



**ST VINCENT'S
HOSPITAL**
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Rehabilitation Support for Patients with Post COVID 19 Complications

Many patients suffer prolonged physical, cognitive and functional impairments after COVID 19 infection, especially after ICU or other hospitalisation.

St Vincent's is offering multidisciplinary rehabilitation at Kew or Fairfield sites or via Rehab-in-The-Home for patients in cities of Yarra, Darebin (South of Preston) and Boroondara. For surrounding suburbs, please enquire with the service.

If in isolation, telehealth options are available.

Referrals to: Health Independence Program (HIP) Central Intake
Ph: 1300 131 470 Fax: (03) 9231 2202

Most likely to require follow up
<ul style="list-style-type: none">- Moderate or Severe COVID 19 symptoms experienced- Prolonged hospital stay or ICU stay +/- ventilator- Post Intensive Care Syndrome (PICS) or Acute Respiratory Distress Syndrome (ARDS) during admission

If still experiencing the following, please refer on to Community Rehabilitation Services	
Symptoms	Changes to usual activities
<ul style="list-style-type: none">- Fatigue and loss of endurance- Mobility concerns, including balance and falls- Loss of weight or poor intake- Ongoing pain or painful abnormal sensations- Issues with bladder or bowel control- Changes to memory, planning and thinking- Mood concerns- Swallowing or speech issues	<ul style="list-style-type: none">- Vocational activities e.g. work- Leisure activities e.g. gardening, reading- Community activities e.g. shopping, driving- Household and domestic activities e.g. cooking, housework, repairs- Washing, dressing or using toilet- Mobility around the house and in the community- Social interaction with others – talking, taking part in conversations- Maintaining relationships, e.g. with family or friends