

PSYCHOLOGICAL COMPONENT OF MEDICAL REHABILITATION OF PATIENTS WITH POST-COVID SYNDROME

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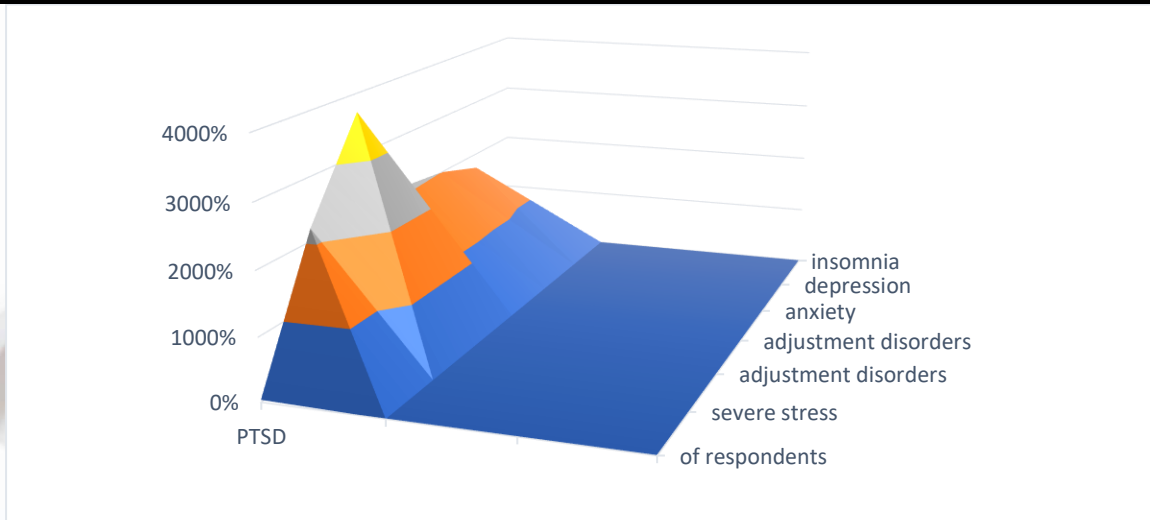
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Abstract

The review article analyzes the results of research: scientific research on covid-19, which will allow premature identification of psychological problems (depression, anxiety, lack of motivation, etc.) that can serve as an obstacle to performing physical exercises, including breathing, necessary for secondary prevention of severe pulmonary complications. In China, more than half of the respondents rated the psychological impact as moderate, and about one-third reported moderate anxiety. Mental health problems were common in older Chinese adults (i.e., ≥ 55 years), with the prevalence of depressive symptoms reported to be 6% in this population [4].

Keywords: Post covid rehabilitation, pandemic, medical staff.

The rapid transmission of the coronavirus and the high mortality rate can increase the risk of mental health problems and exacerbate existing psychiatric symptoms, further impairing daily functioning and cognitive function, 33.6% of COVID-19 patients experience post-traumatic stress disorder . Recently published works [3, 8, 9] describe the initial psychopathological manifestations of distress caused by covid-19, anxiety symptoms: increased excitability or nervousness with a premonition of impending danger; irritability and anger; insomnia and nightmares; heterothematic fears: getting sick and dying, being forced to comply with quarantine (lack of communication with subjectively significant contact persons), losing loved ones due to the epidemic and the inability to protect them, using medical services because of the possibility of getting infected, losing their livelihood; binge eating.



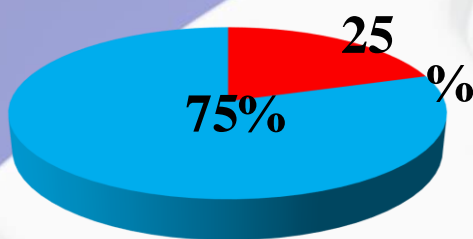
(1 pic)

Patients diagnosed with COVID-19, among other things, have an increased risk of suicide. In a pandemic, the risk of suicide is increased by job loss, financial difficulties, forced self-isolation, restriction of social activity, exacerbation of intra-family problems, alcohol abuse, insomnia, pumped up alarming information [3,4]. Postviral fatigue syndrome is a medical condition characterized by prolonged fatigue. The severity of the symptoms interferes with the performance of routine daily activities. Online screening using validated scales and questionnaires among more than 18 thousand people in Italy quarantined for 3-4 weeks during the epidemic peak of COVID-19 (March 26-April 5, 2020) indicates that clinically significant symptoms of adjustment disorder were observed in 21.8% of respondents, anxiety in 20.8%, depression in 17.3% and insomnia in 7.3% [9].

Against this background, the number of prescriptions for anxiolytic drugs in the United States in just one month (from February 15 to March 15, 2020) increased by 34.1% in the country, and the prescription of antidepressants and sleeping pills increased by 18.6 and 14.8 %, respectively [7].

Permanent anxiety is defined as persistent and excessive anxiety and restlessness. Clinically, the doctor reveals the patient's symptoms and complaints in the form of a psychovegetative syndrome. Panic attacks are a common variant of episodic pathological anxiety that can occur

in the setting of persistent anxiety and is characterized by a period of intense fear and/or physical discomfort in which at least four of the following 13 symptoms develop suddenly and peak within a short period of time :1 palpitations, feeling of rapid heart rate, 2. sweating, 11 3. trembling, 4. feeling of empty breath or lack of air, 5. feeling of



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suffocation, 6. chest pain or discomfort, 7. nausea or abdominal discomfort, 8. feeling dizzy , instability, weakness, 9. derealization (feeling unreality or alienation of the world) or depersonalization (normal perception of oneself and the world around is disturbed), 10. fear of losing control or going crazy, 11. fear of dying, 12. paresthesia (feelings of numbness or tingling), 13. chills or hot flushes. Post-traumatic stress disorder (PTSD) is a common and equally important stress-related condition in epidemics. It occurs when experiencing a catastrophic traumatic event for the individual and is accompanied by symptoms of arousal and discomfort associated with the trauma.

Italy during the epidemic peak of COVID-19 from March 26 to April 5, 2020, i.e. already in quarantine for 3-4 weeks, found that clinically significant symptoms of PTSD were observed in 37% of respondents, severe stress - in 22.8%, adjustment disorders - in 21.8%, anxiety - in 20.8%, depression - in 17.3% and insomnia - in 7.3% of respondents (1 pic)[8].

In the patient's complaints, the doctor should look for early warning alarms that may indicate that the patient has a non-physiological stress reaction. Symptoms and early warning signs may be chronic in nature (due to unresolved emotions and feelings associated with stressful events or traumas that occurred months or years earlier) or episodic (more recent and specific stressful events or traumas): sleep disturbances or disorders (insomnia), reduced ability to concentrate and concentrate, general weakness and irritability, muscle tension and pain, - heart palpitations, problems with the gastrointestinal tract. Also, family problems can lead to serious manifestations psychological stress.

Some people say that maintaining a balance in family life during the period of self-isolation is a powerful source of stress for them. Autotraining (autogenic training) is the easiest psychotherapeutic technique to master and practice with good efficiency with regular use. The method of autogenic training (autotraining) is based on the use of muscle relaxation, self-hypnosis and autodidactics (self-education).

Contraindications to the use of auto-training: states of unclear consciousness and delirium, acute somatic diseases, panic attacks. Fundamentals of stress resistance This section will provide general recommendations for organizing sleep, physical activity, nutrition, as well as basic anti-stress skills. Dream. A person needs to sleep as many hours as the body needs. For the prevention of long-term and early consequences of the epidemic, this recommendation is the basis of stress resistance. Basic anti-stress skills are aimed at increasing stress resistance, physiological balance and positive affect in a person. This is especially important during the period of self-isolation. These are basic skills that the patient can develop on their own every day.

№	We recommend several ways to relax. 10 minutes is enough for this.
1	Sit in a chair, relax and rest quietly. Or, sit comfortably in a chair and take a relaxing "coachman's pose".
2	Brew yourself herbal tea, have a tea party. Stretch it for 10 minutes, try not to think about anything serious during this period of time.
3	Turn on the tape recorder and listen to your favorite music, disconnecting from your thoughts.
4	If your loved ones are at home, have tea or coffee with them and talk quietly about something. Do not solve your problems immediately upon returning home: in a state of fatigue, weakness, this is difficult, and sometimes impossible.
5	Fill the bath with not very hot water and lie down in it. In the bath, do soothing breathing exercises. Take a deep breath through closed lips, lower your lower face and nose into the water and exhale slowly. Try to exhale as long as possible (exhale with resistance). Imagine that with each exhalation, the total tension accumulated during the day gradually subsides. A contrast shower also helps.
6	Take a walk in the fresh air.
7	Put on a tracksuit, running shoes and run these 10 minutes.

№	To be able to get out of a state of acute stress, to calm down, you need to find an effective way of self-help.
1	Antistress breathing. Slowly take a deep breath through your nose; at the peak of inhalation, hold your breath for a moment, then exhale as slowly as possible. It's a soothing breath. Try to imagine that with each deep breath and long exhalation, you partially get rid of stressful tension.
2	Minute relaxation. Relax the corners of your mouth, moisturize your lips. Relax your shoulders. Focus on your facial expression and body position: remember that they reflect your emotions, thoughts, inner state. It is only natural that you do not want others to know about your stressful state. In this case, you can change your facial and body language by relaxing your muscles and taking deep breaths.
3	Look around and carefully inspect the room in which you are. Slowly, without haste, mentally "go through" all the objects one by one in a certain sequence, so you will be distracted from internal stressful tension, directing your attention to a rational perception of the environment.
4	If circumstances allow, leave the room in which you have experienced acute stress. Move to another where there is no one, or go outside where you can be alone with your thoughts. Mentally disassemble this room (if you went outside, then the surrounding houses, nature) "by the bones", as described in paragraph 3.
5	Stand with your feet shoulder-width apart, lean forward and relax. Head, shoulders and arms hang freely down. Breathing is free. Fix this position for 1-2 minutes. Then very slowly raise your head (so that it does not spin).
6	Engage in some activity - no matter what: start washing clothes, washing dishes or doing cleaning. The secret of this method is simple: any activity, and especially physical labor, in a stressful situation, acts as a lightning rod - it helps to distract from internal stress. Turn on some soothing music that you love. Try to listen to it, concentrate on it (local concentration).
7	Remember that focusing on one thing contributes to complete relaxation, causes positive emotions.
8	Take a calculator or paper and pencil and try to calculate how many days you live in the world (multiply the number of complete years by 365, add one day for each leap year, and add the number of days that have passed since the last birthday) Such rational activity will allow you to switch your attention.
9	Talk on some abstract topic with any person who is nearby: a neighbor, a workmate. If no one is around, call your friend or girlfriend on the phone. This will allow you to push out of your mind the internal dialogue, saturated with stress.
10	Do some anti-stress breathing exercises. Take a calculator or paper and pencil and try to calculate how many days you live in the world (multiply the number of complete years by 365, add one day for each leap year, and add the number of days that have passed since the last birthday) Such rational activity will allow you to switch your attention.

The recommendation for the patient to see personal diaries that provide confidentiality should be used at their own discretion and for their implementation does not require additional costs, but simply: find a quiet, private place in which it will be comfortable to write, use a notebook or computer that can provide safety and inaccessibility of information to others - choose a stressful experience or event from the present or past, write about this experience. Conversation (conversation) expression of emotions in a safe supportive relationship. It is perhaps one of the most constructive means of dealing with specific stressful issues, with crying, laughing and screaming being reproduced in appropriate settings where emotions can be naturally expressed. For effective rehabilitation: provision of modern equipment, qualified personnel, (nurse doctors) compliance of the methods used with clinical recommendations based on evidence, a system for assessing the quality of medical care.

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