

Heart transplant person with Covid-19 UCI care – Rehabilitation Nursing

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Introduction: Critical illness associated with SARS-COV2 infection is often associated with prolonged periods of intensive care treatment, with a consequent negative impact on clinical and functional results in the short and medium term. It is therefore predictable and desirable to actively participate in ICU rehabilitation. In heart transplanted persons the impact of COVID-19 remains unknown, particularly in the recent post-transplant period, as well as the impact of rehabilitation on the recovery process.

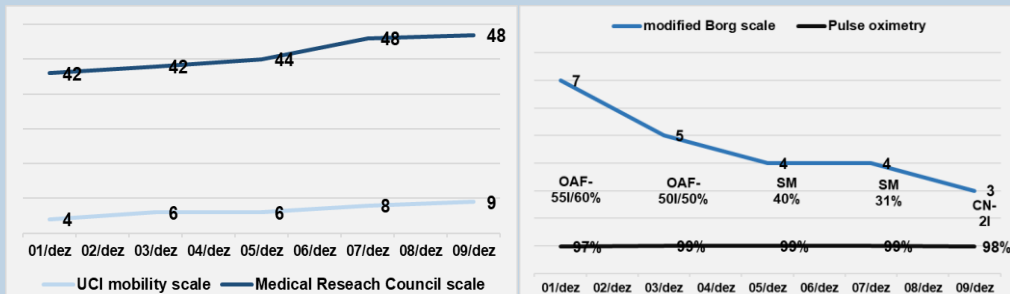
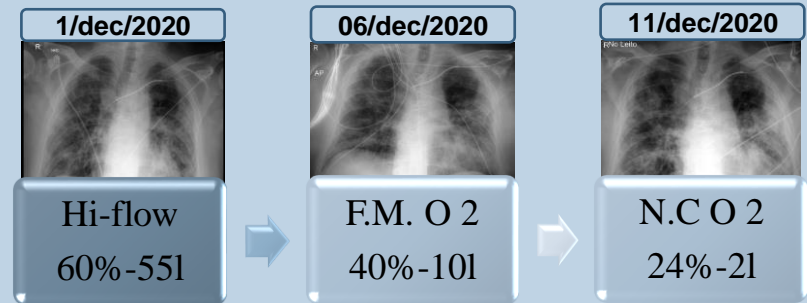
Objective: to describe outcomes resulting from rehabilitation nursing care in respiratory and mobility functions.

Methods: Case report following CARE guidelines.

Presentation of the case: A 60-years-old male, 9 months post heart transplant, infected with Covid-19 needed to be admitted in intensive care unit. He had rehabilitation nursing intervention in the respiratory and functional function, 2 times a day, during 45-60mints.

DATE	DIAGNOSES	INTERVENTION
01/12	- Respiratory function: compromised - Activity intolerance - Muscle movement: compromised	respiratory kinesiotherapy, polysegmental mobilizations, get up in bed
03/12	- Respiratory function: compromised - Activity intolerance - Muscle movement: compromised	respiratory kinesiotherapy, polysegmental mobilizations, get up in bed
05/12	- Respiratory function: compromised - Activity intolerance - Muscle movement: compromised	respiratory kinesiotherapy, polysegmental mobilizations, strength training (0,5kg), aerobic training (cycle ergometer- 15mints)
07/12	- Respiratory function: compromised - Activity intolerance - Muscle movement: compromised - Selfcare:walk compromised	respiratory kinesiotherapy, polysegmental mobilizations, strength training (0,5kg), aerobic training (cycle ergometer- 20mints), walk- 100 meters
09/12	- Respiratory function: compromised - Activity intolerance - Muscle movement: compromised - Selfcare:walk compromised	respiratory kinesiotherapy, polysegmental mobilizations, strength training (0,5kg), aerobic training (cycle ergometer- 15+15mints), walk- 150 meters

Results:



No adverse events were verified during the rehabilitation intervention.

Conclusions: In this case, it is clear that Rehabilitation Nursing interventions seems to translate an improvement in the respiratory and functional function of heart transplant person infected with COVID-19.

References:Ordem dos Enfermeiros. (3 de Maio de 2019). Regulamento das Competências Específicas do Enfermeiro Especialista em Enfermagem de Reabilitação. Regulamento n.º 392/2019 – Diário da República n.º 85/2019, Série II de 2019-05-03. Lisboa, Lima, e. a. (2020). COVID-19 in recent heart transplant recipients: Clinicopathologic features and early outcomes. Transpl Infect Dis., pp. 1-8.