesity	24.5 %
Pulmonary disease	31.8 %
Heart failure	32.4 %
Diabetes	33.1 %
Hospital admission	90.3 %
ICU admission	34.8 %
ICU length of stay in days (median(IQR))	24 (12 - 43)
Rehabilitation length in days (median(IQR))	25 (16 - 38)

Rehabilitation length by country



Clinical Frailty Scale at GR admission

Very fit to managing well:
10.2 %



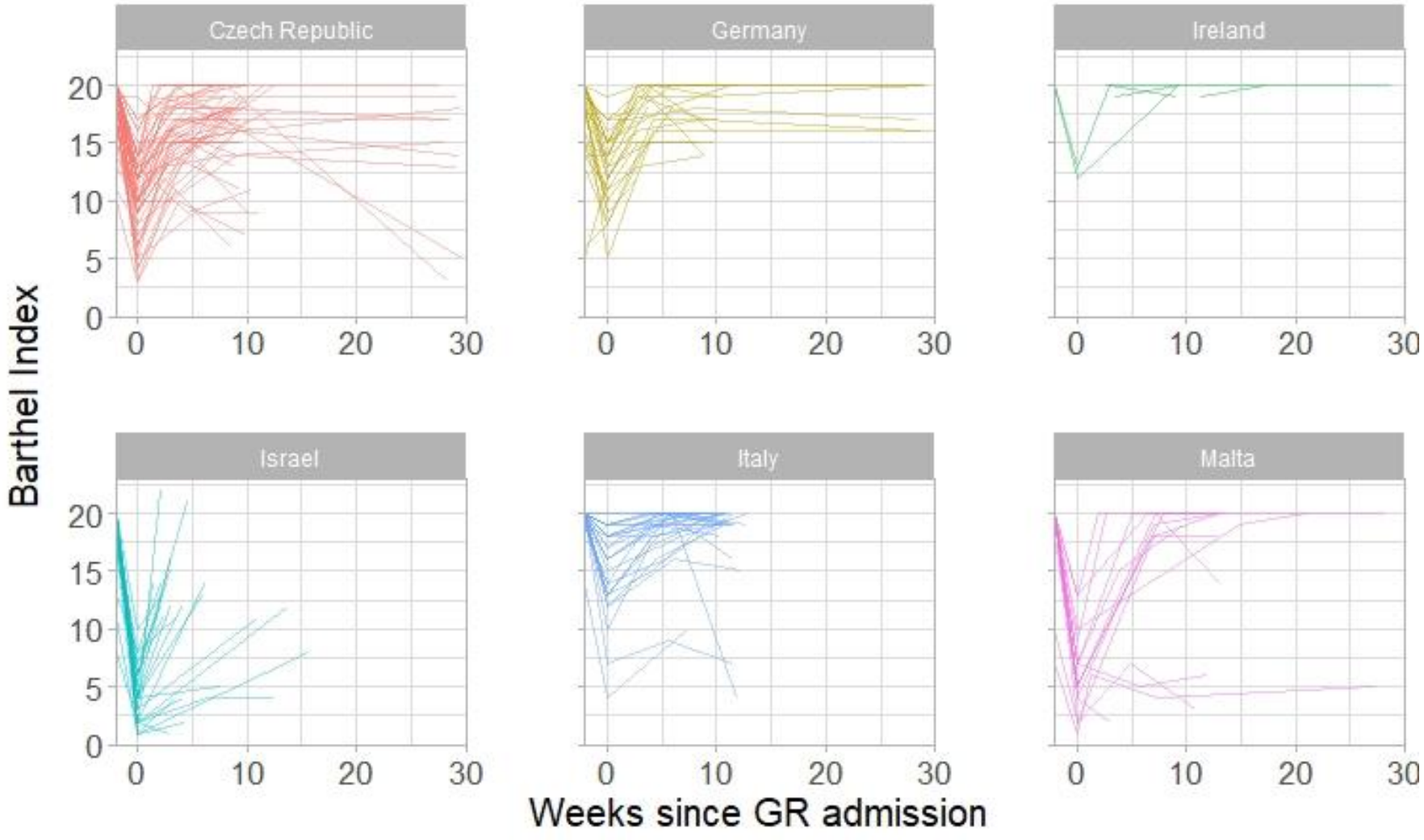
Vulnerable to mildly frail:
27.3 %

Moderately to very severely frail:
62.5 %

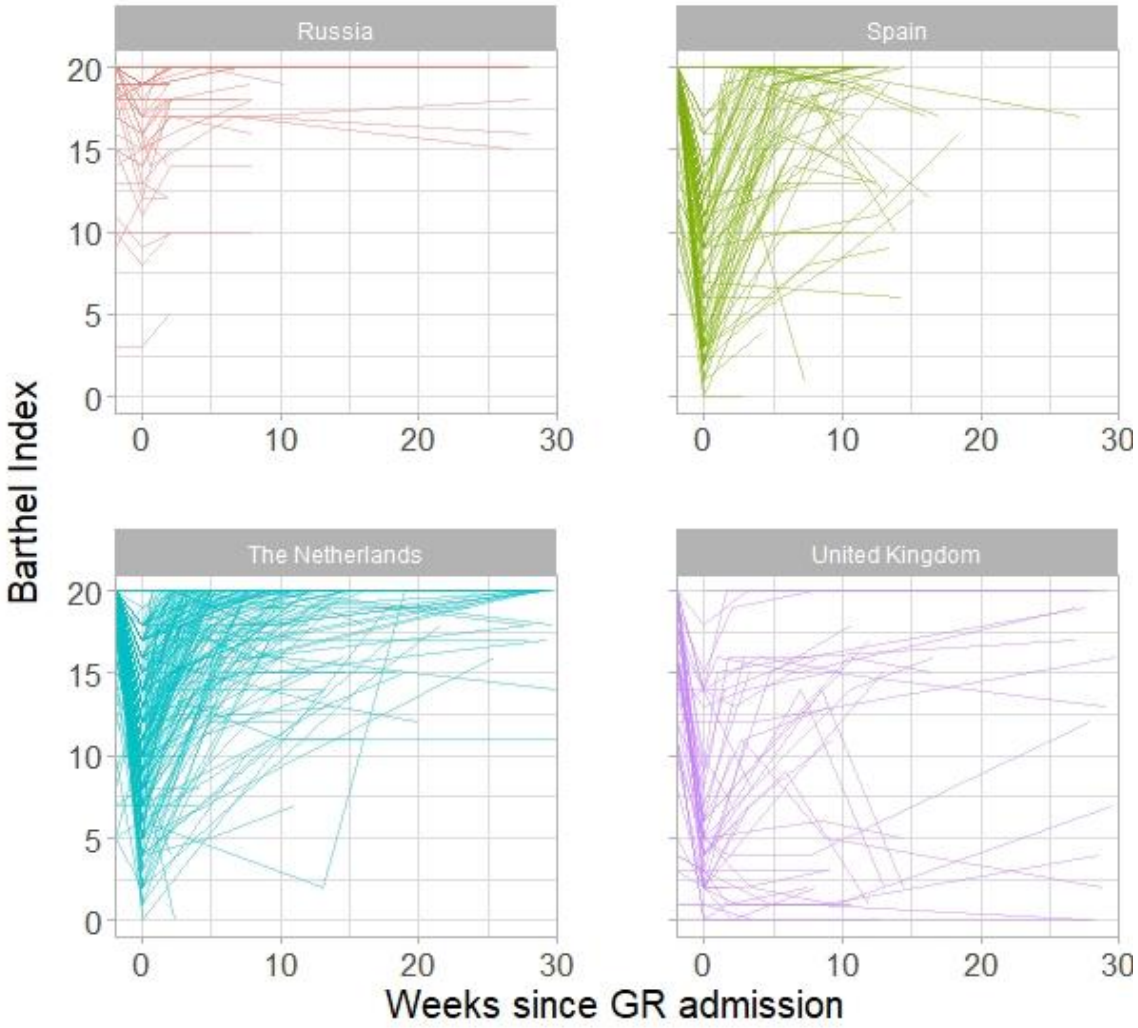
Preliminary results

	Premorbid	Admission	Discharge	FU 6 weeks	FU 6 months
Barthel Index (range: 0-20)	**17.9** (3.7)	**11.0** (5.5)	**16.1** (4.8)	**17.1** (4.6)	**16.7** (5.2)
EQ-5D-5L VAS (range: 0-100)	NA	**51.0** (19.3)	**65.8** (16.0)	**67.6** (15.7)	**66.9** (16.3)

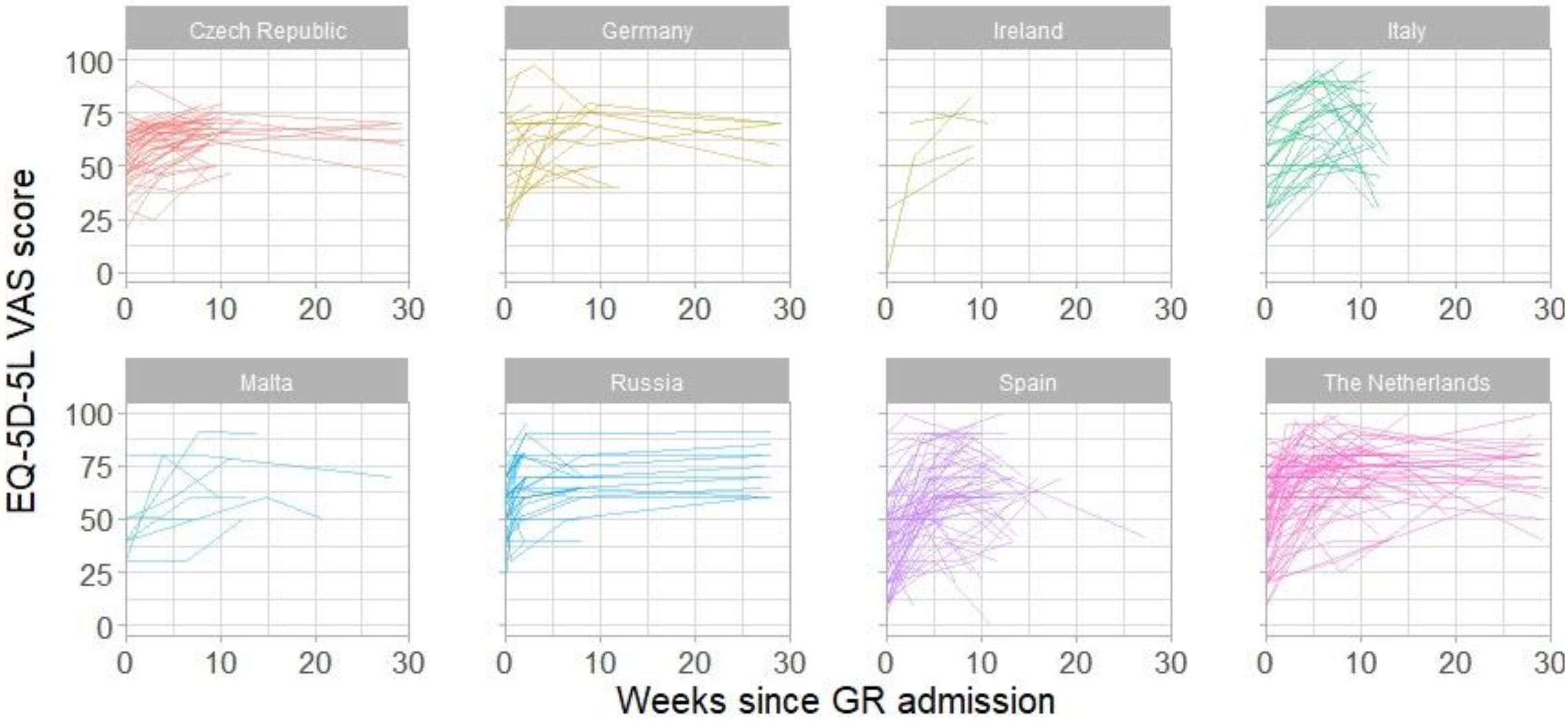
Daily functioning



Daily functioning



Quality of life



Return to home

Premorbid residence

92.5 %

6.0 %

Discharge destination

76.0 %

15.7 %

4.1 %

1.2 %

Conclusions

ADL functioning:

Many patients are almost back at their premorbid level at discharge

Quality of life

Strongly increased during GR

Substantial recovery is observed during and after GR

Future steps

- Examine the influence of factors associated with recovery
- Quantify cross-country differences in recovery
- Examine differences in treatment across countries

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