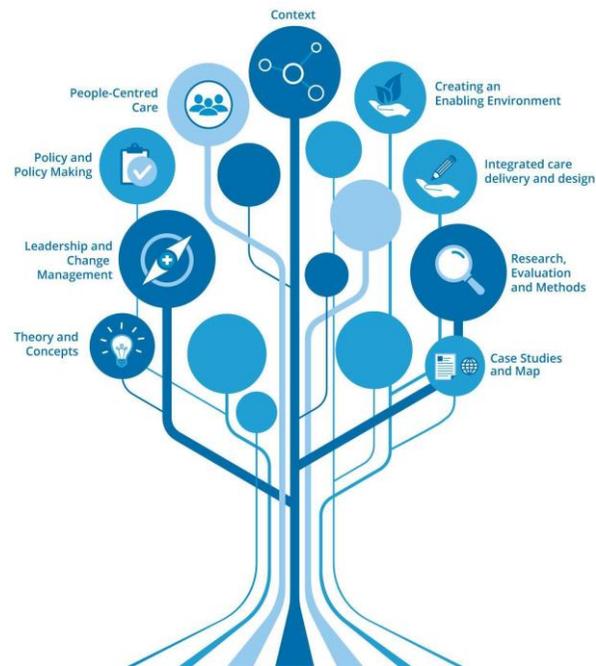


Integrated Care Matters

Rehabilitation and Recovery

Knowledge Resource



About the information

The information provided in this document is intended to support the Integrated Care Matters webinar series.

Where possible, we select evidence that is published open access, and provided links to the materials referenced. Some are identified as author repository copies, manuscripts, or other copies, which means the author has made a version of the otherwise paywalled publication available to the public. Other referenced sources are pdfs and websites that are available publicly.

If you found this resource useful and would like to use the free [Evidence Search and Summary Service \(ESSS\)](#) to help you find and use evidence please get in touch to discuss your needs: esss@iriss.org.uk

Developed in partnership



Physical activity

Horgan N F, Cummins V, Doyle F, O'Sullivan, M, Galvin, R, Burton E, Sorensen J, Skelton D A, Townley B, Rooney D, Jackson G, Swan L, & Warters A (2020) Enhancing existing formal home care to improve and maintain functional status in older adults: Protocol for a feasibility study on the implementation of the Care to Move (CTM) programme in an Irish healthcare setting. Journal of Frailty, Sarcopenia and Falls, 5(1), 10-16. <https://doi.org/10.22540/JFSF-05-010>

This resource describe a feasibility study of implementing the Care to Move (CTM) programme in older adults receiving low-level home care.

McNally S. et al (2017), Focus on physical activity can help avoid unnecessary social care. BMJ Oct 17;359

The authors argue for a concerted effort to provide support and opportunities for physical activity can help older adults maintain independence and lessen the costly burden of social care.

Mansson L, Lundin-Olsson L, Skelton D A, Janols R, Lindgren H, Rosendahl E, & Sandlund M (2020) Older adults' preferences for, adherence to and experiences of two self-management falls prevention home exercise programmes: a comparison between a digital programme and a paper booklet. BMC Geriatrics, 20, 1-15. [209]. <https://doi.org/10.1186/s12877-020-01592-x>

This study explores the choice of programme, adherence, and self-reported experiences comparing two exercise programmes – a digital programme and a paper booklet among older adults.

Skelton D (2020) Make Movement your Mission: Supporting people to move throughout the Covid 19 pandemic, Later Life Training.

<https://www.laterlifetraining.co.uk/make-movement-your-mission-supporting-people-to-move-throughout-the-covid-19-pandemic/>

This is an article which provides an overview of the Make Movement your Mission programme and aim of providing opportunities for our teachers and instructors to help their class and group members remain active throughout Covid 19.

Manchester University (2020) App will reduce high risk of falls during and after Lockdown

<https://www.manchester.ac.uk/discover/news/app-will-reduce-high-risk-of-falls-during-and-after-lockdown/>

This is an update on an app developed by Manchester University which aims to reduce the thousands of injuries – which are often serious and sometimes fatal - in the over 65's caused by falls.

Rehabilitation, reablement and recovery

Heinemann A W, Feuerstein M, Frontera W R, Gard S A, Kaminsky L A, Negrini S & Vallée, C (2020) Rehabilitation is a global health priority, *J Cardiopulm Rehabil Prev.* 2020;40(2):70-71 <https://doi.org/10.1016/j.apmr.2019.08.468>

This editorial states that rehabilitation is a global health Priority.

Wade, D.T., 2020. What is rehabilitation? An empirical investigation leading to an evidence-based description. *Clinical rehabilitation*, 2020, Volume 34, Issue 5 <https://pubmed.ncbi.nlm.nih.gov/32037876/>

This editorial evaluates information from systematic reviews that find rehabilitation to be effective, to discover the key features and to develop an empirical definition.

Carroll A, O'Brien S, Harrington D, Cheallaigh CN (2019) The unmet Rehabilitation needs in an Inclusion Health Integrated Care Programme for Homeless Adults in Dublin, Ireland. *International Journal of Integrated Care.* 2019;19(4):13. DOI: <http://doi.org/10.5334/ijic.s3013>

This resource explores the rehabilitation needs of homeless and other socially excluded individuals.

Nelson M L A, McKellar K A, Yi J, Kelloway L, Munce S, Cott C, Hall R, Fortin M, Teasell R & Lyons R (2017) Stroke rehabilitation evidence and comorbidity: a systematic scoping

review of randomized controlled trials, *Topics in Stroke Rehabilitation*, 24:5, 374-380

<https://www.tandfonline.com/doi/full/10.1080/10749357.2017.12824>

[12](#)

This resource explores the extent and nature of randomized controlled trial evidence on rehabilitation after stroke that included patients with multimorbidity.

Nelson M L A, Hanna E, Hall S, & Calvert M (2016) What Makes Stroke Rehabilitation Patients Complex? Clinician Perspectives and the Role of Discharge Pressure. *Journal of Comorbidity*, 35–41. <https://doi.org/10.15256/joc.2016.6.63>

Explores how 'patient complexity' is conceptualized by clinicians, and positions the findings within the literature on patient complexity.

Nelson M & Thombs Y & Yi J (2020) Volunteers as members of the stroke rehabilitation team: a qualitative case study. *BMJ Open* https://www.researchgate.net/publication/340555115_Volunteers_as_members_of_the_stroke_rehabilitation_team_a_qualitative_case_study

This study explores the role of volunteers in stroke rehabilitation, as well as the barriers to volunteer engagement.

Sawatzky JA, Kehler DS, Ready AE, et al. (2014) Prehabilitation program for elective coronary artery bypass graft surgery

patients: a pilot randomized controlled study. Clinical Rehabilitation Jul;28(7):648-657

<https://europepmc.org/article/med/24459173>

This study aims to determine the feasibility of a cardiac prehabilitation (Prehab) program for patients waiting for elective coronary artery bypass graft (CABG).

Barrenger S L, Stanhope V, & Miller E (2019) Capturing the value of peer support: measuring recovery-oriented services. Journal of Public Mental Health, 18(3), 180-187.

<https://doi.org/10.1108/JPMH-02-2019-0022>

This resource is a brief review of literature on peer support services and gaps in outcome measurement towards building an evidence base for recovery-oriented services.

Miller E (2013) Embedding outcomes in the reablement model in North Lanarkshire

<https://personaloutcomes.files.wordpress.com/2014/03/outcomes-in-reablement-report-full.pdf>

This report gives an account of a one year knowledge exchange project, jointly funded by the ESRC and North Lanarkshire Council, conducted in partnership with the University of Strathclyde, and supported by IRISS. The purpose of the project was to bring together two key recent service developments, by further embedding personal outcomes into home care reablement.

Miller E (2015) A Stitch in Time "A good outcome" - Evidencing how local carer organisations are supporting carers to achieve their personal outcomes

https://personaloutcomes.files.wordpress.com/2015/04/lit_review-carers_orgs_role_in_supporting_unpaid_carers-final.pdf

The literature review explores the evidence around carers outcomes and the impact of the caring role.

Technology enabled rehabilitation

Bourne S, DeVos R, North M, et al (2017) Online versus face-to-face pulmonary rehabilitation for patients with chronic obstructive pulmonary disease: randomised controlled trial BMJ Open

<https://bmjopen.bmj.com/content/7/7/e014580>

This article presents evidence whether the online pulmonary rehabilitation(PR) programme 'my-PR' is non-inferior to a conventional face-to-face PR in improving physical performance and symptom scores in patients with COPD.

Chaplin E, Hewitt S, Apps L, et al (2017) Interactive web-based pulmonary rehabilitation programme: a randomised controlled feasibility trial BMJ Open

<https://bmjopen.bmj.com/content/7/3/e013682>

The aim of this study was to determine if an interactive web-based pulmonary rehabilitation (PR) programme is a feasible alternative to conventional PR.

Remotely Delivered Interventions to Reduce Social Isolation and Loneliness – Briefing Paper from the NIHR Policy Research Unit – Older People and Frailty

<https://www.opfpru.nihr.ac.uk/covid-19-research/covid-19-remotely-delivered-interventions-to-reduce-social-isolation-and-loneliness/>

This resource provides synthesising evidence from related (but differing) remote interventions for social isolation and loneliness.

Technology for strength and balance – Briefing Paper from the NIHR Policy Research Unit – Older People and Frailty

<https://www.opfpru.nihr.ac.uk/covid-19-research/rr7-covid-19-technology-for-strength-and-balance/>

This briefing provides an overview of current research exploring the role of apps for fall prevention.

Covid -19 papers:

De Biase, S, Cook, L, Skelton D A, Witham M, & ten Hove R. (2020) The COVID-19 rehabilitation pandemic. Age and Ageing.

<https://doi.org/10.1093/ageing/afaa118>

This resource reviews the likely rehabilitation needs of older people both with and without COVID-19 and discusses how strategies to deliver effective rehabilitation at scale can be designed and implemented in a world living with COVID-19.

Inzitari M, Udina C, Len O et al (2020) How a Barcelona Post-Acute Facility became a Referral Center for Comprehensive Management of Subacute Patients With COVID-19, JAMDA 21

[https://www.jamda.com/article/S1525-8610\(20\)30520-X/pdf](https://www.jamda.com/article/S1525-8610(20)30520-X/pdf)

The authors critically review the actions taken by Parc Sanitari Pere Virgili, a PAC facility in Barcelona, to manage the pandemic, including its administration, health care, communication, psychological support, and ethical frameworks.

Wade, D.T., 2020. Rehabilitation after COVID-19: an evidence-based approach. Clinical Medicine.

<https://www.rcpjournals.org/content/clinmedicine/20/4/359>

The article is aimed at doctors not involved in rehabilitation, who may have relatively limited understanding of rehabilitation – the process, the interventions, and the benefits that may arise. It is also relevant to other healthcare professionals and to patients and their families.

Using Remote Interventions in Promoting the Health of Frail Older Persons Following the COVID-19 Lockdown: Challenges and Solutions – JAMDA Letter

[https://www.jamda.com/article/S1525-8610\(20\)30445-X/fulltext](https://www.jamda.com/article/S1525-8610(20)30445-X/fulltext)

This is a letter to the editor on the challenges of remote intervention for health promotion among older and frail adults.

British Society of Rehabilitation Medicine (2020) Rehabilitation in the wake of Covid-19 - A phoenix from the ashes

<https://www.bsrm.org.uk/downloads/covid-19bsrmissue2-11-5-2020-forweb11-5-20.pdf>

This document sets out the BSRM's recommendations for rehabilitation services for adults aged 16 years and over in the wake of the Covid-19 pandemic - in particular, the role of specialist rehabilitation to support patients with more complex rehabilitation needs.

NHS England (2020) Allied health professionals' role in rehabilitation during and after COVID-19

<https://www.england.nhs.uk/coronavirus/publication/allied-health-professionals-role-in-rehabilitation-during-and-after-covid-19/>

This statement outlines our four nations' collective strategic priorities and approach to AHP rehabilitation leadership during and after COVID-19.

Prvu Bettger J, Thoumi A, Marquevich V, et al (2020) COVID-19: maintaining essential rehabilitation services across the care continuum BMJ Global Health 2020;5:e002670.

<https://gh.bmj.com/content/5/5/e002670>

This commentary describes adjustments to the continuum of rehabilitation services across 12 low-income, middle-income and

high-income countries in the context of national COVID-19 preparedness responses (table 1) and provides recommendations for decision makers on the provision and payment of these essential services.

Spruit M (2020) COVID-19 and Rehabilitation, European Respiratory Society

<https://www.ersnet.org/covid-19-blog/covid-19-and-rehabilitation>

This is an expert-based opinion on early and short-term rehabilitative interventions in COVID-19 survivors after the acute hospital setting. The text consists of several parts: What do we know?; What don't we know; and a preliminary expert-based conclusion and preliminary clinical recommendations, based on current knowledge.

NHS Confederation (2020) Getting the NHS back on track: planning for the next phase of COVID-19

<https://www.nhsconfed.org/resources/2020/06/getting-the-nhs-back-on-track>

This report outlines the key challenges that local organisations will face over the coming months. It also suggests some changes in policy and practice that will be required as the NHS prepares to restart a wide range of services either paused or stopped when the pandemic struck.

NIHR (2020) Covid-19 Remotely Delivered Interventions to Reduce Social Isolation and Loneliness

<https://www.opfpru.nihr.ac.uk/covid-19-research/covid-19-remotely-delivered-interventions-to-reduce-social-isolation-and-loneliness/>

This resource present evidence on interventions that seek to ameliorate loneliness or social isolation, or both, through remote interventions.

British Geriatric Society (2020) Are you ready for the autumn and winter? Key questions for people providing and planning local falls prevention services during the time of COVID-19

<https://www.bgs.org.uk/blog/are-you-ready-for-the-autumn-and-winter>

The resources shares examples of local good practice and there is a comment box at the bottom of the page where you can share information.

Gray M, Bird W, (2020) Covid-19 will be followed by a deconditioning pandemic BMJ

<https://blogs.bmj.com/bmj/2020/06/15/covid-19-will-be-followed-by-a-deconditioning-pandemic/>

The authors argue that months of isolation and reduced levels of activity at home will have an immense deconditioning effect on millions of people.

British Geriatric Society (2020) COVID-19: Rehabilitation of older people

<https://www.bgs.org.uk/resources/covid-19-rehabilitation-of-older-people>

This page brings together resources and information relating to the rehabilitation of older people as a result of the COVID-19 pandemic, either following recovery from the virus or as a consequence of an exacerbation of other health issues due to isolation or reduced access to health services.

Websites

End PJ Paralysis (2020)

<https://endpjparalysis.org/join/>

Describes the Movement Movement and how to avoid deconditioning.

Hospital at Home

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

Provides information and guidelines for the Hospital at Home model of care.

The Still Going Project (2020)

<https://stillgoingproject.co.uk/>

This is a research project designed to help individuals stay independent and active in later life.

Personal Outcomes Collaboration (2020)

<https://personaloutcomescollaboration.org/>

This has a collection of 38 stories from across health and social care of outcomes under COVID.

Personal Outcomes Webinar (2020): Recovery, Wellbeing and Outcomes for people

<https://vimeo.com/433717583>

This is a personal Outcomes Network webinar recording.

Voluncaring

<https://www.voluncaring.ca/>

A website which highlights voluncaring in Canada and the research on the role of hospital volunteers and their place within the health care team.

Patient Guides

Chartered Society of Physiotherapy (2020)

<https://www.csp.org.uk/public-patient/covid-19-road-recovery>

This describes what to expect when recovering from COVID-19.

Leeds Teaching Hospitals NHS Trust (2020) COVID-19 patient rehabilitation booklet

<http://flipbooks.leedsth.nhs.uk/LN004864.pdf>

This describes practical exercises for rehabilitation at home.

Online Videos for Stroke Survivors

<https://www.stroke.org.uk/finding-support/staying-active-when-staying-home>

This resource has links and guidance for staying active after stroke

Keeping Well at Home – downloadable PDF booklet for print (UK-info)

<https://www.manchester.ac.uk/coronavirus-response/coronavirus-home-learning/keeping-well-at-home-guide/>

This is a printable booklet of home exercises and practical guidance for older people who are digitally excluded.