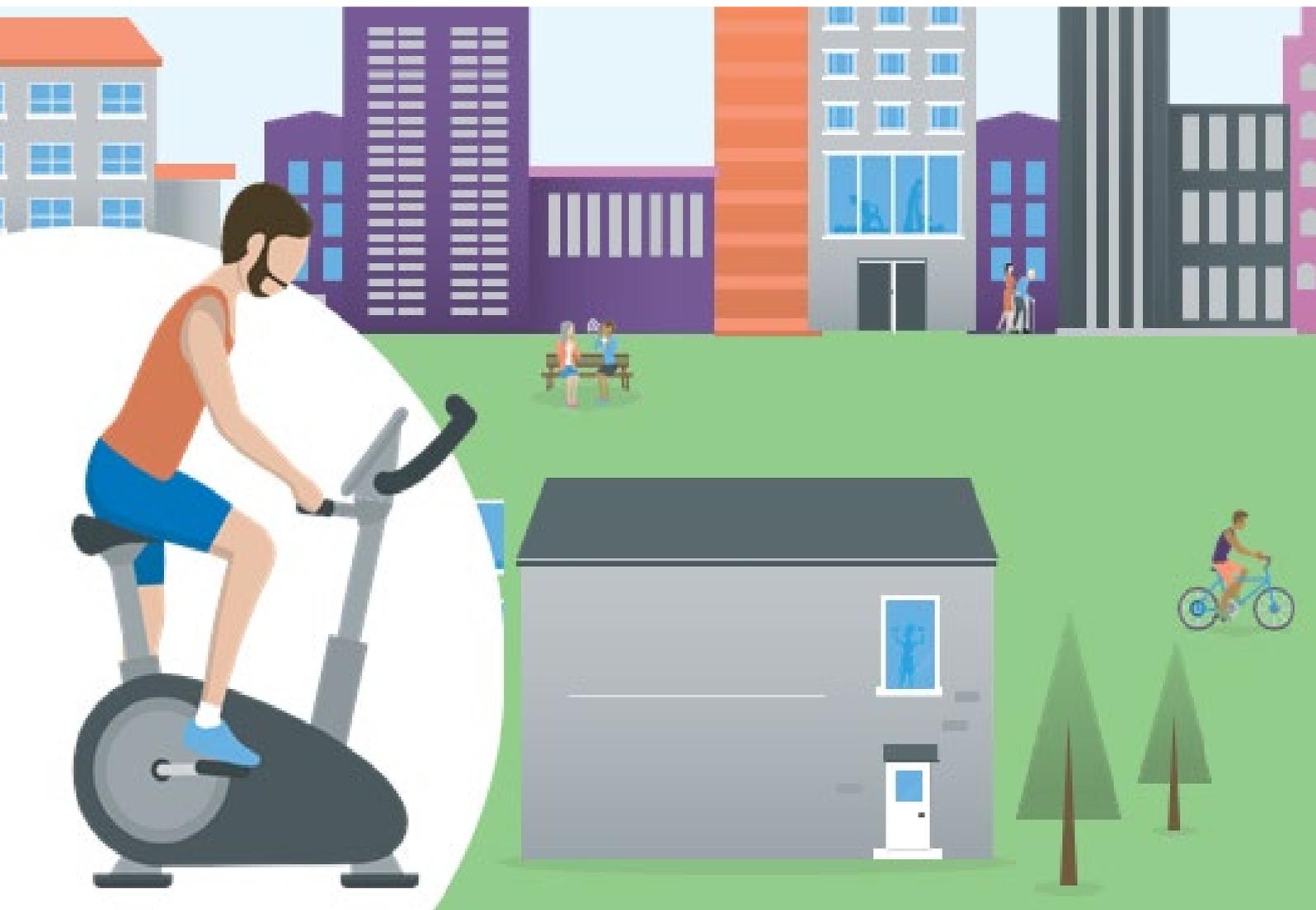


Post COVID-19 Rehabilitation

A guide for patients and carers



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What is Coronavirus (COVID-19)?

COVID-19 is a highly contagious virus that mainly attacks the lungs. It is transmitted through droplets created from sneezing and coughing from those infected. The virus enters the body via the nose, mouth and eyes.

The most commonly reported symptoms of COVID-19 are:

- A new continuous cough
- A fever
- Fatigue
- Muscle aches
- Shortness of breath when moving around
- Sputum production
- Loss of appetite/taste/smell.

Some people may require hospitalisation to treat these symptoms.

The severity and duration of symptoms for people who have COVID-19 can vary.

For most people, symptoms last 7-14 days and will be very mild. To manage mild symptoms:

- Stay hydrated
- Take paracetamol if you have a temperature
- Rest
- Get up and move about at regular intervals.

If you need additional advice, visit the NHS 111 online service www.111.nhs.uk/covid-19/

What do I do if my symptoms get worse?

Monitor your symptoms regularly. If you get one of the following:

- Worsening shortness of breath
- A new or returning fever
- Worsening ability to concentrate
- Chest pain.

Please call 111 for more advice or for a medical emergency, dial 999 immediately.

The Post COVID-19 Rehabilitation Team

During your treatment with the team you may be seen by some or all of the following professionals depending on your needs:

- Physiotherapists
- Occupational therapists
- Speech and language therapists
- Dietitian
- Rehabilitation assistants

As a team we are here to help you through your recovery.

This booklet is aimed to be a guide and anything you are unsure of please speak to one of us. It does contain a lot of really valuable information, and you might find it helpful to read it in small sections at a time, and use it as a resource to keep referring back to.

COVID-19 Rehabilitation team Telephone Number:

01883 733892

Recovery from COVID-19

Recovery from COVID-19 will take time and varies from person to person. It will range from weeks to months.

Post COVID-19 effects could include:

- Muscle weakness/wasting
- Stiffness
- Extreme tiredness (fatigue), loss of energy
- Loss of appetite +/-taste
- Loss of weight
- Changes in mood, anxiety, depression
- Sleep problems
- Problems with mental abilities. Having difficulty remembering events. Being forgetful or having difficulty thinking clearly
- Nightmares and flashbacks
- Post-traumatic stress disorder.

The British Lung Foundation has a support line for people who have recovered from COVID-19. Further information can be found at: www.blf.org.uk

What to do if I get breathless

You can have ongoing breathlessness following COVID-19, particularly on exertion. Anxiety can also lead to feeling more breathless as your breathing becomes more rapid.

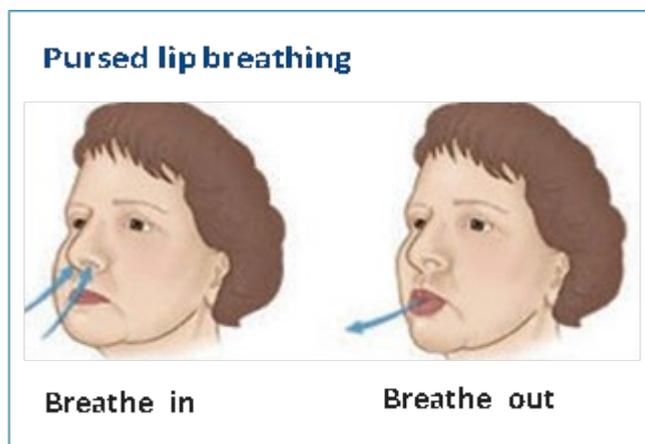
There are a number of techniques that you can use when you feel breathless:

Exercises to help manage your breathing

Breathing exercises can help you manage your breathlessness and reduce its impact on your everyday activities. Sit in a comfortable position relaxing your shoulders. Place your hands on your tummy. Close your eyes concentrating on your breath.

Breathing control

- Take a slow breath in through your nose
- Allow the air to fill up from the bottom of your lungs to the top of your chest
- Breathe gently out through your nose if you can, or through pursed lips (as if you were going to blow out a candle) to create space for the next breath in.
- Try to slow your breathing down. You should feel your tummy move forwards and backwards with each breath.



Breathing control while walking

This will help you walk on the flat, climb stairs and negotiate slopes. Try to keep your shoulders and upper chest relaxed and use your breathing control. Time your breathing with your stepping.

- Breathe in – 1 step
- Breathe out – 1 or 2 steps.

Keep cool

Make sure you have good air circulation in the room by opening a window or door. Use a wet flannel to cool the area around your nose and mouth this can help reduced the sensation of breathlessness.

For further information on breathing control and exercises to help manage your breathlessness please refer to the leaflet:

How to cope with being short of breath – breathing exercises

<https://www.acprc.org.uk/publications/patient-information-leaflets/>

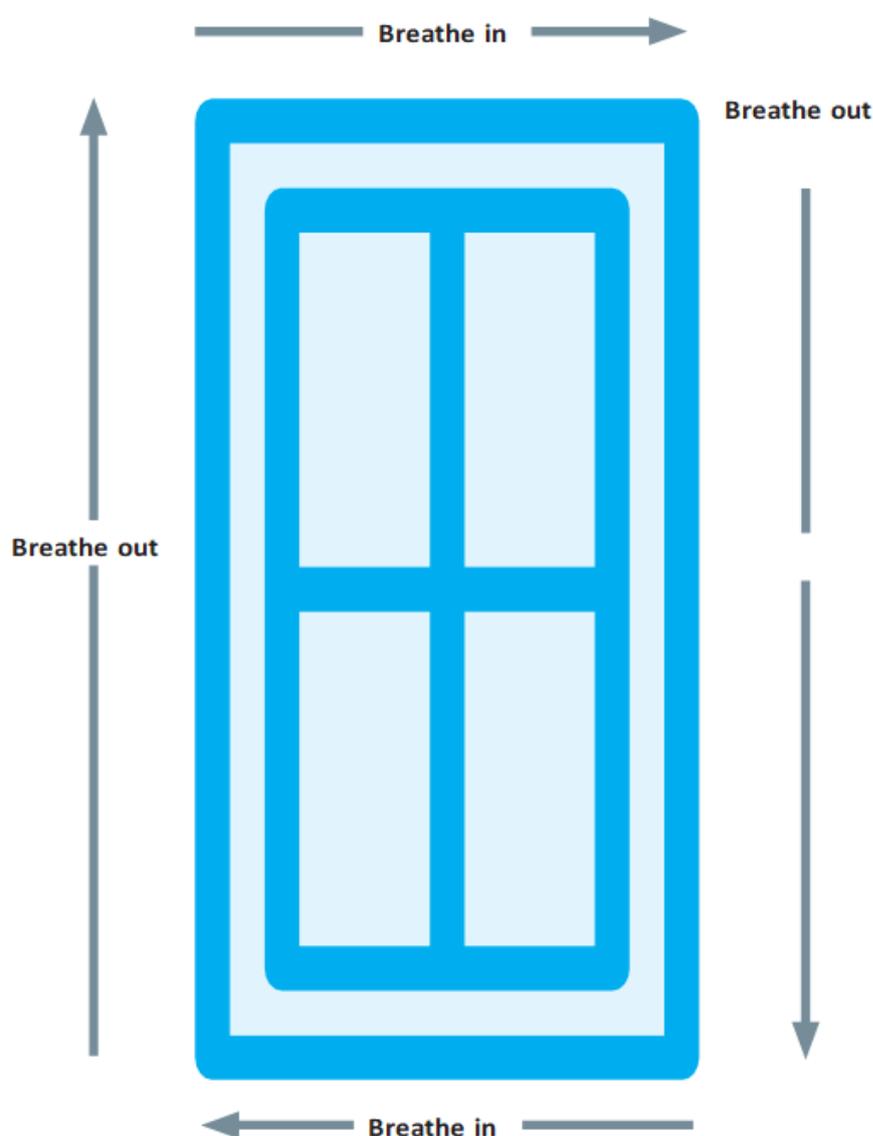
'Pursed lip breathing' and 'blow as you go' are techniques that are discussed in this leaflet that are useful to use if you are struggling with shortness of breath whilst at rest or on exertion.

Please note additional oxygen will not make you feel less breathless!

Breathe a rectangle

If you find breathing control difficult to do, try to breathe a rectangle. Please see the diagram below:

- Find a comfortable position
- Look for a rectangle shape in the room e.g. a window, door or TV screen
- Move around the sides of the rectangle with your eyes, breathing in on the short sides and out on the long sides.

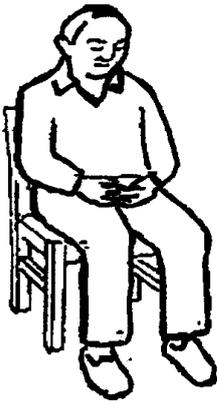


Positions to manage breathlessness

Following COVID-19 you may find you have continued breathlessness. You should monitor this and if it gets worse seek further review from your GP or 111.

These positions can help ease your breathlessness and can be used when resting or when mobilising.

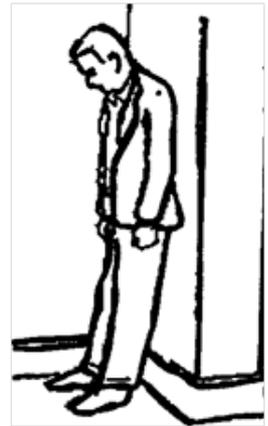
Relaxed sitting



Forward lean standing



Backward Lean Standing



Forward lean sitting



High side lying



Positions to ease breathlessness

For further information on positions to help ease breathlessness please refer to the leaflet online;

How to Cope With Being Short Of Breath – Positions

<https://www.acprc.org.uk/publications/patient-information-leaflets/>

Managing your cough

A dry cough is one of the most commonly reported symptoms for COVID-19 however in some cases it may be productive of phlegm.

Strategies to manage a dry cough

- Stay well hydrated
- Sipping a soft drink – take small sips, one after the other, avoid taking large sips
- Steam inhalation – pour hot water into a bowl and put your head over the bowl. If comfortable, cover your head and bowl with a towel
- Drink warm honey and lemon or another warm drink, this can help to soothe the throat if you do not have a drink to hand, but need to cough, try swallowing repeatedly. This can work in a similar way to sipping water.

Strategies to manage a productive cough

- Keep well hydrated
- Steam inhalation
- Try lying on either side, as flat as you can. This can help drain the phlegm
- Try moving around; this will help to move the phlegm so that you can cough it out.

Exercises to help clear your chest

Following COVID-19 you may find that you have a productive cough and mucus on your chest.

These exercises and positions can help you clear your chest. These may be recommended by your physiotherapist or nurse following COVID-19.

Active Cycle of Breathing Technique (ACBT) exercise consists of three breathing exercises that together help to clear the mucus off your chest.

1. Breathing control

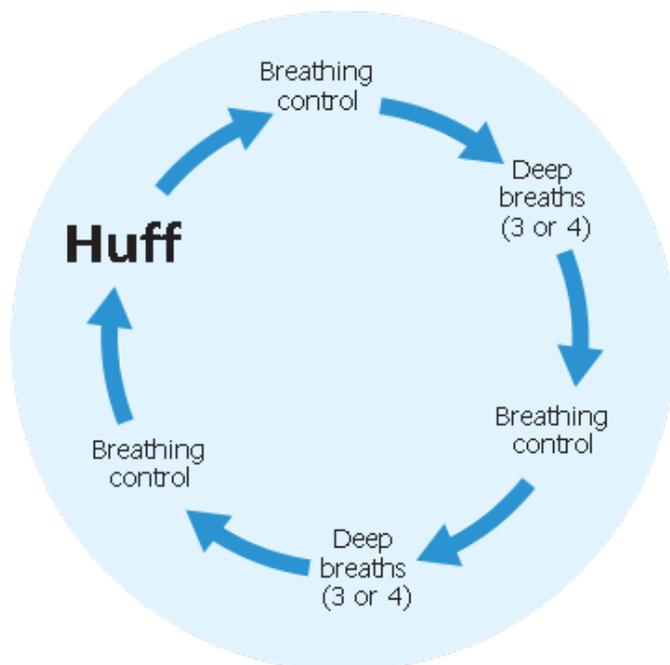
- Gentle, relaxed breathing with your shoulders relaxed.

2. Deep breaths

- Gently breath out without forcing it
- Repeat 3-4 times only (too many can make you feel dizzy).

3. Forced expiration techniques (Huff)

- Take a medium sized breath in
- Breath out forcefully for a short time
- Keep your mouth open and use your stomach and chest muscles
- Think 'huffing' a mirror to polish it
- Repeat 1-2 times
- Always finish on a cough or huff
- Stop when your huff is dry on two consecutive cycles.



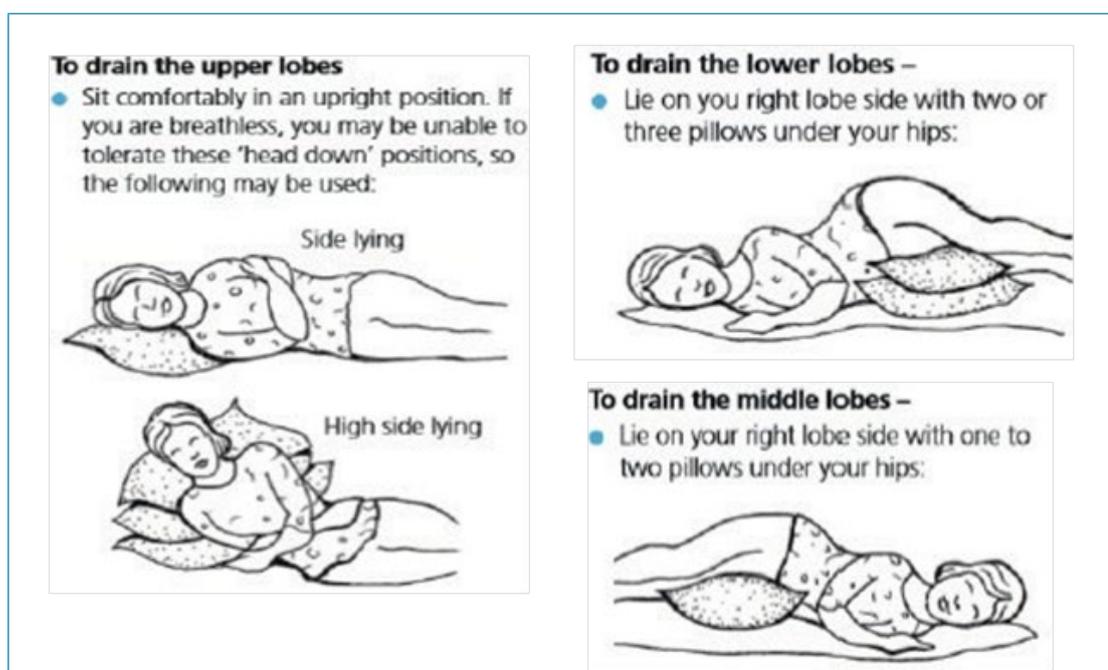
How often and how long?

- Continue to do until you feel your chest is clearer
- Clear as much mucus as you can without becoming exhausted
- Perform for at least 10 minutes, but no longer than 30 minutes
- If productive 2-3 times per day.

Positions to help keep your chest clear

Use the following positions, along with ACBT to help clear your chest. However:

- Don't use immediately before or after a meal
- Stop if you have any side effects
- Chose the position below that you feel would best drain your lungs, you can do this in discussion with a health care professional.



Do not do this if have:

- Nausea
- Acid Reflux
- Become significantly breathless
- Have blood in your phlegm
- Have a recent chest, spine or rib injury
- Feel wheezy.

If you have any of the above, please speak with a health care professional before doing this.

For further information on how to do the Active Cycle of Breathing technique please refer to the following leaflet online:

The Active Cycle of Breathing Techniques

<https://www.acprc.org.uk/publications/patient-informationleaflets/>

Extreme Weather

The weather can have a huge impact on your breathing. Please follow the below advice to help you cope in extremes of temperature

Protecting yourself in winter

At Home

- Recommended temperatures for living room are 21 degrees celcius and 18 degrees celcius for bedroom
- Close curtains at dusk to keep heat in the room.
- Shut windows at night
- Make sure thermostats are set correctly. Hot water thermostats should be set at 60-65 C and central heating thermostats should be set at 21 C
- Avoid placing furniture directly in front of radiators, you end up heating the furniture rather than the room.

Outside

- Wear a hat coat and scarf, place the scarf loosely over your mouth to reduce the effect of cold air on your lungs
- Try to reduce your outdoor activities, when it is very cold (less than 4 degrees C) or if it is wet and windy. You want to avoid getting to the point that you are shivering.
- Contact your GP about your flu Jab when appropriate.

Protecting yourself in summer

- Stay in the coolest rooms of the house during the hottest part of the day
- Close the curtains in the rooms that get lots of sun
- Keep windows closed when the rooms are cooler than it is outside.
- Open windows at night to let cooler air in
- Splash cold water onto your face and neck. Take cool showers or baths.

Outside

- Avoid going out during the hottest part of the day (11am-3pm). Plan your day around this as much as possible
- Whilst out, take water with you, wear a hat and loose fitting clothing. Stay in the shade as much as possible.

Fatigue Management

When you first arrive back home you are likely to find that your energy levels fluctuate from day to day.

Walking around your home might be difficult, including managing the stairs, accessing toileting facilities and managing your daily routine.

This may result in you needing to adapt the activities that you do to enable you to conserve your energy.

If you find your activities of daily living difficult, you may need a referral to the occupational therapist to complete an assessment.

Whilst you recover, you may need:

- To consider a different set up such as single level living either downstairs or upstairs whilst you recover
- Specialist equipment to make things easier.

Understanding your energy levels



- Imagine you had 10 bags of beans to fuel your day.



- When you are feeling well, it may feel like getting up from bed uses up half a bag of beans.



- Whilst you are recovering, this may now feel like it uses up 4 bags of beans meaning you only have 6 bags left to use for the rest of the day.

With this analogy in mind it may be useful to keep a note of how tiring different activities are for you in order to help you understand the pattern of your fatigue and enable you to manage and adapt to this better.

Conserving your energy using the 'four Ps'

Planning

Planning includes organising daily routines to allow completion of essential activities when you have the most energy.

E.g. many find it more helpful to perform strenuous tasks such as dressing early in the day when strength and stamina are often at their peak.

It is important to think about the task prior to performing the task and expending physical energy.



Consider the following:

- Think about the steps that need to be completed and items required for the task.
- Prepare the required items ahead of time.
- Keep frequently used items in easily accessible places.
- Have duplicate items available to limit unnecessary trips between the bathroom, bedroom, or kitchen.
- Consider using a bag, basket, or rolling trolley to carry tools or supplies in one trip.
- Consider your weekly routine. It will be beneficial to schedule strenuous activities, such as going to the hairdresser, attending religious services, and shopping, evenly throughout the week instead of all in one day.

Pacing

Once activities are planned, pacing allows individuals to sustain an energy level until the task is completed.

Consider the following:

- Allow plenty of time to complete activities and incorporate frequent rests.
- Perform tasks at a moderate rate and avoid rushing. Although a task may be completed in less time, rushing utilises more energy and leaves less 'in the bank' for later activities.
- Allow plenty of time for rest and relaxation. Take a morning or afternoon nap prior to activities or outings to build up energy.
- Breathe easily and properly during activities. Using these techniques helps decrease shortness of breathe.
- Rethink activities with rest in mind. For example, sit instead of stand while folding clothes or preparing food. Instead of writing 25 holiday cards in one day consider writing five cards per day over five days.



Prioritising

The third strategy is often the most challenging. When faced with limited energy reserves individuals must look critically at work, family, and social roles and keep only those roles that are necessary and pleasurable.

Consider the following:

- Can a friend or family member assist with chores e.g. emptying the rubbish,

vacuuming so you have more energy for necessary and pleasurable tasks?

- Eliminate unnecessary tasks, chores or steps of an activity. Look for shortcuts and loosen the rules
- Be flexible in daily routines enables you to enjoy activities you would like otherwise miss because of fatigue.

Positioning

Positioning is extremely effective, but not often considered when addressing energy conservation. Current methods of performing tasks may be using more energy than required.

Consider the following:

- Storing items at a convenient height to avoid excessive and prolonged stooping and stretching
- Make sure all work surfaces are at the correct height. If a counter is too short, slouching and bending can occur which results in more energy expenditure
- Use long-handled devices such as reachers or telescope cleaning tools to avoid unnecessary bending and reaching
- Facilitate bathing - use a shower seat and a hand-held shower head.

For further information on fatigue management please refer to the Royal College of Occupational Therapists guidelines online. It can be found by following the below link;

<https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-covid-19-0>

Anxiety, relaxation and stress: top tips



Psychological well-being: I don't feel myself

Going through a period in intensive care or being unwell can not only be physically hard but psychologically difficult too. When at home you may suffer from some of the following symptoms which are quite common after being very unwell:

- Anxiety
- Depression/Low mood
- Memory loss
- Difficulty collecting your thoughts
- Post-traumatic stress symptoms i.e. anger, jumpiness, hallucinations, fear, nightmares
- Fatigue
- Sleep problems
- Problems socialising.

These are a range of symptoms. Remember everyone is different and there is no right or wrong way to react.

Understanding anxiety

Thinking about being very unwell, particularly after being in intensive care can release adrenaline from the body, this stimulates the 'fight' or 'flight' response. This can cause some unpleasant feelings in your body. Although unpleasant they will not harm you, such as:

- Increased heart rate
- Increased breathing rate – can make you faint or dizzy
- Inability to relax
- Disturbed sleep patterns
- Feeling hot and clammy.

What can I do to help myself?

- Talk through your feelings. If you feel unable to talk to a relative, friend or colleague, the Samaritans are a listening service. You can find more information at: www.samaritans.org
- For further support following a period in intensive care go to www.icusteps.org this is a support group for people who have been affected by critical illness.
- Read the following section on Anxiety, relaxation and stress.
- If you find that your breathing rate is getting fast refer to the exercise sheet: 'How To Cope With Being Short of Breath – Breathing Exercises'
- Set yourself small goals
- Write down your thoughts and your achievements.

Top tips for anxiety and panic attacks

If you experience panic attacks or anxiety, try some of the tips below. They can help you to manage stresses in your life and help manage panic and anxiety so you feel more in control.

Challenge yourself

Some situations can make us feel anxious. In order to work through this we need to expose ourselves to the situation that is making us feel anxious. Try and break this down into smaller stages that you can achieve, practice and build on. The more exposure you have to the situation the less likely it will affect you. Mastery of this will allow you to work through the anxiety so it is no longer problematic.

Breathing exercises

First relax your shoulders and stomach muscles. As you breathe in, allow your stomach to rise and not your chest. Then breathe out slowly, so your stomach falls. Repeat until you feel calm. This technique may take a lot of practice so keep working on it. This technique works well if you are experiencing a panic attack.

Distract your thoughts

Try counting backwards from 100 in 3s. Alternatively keep something on you that comforts you, such as a picture of happy memories. Draw your attention to reliving that memory and how this made you feel. Focus on this until you feel calm.

Think positively

Use positive statements such as 'I am in control', 'I can do this', 'Life is great'. Say these statements out loud on a regular basis. The more you hear this, the more you believe it and the more you will feel it!

Talk to someone

Sharing your concerns with someone you can trust can help relieve your anxieties. A problem shared is a problem halved! Talking to others may help you find a solution or offer a different way of looking at the situation.

Practice relaxation techniques

Start by gently breathing in through your nose and out through your mouth, keeping the pace slow and regular. Slowly tense, and then relax all the muscles in your body, starting at your head and working down to your toes. Afterwards, take some time to focus on how your body feels.

Everyone experiences anxiety from time to time. If your anxiety persists for 2 weeks or more, or it is significantly impacting on your daily activities, you will need to see your GP.

Top tips for stress relief

Set boundaries

Be realistic about what you can achieve and communicate this with others. Unrealistic expectations will reduce productivity and increase your stress. Taking a regular break and not regularly exceeding work hours will ensure optimum productivity.

Sort out your worries by writing them down

Divide them into those that you can do something about (either now or soon) and those that you can't. Prioritise what order you can work on jobs to be done. Easy tasks can be 'quick wins' which can boost your motivation to keep going.

Communicate effectively

This includes saying no! Effective communication is vital in ensuring a good working relationship with others. It can reduce the likelihood of situations being misinterpreted and help with feeling valued and heard. Be aware of your tone when asking for help. Remember people are more likely to help if there is something in it for them.

Take control

Start with a positive attitude; 'I can do this'. This will help you to get started on a positive note. Quite often you cannot control or change an event or situation, but you can always control your actions or reaction to it. Focus on the element of the situation that you can control and let go of what you can't.

Ask for support

This could be from, a colleague/friend or from an external service. If your stress is work related, speak to your manager. Talking to others may help your situation allowing a different perspective.

List your achievements

Keep a track of all of the things you have achieved and just how far you have come. This will help you keep a sense of perspective and will give you a boost to keep going.

Keep expectations realistic

What would you say to a friend in a similar situation? Quite often our expectations of ourselves are far higher than those we would expect of others. Thinking of advice you may give to a friend if they were in a similar situation can be helpful.

Environment

De-clutter your environment by filing, using note books, diaries, etc. This can help you to feel calmer and organised and may save you time in the long run.

Look after your health

Physical activity, healthy eating, relaxation, etc. will all affect your ability to manage stress. Make time for family, friends and hobbies and enjoyable activities.

Further information

If you would like further information on managing anxiety, panic and stress please visit:

- www.mindmattersnhs.co.uk/surrey

A wide range of services, support and self-help material can be found on this website. If you would like Face to Face support you can self-refer to one of the following:

- Think Action Surrey on: 01737 225370

Think Action Surrey is an experienced provider of high quality, wide range of psychological therapies in Surrey at various locations and times.

OR

- Mind Matters on: 0300 330 5450

Mind Matters provide talking therapies to adults (18+) registered with a GP in Surrey who are experiencing common mental health problems such as depression, anxiety and stress. We provide quick and easy access to our talking therapies, in line with individual needs and best practice.

OR

- Online talking therapy on: 01954 230 066 or visit www.iesohealth.com/surrey

IESO Online talking therapy is provided in partnership with the NHS. Cognitive Behavioural Therapy is delivered online in real time using typed conversation. You meet with an accredited therapist in a secure online therapy room, at a scheduled time and location that is convenient to you. All that is required is access to the internet. Online talking therapy is suitable for those experiencing common mental health problems.

OR

- Mood Gym which can be accessed online at: moodgym.com.au.

This offers an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

If you would like further information on managing **stress** please visit:

- <http://www.mind.org.uk/information-support/tips-for-everyday-living/stress-guide>.

This explains what stress is, including possible causes, and how you can learn to cope, with tips on how to relax.

Top tips for relaxation

Relaxation helps to reduce stress and anxiety and improve your mental wellbeing; this in turn will enable you to manage any challenges that come your way. Try out our top tips on relaxation.

Pause for thought

Introduce small moments of relaxation into your day. Take a moment to observe the natural rhythm of your breathing. Focus on the here and now, letting your thoughts come and go without becoming caught up in them. Concentrate only on the present moment.

Muscle relaxation

Start by gently breathing in through your nose and out through your mouth, keeping the pace

slow and regular. Slowly tense then relax all the muscles in your body, starting at your head and working down to your toes. Afterwards take some time to focus on how your body feels.

Meditation

Meditation and relaxation apps can be a great way to unwind. Try doing this twice a day, once before getting up and once before going to sleep. This will help reduce any tension, leaving you feel more in control of life's stresses.

Exercise

Practicing gentle exercise like yoga, tai-chi or Pilates, or taking a walk in the fresh air can give you time to unwind your body and mind. Exercise also releases endorphins, the 'feel good' hormone, which can help you to relax.

Listen to music

Listening to your favourite music can help you to switch off. Tracks with a slower tempo, or designed with relaxation in mind, are very helpful when you want to unwind.

Unplug electronic devices

Technology has moved a long way forward and we rely on electronic devices more than ever. Social media, emails, text messages, notifications etc. can bombard us 24/7 leaving us little time to switch off. This can induce an undercurrent of stress so it is important that we switch off from our devices for a period of time daily.

Practice

Being relaxed does not come easily for a lot of people. Don't worry, just keep practising and you will soon get the hang of it. Ensure that when you practice relaxation you are in a warm place, free from distraction or any interruptions. Don't worry if some of these techniques don't work for you, just enjoy the ones that do!

Further information

If you would like more information about relaxation please visit:

- www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/#.WbJfq9SGPDc

This website offers additional tips and techniques on relaxation to try.

If you would like further support on relaxation, the following apps are free to download and use at your convenience:

- Calm: Meditation to relax, focus and sleep better

Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Join the millions experiencing less anxiety and better sleep with the guided meditations, breathing programmes and sleep stories. Recommended by top psychologists and mental health experts to help you de-stress.

- Stop Breathe & Think

Stop Breathe & Think is an award winning meditation and mindfulness app which helps you to find peace anywhere. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupuncture videos, tuned to how you feel.

Additional resources:

- www.mindmattersnhs.co.uk/surrey

A wide range of services, support and self-help material can be found on this website.

- **IAPT website:** www.nhs.uk/service-search/find-a-psychological-therapies-service/

This is a self-refer psychological therapy service, without seeing your GP. They offer therapies, such as cognitive behavioural therapy (CBT), for common problems including stress, anxiety, depression and phobias. Once you have referred yourself the service will contact you and you'll be recommended a therapy.

The therapy you are offered will depend on the problems you are experiencing and how severe they are. The service will also tell you how long you'll wait for your first therapy session. There are different types of psychological therapies available, including online therapy programmes, but they all involve working with a trained therapist.

References:

- Mind Matters: www.mindmattersnhs.co.uk/surrey
- Mind: www.mind.org.uk/information-support/tips-for-everyday-living/relaxation

Healthy eating



Eating Well during COVID-19

Whether you are self-isolating, shielding or recovering from symptoms of COVID-19, maintaining good nutrition and hydration is vital to health.

This section is split into 4 parts to provide useful tips and information to help support you during this time:

'Eating for Health' – if you are a normal weight or overweight and have a good appetite

'Food First advice' – if you are underweight, losing weight unintentionally or have no appetite

'Side Effects and Symptoms of COVID-19' – if you are struggling with ongoing effects of COVID-19 which are affecting your intake

'Accessing Food' – if you are not able to access food as easily as normal

Eating for Health

A good diet is important for good health. 'Eating for Health' means including foods from all the food groups in your diet, and reducing your fat, salt and sugar intake. It is important to eat a wide variety of foods and continue to enjoy your food.

If you are a normal weight or overweight and have a good appetite, you should have a varied diet and try to include foods from all the following groups:

Starchy foods are the body's main source of energy; aim to eat 2 portions at each meal and try to choose wholegrain varieties. Examples of a portion include:

- Rice & Pasta - 2-3 tablespoons (cooked)
- Potato - 2 egg sized
- Bread - 1 medium slice from a large loaf
- Breakfast cereal - 2-3 tablespoons (unsweetened)

Protein foods are needed for growth and repair; eat 2-3 portions a day, choosing lean meats and avoiding processed meat. Examples of a portion include:

- Meat & Poultry - 80g (cooked weight) the size of a pack of cards
- White & Oily Fish - 140g (cooked weight) the size of a slim glasses case
- Soya, Tofu & Quorn® - 120g (the size of a snooker ball)
- Pulses (peas, beans & lentils) - 3-4 heaped tablespoons
- Eggs – 2 eggs

Dairy Foods are rich in calcium and high in protein; aim to have 2-3 portions per day, opting for low fat and unsweetened varieties. Examples of a portion include:

- Cheese – 30g (the size of a small matchbox)
- Yoghurt and Fromage Frais – 1 small pot approx. 150g (e.g. low fat, plain yoghurt)
- Milk – 1 glass approx. 200mls (e.g. skimmed milk)

Fruit and Vegetables are good sources of vitamins, minerals and fibre; eat at least 5 portions per day and make sure it is a mix of fruit and vegetables or salad. All fresh, tinned, dried and frozen fruits and vegetables count. A portion is around 80g or a handful.

Keep hydrated

The amount of water you drink has a direct effect on your health and wellbeing.

Adults should aim to have between 1600ml-2000ml fluid per day, but this can vary depending on factors such as temperature and activity levels.

Try to choose water, low-fat milk and sugar free drinks. Tea and coffee also count towards your fluid intake but if you drink a lot of these you should be aware of the amount of caffeine you are consuming.

Vitamin D

Vitamin D helps your body to absorb calcium and keep your bones, muscles and teeth healthy. It's found in oily fish, eggs, meat, milk, margarine and fortified breakfast cereals and yoghurts.

It's difficult to get all the vitamin D your body needs from food alone. This is because your body makes most of its vitamin D from sunlight during the summer months.

Current guidelines advise those over the age of 65 to take 10 micrograms of Vitamin D each day as a supplement, and all adults should consider taking a supplement during the autumn and winter months. You should also consider taking a vitamin D supplement if you're indoors for most of the day.

You can buy a vitamin D supplement from most pharmacies and supermarkets. A supplement only needs to contain 10 micrograms to meet the recommendation.

Food First

Eating little and often when you have a poor appetite, or have lost weight, can improve your intake of energy, protein, vitamins and minerals. Unintentional weight loss can slow down recovery.

The 'Food First' approach may help to increase your intake and prevent further weight loss. This includes 3 daily goals:

Aim to have **1 pint of fortified whole milk** per day
 Include **2 nourishing snacks or drinks** a day
 Have **3 fortified meals** every day

Fortified Milk

Ensure all the milk you have is **whole milk**. This can be fresh, long-life or UHT milk.

Fortify it by mixing 4 tablespoons of skimmed milk powder into 1 pint (568 mls) of whole milk. Mix the powder with a small amount of milk first to make a paste, then add the remaining milk, stirring continuously. Once made up, keep it in the fridge to use throughout the day, for example in drinks, on cereal or when cooking.

A 200ml glass of fortified milk makes an excellent nourishing drink!

Nourishing drinks and snacks

Try to have at least **2 nourishing drinks or snacks** per day, between meals or in the evening. Adopting a '**little and often**' eating pattern by having small, nourishing meals, snacks and drinks every two to three hours can really help to increase your intake.



Why not try some of these snack ideas?

Sweet snack ideas*	Savoury snack ideas
Thick & creamy yogurt Scone with clotted cream & jam Tinned fruit with ice-cream or cream Teacake or hot cross bun Buttered fruit loaf or malt loaf Chocolate or fruit mousse Chocolate biscuits Crème caramel Custard / jam tart Milk pudding Muesli bar or flapjack Jelly and ice cream	Cheese and crackers Crackers and dip Crumpets with butter Crisps Nuts Savoury scone with butter Sandwiches Toast with peanut butter or other nut butter Mini scotch eggs Houmous and bread sticks French toast / eggy bread Savoury pastry/ pasty

Homemade nourishing drink ideas:

Milkshake*	Juice*	Soup
Ingredients: 200mls whole milk 1 scoop of ice cream 2 tbsp skimmed milk powder 3 tsp <u>vitamin fortified</u> milkshake powder, such as Nesquik or Tesco Milkshake Mix Method: Add all the ingredients together and whisk. Serve chilled or warm. Calories: 399 Protein: 19.9g	Ingredients: 100mls fresh or long-life fruit juice 100mls lemonade 1 scoop ice cream 1 tbsp sugar Method: Mix all the ingredients together. Serve chilled. Calories: 192 Protein: 2.3g	Ingredients: 1 instant soup sachet 200ml full fat milk 2 tbsp skimmed milk powder Method: Warm the milk. Gradually add the soup sachet and milk powder, stirring well. Calories: 351 Protein:19g

Readymade milkshakes,* drinks and smoothies, such as Frijj[®], Mars[®] or Yazoo[®], are available in most supermarkets and convenience stores. You could include these in your diet as a nourishing drink too!

Or how about a **hot chocolate, milky coffee or malted drink**, such as Ovaltine[®] or Horlicks[®], made with fortified milk?

You may also be prescribed **nutritional supplement drinks**; these provide additional calories, protein, vitamins and minerals when you are struggling to meet your needs from food alone.

They are intended to be used to supplement normal food, not as meal replacements, and should be taken as prescribed like any other medicines. In addition to your prescribed nutritional supplements, it is important to ensure that you follow the 'Food First' advice on this leaflet.

Fortify your meals

If you are only able to eat small portions of meals, these can be made more nourishing by adding high energy foods to them. This will mean you are getting more energy from your food without struggling to eat a larger meal. You can add these things to homemade meals and convenience foods such as ready meals, tinned foods and frozen meals.

Make every mouthful count!

How to fortify your food:

Add cream to cereals, porridge, sauces, soups, mashed potato and puddings.

Add evaporated milk to sauces, custard, jellies, tinned fruit, puddings and coffee.

Add cheese to mashed potato, soups, sauces, baked beans, scrambled egg and vegetables. Cream cheese and cheese spreads are good for crackers and on toast.

Add butter or margarine to potatoes, vegetables, soups, pasta. Use thickly on bread.

Use sugar or honey* in drinks, on cereals and in pudding.

Add jam or golden syrup* to puddings, yoghurts, porridge.

Add salad dressings or mayonnaise to salads.

Non-dairy options could include nut butters, plant-based milks or yoghurts, coconut cream or Oatly™ cream alternative and dairy-free cheese.

*If you have diabetes, continue to choose sugar free drinks, you can have a moderate amount of sugar containing foods. You may also need to monitor your blood sugar levels more closely than normal. Contact your GP or nurse if you have any concerns.

Side effects and Symptoms of COVID-19

If you are struggling with ongoing side effects and symptoms of COVID-19, which are limiting your intake, the following tips might help rejuvenate your appetite and desire for food whilst helping you to stop losing further weight.

<p>I have lost my sense of smell and taste</p> <p>Try to make your food look as appetising as possible. Use strong seasonings, herbs and spices such as pepper, cumin or rosemary to flavour your cooking. Sharp-tasting foods can be more refreshing, such as fruit and fruit juice. Cold foods may taste better than hot foods. Don't wait until you are hungry to eat. If you have lost your appetite, think of eating as a necessary part of your recovery and treatment.</p>	<p>I have a sore throat</p> <p>Drink plenty of fluids. Try milk or milk-based drinks, such as malted drinks, milkshakes and hot chocolate. Cold foods may be more soothing, try ice-cream or soft milk jellies. Avoid rough-textured foods like toast or raw vegetables. Keep your food moist by adding sauces and gravies. A homemade honey and lemon drink may be soothing; mix 1-2 teaspoons of honey with lemon juice and boiling water.</p>
<p>I don't have any energy to eat</p> <p>Try using convenience foods such as frozen meals, tinned foods and ready meals. If you really don't want to eat, try a nourishing drink. You can make one of the recipes above using fortified milk. You may find softer foods easier to chew and</p>	<p>I have loose bowels/ diarrhoea</p> <p>Ensure you are having a good fluid intake to replace the fluid you are losing. Limit caffeine intake from tea, coffee and soft drinks. Try reducing whole-wheat breakfast cereals and breads, choosing white versions instead.</p>

swallow, such as porridge, scrambled egg, Shepherd's pie, fish pie, macaroni cheese, baked potatoes (avoiding the skin), or sponge cake with custard.

It may be easier to eat smaller meals more often throughout the day rather than a few bigger meals.

Local meal delivery services may be useful.

Eat less fibre (for example cereals, raw fruits and vegetables) until the diarrhoea improves. Eat small, frequent meals made from light foods, for example white fish, poultry, well-cooked eggs, white bread, pasta or rice. Avoid greasy, fatty foods such as chips and beef burgers, and highly spiced foods.

I feel sick

Eat 'little and often', choosing small meals and snacks more regularly during the day.

Avoid drinking whilst eating; try having drinks between meals instead.

Avoid cooking smells where possible.

Try foods containing ginger such as ginger biscuits, ginger ale or ginger tea.

Avoid letting your stomach get too empty or overloaded.

Keep your mouth and teeth clean.

Try dry meals, for example with less/no sauce or gravy.

Try salty or sharp tasting foods, for example crisps or cheesy biscuits.

Avoid eating too near to bedtime.

Nibble a dry biscuit or dry toast before getting out of bed, especially if your nausea is worse in the mornings.

Accessing Food

Self-isolation, particularly for older adults, may mean you are not able to access food as easily as normal. The following information includes helpful hints to try and ensure you have adequate access to food:

Take advantage of shopping hours set aside for vulnerable and older people.

Register through the <https://www.gov.uk/coronavirus-extremely-vulnerable> if you have a medical condition that makes you extremely vulnerable to coronavirus; you'll be able to ask for help getting deliveries of essential supplies like food.

Ask a friend or neighbour who may be able to help with your shopping.

Contact Age UK who can deliver meals, groceries and essential medication to your doorstep (Contact telephone numbers - Surrey: 01483 503414, Sussex: 01903 731800)

Can you access a meals at home delivery service, such as Meals on Wheels, Wiltshire Farm Foods or Oakhouse Foods?

It's useful to have a store of basic foods if you can't get to the shops regularly; the list below provides some simple store cupboard and freezer suggestions:

Meat, Fish and alternatives	Milk, Dairy and alternatives	Cereal and Starchy foods	Fruit and Vegetables	Drinks and Other
Canned meat or fish Chickpeas, lentils, beans/ baked beans Packets of tofu Frozen meat, Quorn and fish Fish fingers, breaded fish & chicken Samosas, pakoras, falafel Ready meals	Long-life, dried, evaporated or condensed milk Cans, packets or pots of milk pudding Cheese in squeezable tubes Ice cream, frozen yoghurt	Breakfast cereals, porridge, breakfast drinks Crisp bread, flatbread, crackers, oatcakes Pasta, rice, spaghetti Instant mash or canned potatoes Frozen chips, mashed potato and baked potatoes Freeze bread, rolls, bagels, chapattis, naan bread	Tinned fruit and vegetables, such as tomatoes, sweetcorn, peaches Packets and pots of fruit including dried fruit Frozen fruit and vegetables	Drinking chocolate and malted milk drinks such as Horlicks and Ovaltine Long life fruit juice Rich fruit loaf, tinned sponge pudding Peanut butter Cans, jars and dried soups and sauces Herbs and spices Sugar Frozen desserts

If you are concerned that you are continuing to lose weight or struggling with your appetite, ask one of the team to refer you to a Dietitian.

Voice and Swallowing Problems

Breathing and swallowing share a common pathway, this is the mouth, throat and voice box. Shortness of breath and respiratory problems can lead to poor co-ordination in swallowing, resulting in food going down the wrong way.

Signs of a swallowing problem

- Eating makes you tired or short of breath.
- Having difficulty getting your food down or it gets stuck.
- Wet gurgly voice after swallowing.
- Pain on swallowing.
- Coughing when eating and/or drinking.
- Unintentional weight loss.
- Recurrent chest infections or increased sputum.

Safe swallow guidelines

- Sit up straight when eating or drinking.
- If you use oxygen use nasal prongs whilst eating.
- Eat slowly and take small mouthfuls.
- Choose easy to chew foods and add sauces to reduce fatigue and shortness of breath.
- Small sips, no gulping.
- Avoid eating and drinking when you are short of breath. Ideally you want to be breathing through your nose.
- Eat little and often, resting as required.
- Do not talk when eating.

A dry mouth can be a common complaint with people who have respiratory problems. It can result from breathing through your mouth, some medications and the use of oxygen. Not only can a dry mouth be uncomfortable, it can cause swallowing and denture problems along with affecting the taste of food.

Tips to avoid a dry mouth

- Sip water throughout the day.
- Saliva substitute if needed.
- Suck sugar free sweets or chewing gum.
- Apply lip balm.
- Reduce alcohol and caffeine intake.
- Regular dental check ups.
- Medication review with your GP.

Changes in voice quality

You may experience changes in your voice quality. Below are some examples:

- Hoarseness.
- Raspiness.
- Severe dryness of the throat.
- Lump in the throat.
- Excessive mucous at the back of the throat.
- Voice fatigue after a period of time speaking.

Tips for looking after your voice

- Sip water throughout the day.
- Rest your voice as required.
- Reduce risk of reflux by sitting upright for about 30 minutes after a meal and eating little and often.

Getting Support at Home

Support from social services

If you require assistance with activities of daily living, you can contact your local authority for a community care assessment. A care needs assessment will be conducted to assess your requirements. The assessment will look at your limitations, difficulties and current support. The assessment criteria have four levels (low, moderate, substantial and critical). People with substantial and critical are most likely to get support. Those needing assistance with personal care are likely to be put into either of these levels. These services are means tested. Disability living allowance, personal independent payments and attendance allowance are often taken into account as part of the financial assessment.

Attendance Allowance

Helps with extra costs if you have a disability severe enough that you require someone to help you. To find out more information and to apply go to www.gov.uk

Personal Independence Payment (PIP)

PIP helps you with some of the extra costs if you have a long term ill health or disability. It has replaced the disability living allowance. To apply you need to call the department of Work and Pensions. For more information and the number to call go to www.gov.uk

Council tax reductions/housing benefits

If you are on low income you may be entitled to council tax support. For more information go to www.gov.uk

Winter Fuel Payment

If you are elderly you could qualify for winter fuel payment. This is money to help pay for your heating bills. For more information go to www.gov.uk

Blue Badge

Blue badges help people with disabilities or long term health conditions, park closer to their destination. You have to fit certain eligibility criteria. For more information please go to www.gov.uk

Citizen's Advice

For help on applying for benefits and further help please contact citizens advice for further information on what benefits you are entitled to and how to apply. www.citizensadvice.org.uk

Smoking and COVID-19

- Smoking tobacco products increase your risk of infection due to the harm caused to your immune system and lungs
- Smoking is linked with poorer outcomes in COVID-19
- It's never too late to stop
- By stopping you can see benefits within 24 hours.



Smokefree Hackney continues to support people with stopping smoking by telephone and medication via a pharmacy. If you would like information on how to stop call: 08000 469946

Support for patients and families post COVID-19

Asthma UK and The British Lung Foundation - have set up a support hub to provide information and dedicated support for people who have been diagnosed with COVID-19 and their family members.

This can be accessed at: www.post-covid.org.uk/

As you find yourself recovering from Covid-19, you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time and some may take longer than others. The NHS has produced guidance on some things you can do at home to help yourself:

- ❖ What is Covid-19? – Understanding Covid-19, your symptoms and experience of this illness
 - Background about Covid-19
 - How Covid-19 can affect you?
 - After a stay on an Intensive Care Unit
- ❖ Your Wellbeing – Supporting your wellbeing during your recovery
 - Eating well
 - Sleeping well
 - Information for family, friends and carers
 - Grief and bereavement
- ❖ Your road to recovery – Information for your life beyond Covid-19
 - Coming home from hospital
 - Managing daily activities
 - Returning to work
 - When do I need to seek help?
 - What next?
- ❖ Managing the effects
 - Breathlessness
 - Fatigue
 - Cough
 - Managing your oxygen
 - Taste and smell
 - Voice and swallowing
 - Musculoskeletal, shoulder and back pain
 - Managing fear and anxiety
 - Managing your mood and coping with frustration
 - Memory and concentration

This link will take you to the website with all the information
<https://www.yourcovidrecovery.nhs.uk/>



What to do if my symptoms do not improve

The length of time that it takes to recover from COVID-19 varies from person to person, for some it will be days, others weeks or months.

The more severe your symptoms, the longer it might take for you to return to what is normal for you.

If however after 6-8 weeks, you are still experiencing symptoms, please contact your GP for further review.

My home exercise programme

Complete only once advised by your physiotherapist



Exercise

Following COVID-19 and a period of being unwell it is normal for your exercise capacity to be reduced. Therefore on returning home you will feel activities may be harder or you become breathless on doing tasks you previously had no difficulty with.

If we get breathless when walking or doing daily tasks, the temptation is to stop doing those tasks or walking as far. We find we do less and less. This is because we are not physically fit, or in the case of COVID you have lost your exercise capacity. To prevent or address this we need to exercise, otherwise we get more breathless, our muscles get weaker; meaning that walking and daily tasks get harder. The difference being, you get breathless that bit sooner following COVID, to someone that hasn't had COVID. Getting breathless is a normal response to exercise.

Exercise, is essential to your recovery:

The benefits of exercise are (see diagram on next page also):

- Reduced sensation of breathlessness.
- Increased muscle strength. Balance and flexibility.
- Increased energy.
- Reduced anxiety and increased ability to relax.
- Improved circulation and oxygen supply to organs and muscles.
- Reduction in likely chest infections, hospital admissions and days spent in hospital.
- Improved sleep patterns.
- Improved fitness and ability to do daily tasks and the things you enjoy, giving you more confidence.
- You gain control of your breathing.

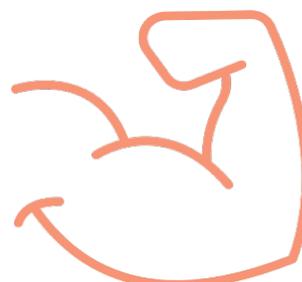
Why should we exercise?



Improves mood
and reduces
depression



Improves self
confidence



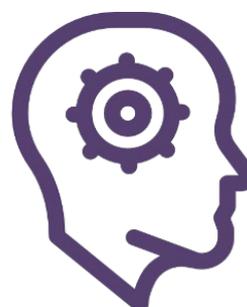
Increases strength



Reduces
breathlessness



Improves bone
strength



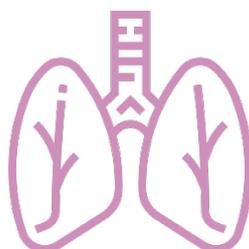
Reduces anxiety



Reduces social
isolation

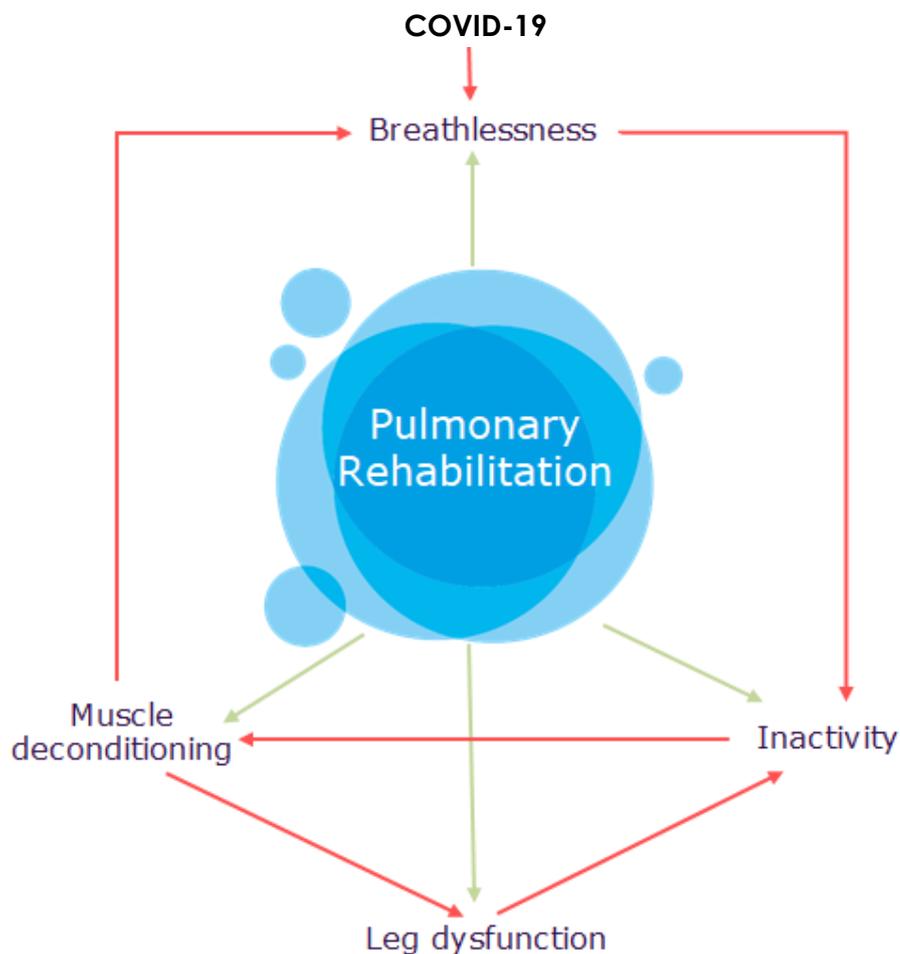


Improves balance



Reduces blood pressure, heart rate, cholesterol and assists weight loss, reducing risk of major illness such as heart disease, stroke, type 2 diabetes, and reduces the risk of early death

Breaking the vicious cycle



How do I start exercising?

Start off with a few exercises and gradually build up. Don't push yourself too hard or too quickly. It takes time to notice the benefits and improvement, so be patient and persevere. It is normal to feel some muscle aching and some tiredness after exercising initially.

How much exercise should I do?

The Department of Health recommends 30 minutes of exercise 5 times a week (ideally). A member of the COVID Rehabilitation team may advise differently depending on your level. Please do not start the exercises in this book until you have been advised to do so by a physiotherapist.

How do I progress?

Your exercises will be progressed as you improve. Complete these at home, and build up on the repetitions, how hard you work and the time you spend exercising. For some exercises you will use weights, you can gradually increase the weights at home as guided by the team.

You can also increase the pace at which you do your aerobic exercise. These are the exercises which get you out of breath more.

How hard should I work? How breathless should I be?

You should be moderately to severely breathless when exercising. You should feel warmer, you may feel your heart beating faster and you may sweat slightly. Use the BORG scale below to measure how you feel. The BORG Scale is a scale to assess symptoms of breathlessness. When exercising, you should be working between 3-4. Depending on how you are doing the team might get you to work at a different level. This is done on an individual basis.

A good guide:

- If you are able to say a full sentence without stopping to take a breath, you are not working hard enough
- If you cannot speak, or only say one word at a time you are working too hard
- If you are able to say a full sentence but need to take one to 3 stops in the sentence then you are exercising just right.

The BORG scale

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe (heavy)
6	
7	Very severe
8	
9	
10	Very, very severe (almost maximal)

Do activities like walking the dog, house work and gardening count towards exercise?

These activities can count as you need to be as active as you possibly can. However, for you to gain the most benefits from an activity you must feel:

- Breathless.
- Warm.
- Heart beating faster.

When exercising:

- If you have a reliever inhaler (blue), have it nearby, along with your GTN spray if you have one
- Wear loose comfortable clothing and appropriate shoes
- Drink plenty of water
- Warm up and cool down
- If it is very cold, it can make you more breathless, so try exercising indoors. Likewise, if it is too hot you may feel unwell, so open windows or use a fan if needed
- Inform us if you are feeling unwell, experiencing pain or having any problems with any of the exercises

- Record what you have been doing in your exercise diary.

Stop exercising if:

- You have chest pain
- You have chest tightness or wheeze
- You feel clammy or cold
- You feel dizzy, sick or unwell.

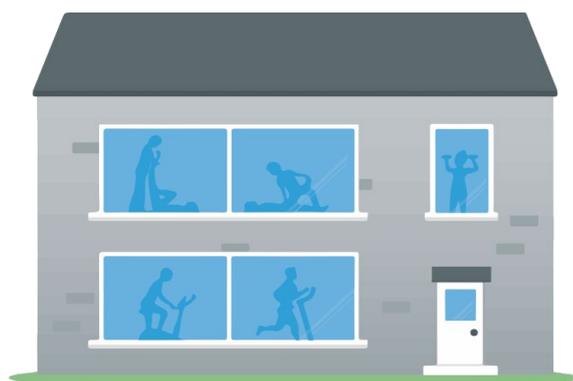
If your symptoms persist please contact your GP in working hours or NHS 111 out of working hours. If in the class, please inform a member of staff.

What equipment do I need to exercise at home?

- Some weights (see below for how to make your own weights)
- A clock or stop watch
- A clear wall or door
- A stable high backed chair.

To make your own weights, you can fill empty plastic milk bottles with water:

- 1 pint = 0.6kg
- 2 pints = 1.2kg
- 3 pints 1.8kg
- 4 pints = 2.4kg
- 5 pints = 3kg
- 6 pints 3.6kg



The warm up

The warm up should include exercises to gently move your joints and gradually raise your heart rate. It increases blood flow to your heart, lungs and muscles preparing them for exercise and reducing the risk of injury

At the end of the warm up you should feel slightly short of breath and feel warmer. It should last a minimum of 5 minutes.

You can do the warm up either sitting or standing. The following exercises are a guide to what you can include:

Range of movement exercises:

Head Turns

1-4 times each side

- Turn your head to the right, bring it back to the centre then turn it to the left.



Shoulders Circles

1-4 times each side

- Keeping your arms down by your side. Move your shoulders in a circle forwards, 2-4 times then backwards 2-4 times.

Shoulder shrugs

1-4 times up and down

- Slowly lift your shoulders up to your ears then lower them down again.

Trunk Rotation

1-4 each side

- Cross your arms across your chest. Keeping your hips facing forwards throughout the exercise, turn your trunk to the right
- Come back to the centre then turn to the left.



Side bends

1-4 times each side

- With your arms by your sides, slide one arm towards the floor, bending sideways. Make sure you don't lean forwards or backwards.
- Come back to the centre, then repeat to the other side.



Exercises to warm up your heart and muscles

This part of the warm up should make you slightly short of breath.

Knee Lifts/marching on the spot

Up to 30 seconds

- Lift one leg up no higher than hip height, then lower it down again. Repeat with the other leg
- Easier option – lift the knees a little
- Harder option – add arm swings. Can increase the pace and or lift knees higher.

Toe taps forwards

- Up to 30 seconds
- Tap the toes of one foot on the floor in front of you
- Bring your foot back and repeat with the other foot
- Easier option – make the movement small and keep the pace low
- Harder option – Bring your arms out in front of you to waist height as you tap the floor, you can make the movement larger and or increase the pace.



Heel digs in front

Up to 30 seconds

- Tap your heel on the floor in front of you
- Bring your foot back to the starting position and then repeat with your other foot
- **Easier option** - make the movement small and keep the pace slow
- **Harder option** – Do a bicep curl/arm bends with your arms as you tap the floor with your heel. Increase the pace and make the movement larger.



Toe taps to the side

Up to 30 seconds

- Tap the toes of one foot out to the side then bring your foot back to the starting position. Repeat with the other leg.
- Easier option – Make the movement small and keep the pace slow
- Harder option – as you tap you toes out to the side raise your arms out to the side waist height only. You can also increase the pace and make the movement larger.



Toe taps behind

Up to 30 seconds

- Keeping your body upright take one foot behind you and tap your toes on the floor. Bring your foot back to the starting position and repeat with the other leg
- **Easier option** – keep the movement small and the pace slow
- **Harder option** – As you tap your foot behind raise your arms out in front of you to waist height only. You can increase the pace and or make the movement larger.



Main Exercise component

Strengthening exercises are performed using your own body weight or weights as resistance. These make your body generally stronger.

Aerobic exercise is performed to get you generally fitter.

Strengthening exercises

The strengthening exercises are there to help increase your ability to perform the activities of your daily life that are important to you. Such as shopping, DIY, gardening and taking the stairs. Strong muscles are important for general fitness and they use less oxygen than weak muscles.

It is important you work hard enough for your muscles to get stronger. Each exercise is done in sets of

10. We recommend that you build up to a maximum of three sets of 10 for each exercise. Resting as appropriate between sets. So the most you ever do of each strengthening exercise is 30 or 3 x10. As the sets get easier you can increase the weight. Please ask for advice from the Pulmonary Rehabilitation team.

Ensure you have good posture during your exercises. Make sure you do the exercises slowly in a controlled manner. It is important to time your breaths in and out when doing the strengthening exercises. You can use the 'blow as you go technique' to help reduce the effort needed to do these exercises. If you are not familiar with this technique please ask the Pulmonary Rehabilitation team.

Sit to stand

- Cross your arms across your chest (You want to avoid using your arms during this exercise)
- Sit towards the edge of the chair
- Lean forwards slightly bringing your nose over your toes and stand up slowly
- Sit back down slowly, making sure the movement is controlled
- Progression: Make it slower
- Use weights during the exercise
- Do not sit down fully before you go back up to stand.



Squats

- Stand with your back against the wall (with or without gym ball), feet hip width apart
- Move your feet about a foot from the wall
- Keeping your back against the wall or the gym ball, slowly bend your knees as far as is comfortable. Your hips should always remain higher than your knees, and your back remains in contact with the wall or the ball
- Pause for a moment then slowly straighten your knees sliding back up
- Progression: Use weights whilst doing the exercise.
- Hold the pause for a bit longer.



Knee Extensions

- Sitting on a chair, feet side by side, with your arms crossed across your chest
- Straighten one knee out in front of you, hold for three seconds, and then lower your foot back down to the starting position
- Repeat up to 10 times 3 sets
- Repeat with the other leg
- Progression – Add an ankle weight (unless your skin is fragile or damaged). Perform the exercises more slowly.



Arm raise to the side

- Stand with your feet hip width apart
- Hold a weight in each hand by your side, with your thumbs facing upwards
- Lift your arms out to the side, up to shoulder height only. Slowly lower your arms back to the starting position
- Easier option – lift one arm at a time
- Progression increase weight, and or hold for 3 seconds when at shoulder height.



Arm raise to the front

- Stand with your feet hip width apart
- Hold a weight in each hand by your side, palms facing down
- Raise one arm out in front, to shoulder height only no higher. Slowly lower your arms back to the starting position
- Easier option – no weight
- Progression – increase weight, and or hold for 3 seconds when at shoulder height



Wall shoulder press

- Stand facing the wall with your feet hip width apart and about a foot away from the wall.
- Place your hands on the wall at shoulder height
- Ensure you keep your body straight at all times during the exercise
- Slowly bend your elbows, bringing your body closer to the wall.
- Pause for a moment, and then push back to the starting position
- Progression – Stand further away from the wall or perform the exercise on tip toes.



Aerobic exercise

Ideally we should all do 30 minutes of aerobic exercise 5 days a week. As long as you become moderately to somewhat severely short of breath, feel warmer and sweat slightly, any activity that produces this response can be considered part of the aerobic regime.

Time all these exercises, as the goal is to increase the time you do them for. This is different to the strengthening where you are increasing the number. You may start off with as little as 30 seconds to a minute. Then aim to increase it gradually to 20-30minutes. Initially you may want to intersperse your aerobic exercise with your strengthening exercise. As you get fitter you will find you can do each individual exercise for longer and or do a few aerobic exercises before doing strengthening exercises.

Marching on the spot (do this if you are unable to go for a walk outside)

- Stand with your feet slightly apart. March on the spot
- Progression – Increase time marching on the spot and or introduce arm swings



Step ups

Stand in front of a step, such as the bottom of the stairs.

- Step up onto the step, bring your other leg up to join it.
- Step back down again with your first foot, then the other one.
- Repeat rhythmically, maintaining a steady pace
- Make sure you swap with the start leg, so each leg has a turn to lead.



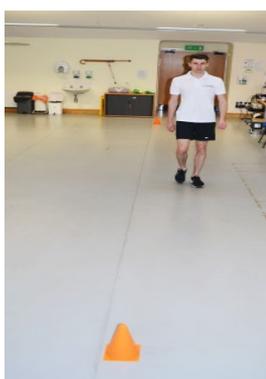
Half jumping Jacks

- Stand tall
- Tap your right leg out to the side whilst raising your arm out up to shoulder height.
- Bring your leg and arm back down to the starting position
- Try to keep a steady rhythm
- Repeat with your other side
- Progression – Increase the length of time or speed. Introduce a weight.



Walking

- Walking is an essential part of your exercise routine. It is easy to incorporate into your daily routine. If you tend to stay indoors, practice walking between two places in your home, or along a corridor if you have one. Try to increase the length of time you walk each week. If you have been advised by the pulmonary rehabilitation team to walk at a particular speed, try to walk at this speed and gradually increase the time you do so to help build your stamina
- If not walk at a speed that makes you moderately breathless for you to gain the greatest benefit.



Cool Down

It is important that you do a cool down for a minimum of 5 minutes. This is to lower your heart rate and stretch the main muscle groups you have used during exercising. This is very similar to the warm up but you do not include the harder option.

Onwards exercise following COVID-19 Rehabilitation

Once you have finished the exercise programme it is important to maintain what you have achieved. The following are suggested options on how you might do this:

- Home exercise programmes
- Gym referrals
- Walking groups
- Exercise classes

If you would like to be referred to a local gym for onwards exercise, the team can refer to the following venues:

- YMCA (Redhill)
- Tandridge Trust (Oxted and Caterham)
- K2 (Crawley)
- Donyngs Leisure Centre (Redhill)

Exercise diary



Date:

Exercise	Repetitions or Time	Weight	BORG
Sit – stand			
Squats			
Knee Extensions			
Arm raise to side			
Arm raise to front			
Wall shoulder press			
Marching on the spot			
Step ups			
Half Jumping Jacks			
Walking			

Date:

Exercise	Repetitions or Time	Weight	BORG
Sit – stand			
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Onward exercise following completion of Covid Rehabilitation

What is my plan:

To be completed with one of the Covid Rehabilitation team.

Review of personal goals

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New Goal

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Useful Websites

- The Samaritans: www.samaritans.org
- Support group for: www.icusteps.org
- The British Lung Foundation: www.blf.org.uk/
- Lanchashire Teaching Hospitals COVID patient support online resource: covidpatientsupport.lthtr.nhs.uk
- Talking Therapy at: www.mindmattersnhs.co.uk/surrey
- Information and support for mental health: www.mind.org.uk
- Access to online CBT therapy www.iesohealth.com/surrey

Association of Chartered Physiotherapists in Respiratory Care – Leaflets

- How To Cope With Being Short of Breath – Breathing Exercises
- How to Cope With Being Short Of Breath – Positions
- Secretion Clearance: The Active Cycle of Breathing Techniques
- Energy Conservation

<https://www.acprc.org.uk/publications/patient-information-leaflets/>

Acknowledgements

Thanks to all the staff at First Community Health and Care who have helped to put this resource together.

References

The British Lung Foundation (2020)

<https://www.blf.org.uk/>

The Royal Brompton and Harefield NHS Foundation trust, Pulmonary Rehabilitation Department. (2020)

www.nhs.uk/conditions/bronchiectasis

The Association of Chartered Physiotherapists in Respiratory Care

www.acprc.org.uk

Homerton University Hospital NHS Foundation Trust

www.homerton.nhs.uk



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