

CASE STUDY

This is how we assisted Ms Nalini Vaidhya, aged 78 years, resume her day to day activities after Covid Respiratory Distress, Bronchial Asthma and Atrial Fibrillation.

◆ Patient History

Ms Nalini was diagnosed with Bronchial Asthma, Atrial fibrillation and covid 19. She was admitted in the hospital on the 28th of August 2020 with altered sensorium and fever. She already had a history of LRTI (Lower respiratory tract infection and LVF (Left Ventricular Failure).

She was hemodynamically stable, kept under observation in ICU and later shifted to the ward. Post few days of treatment in the hospital, she was shifted to Sukino after being cleared from the covid infection.

◆ The need

Ms Nalini had very poor exercise tolerance and persistent cough. She found it extremely challenging to walk and take even a few steps without getting breathless. She was very low on motivation.

◆ Our Approach

We followed a multidimensional treatment approach for Ms Nalini that was a combination of physiotherapy, respiratory therapy, yoga, music and dietary intervention. This not only helped her regain stamina and muscle strength but also motivated her to return to her normal schedule.

◆ The treatment

- She was put on pulmonary rehabilitation due to poor exercise tolerance and cough.
- As physio-therapeutic intervention, she was given, diaphragmatic breathing exercises, thoracic expansion and thoracic mobilization exercises, strength and endurance training, exercises to increase the overall exercise tolerance.
- Our respiratory therapist taught her cough assistance techniques and put her on respiratory muscle training.
- Our in house experienced dietitian assessed her nutritional status, after referring her medical reports, took into account her preferences and consulted her family to formulate a specialized, personal moderate protein diet rich in zinc and iron that helped boost her immunity.
- We offered psycho-social education and music therapy that kept her motivated, reduced her anxiety levels and helped her cope with the situation.
- Our yoga therapist after thorough assessment of her symptoms and condition guided her with 'Viniyoga' to help build muscle strength and decrease stress.

◆ The result

Within a month of training, Ms Nalini showed remarkable improvement in her spirometry values. She developed good exercise tolerance levels and started performing her day to day activities more efficiently and independently.

BREATHE WELL

Expert rehabilitation for respiratory distress

Asthma. Post COVID. Bronchitis. COPD. Sleep Apnea



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