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REHABILITATION EXPERIENCE IN PATIENTS WITH POST-COVID SYNDROME

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ABSTRACT

A large number of patients with new coronavirus infection at high risk of developing post – COVID syndrome. Therefore, most patients will certainly require rehabilitation to mitigate the effect of this syndrome.

Objective. The primary objective of this research was to assess the severity of post–COVID syndrome in individuals upon their admission for sanatorium-based rehabilitation, and to evaluate the feasibility of incorporating aerophytotherapy techniques during the rehabilitation process.

Materials and methods. A total of 260 patients who had recently recovered from COVID-19 were enrolled in the study and subsequently admitted for sanatorium-based rehabilitation. These patients underwent a thorough assessment and received comprehensive medical care as part of the rehabilitation process. Among them, 54 individuals were selected to receive an additional aerophytotherapy regimen, which involved the administration of sage essential oil in conjunction with audio-relaxation sessions. The integration of these alternative therapeutic interventions aimed to enhance the overall rehabilitation outcome and alleviate lingering symptoms associated with post-COVID syndrome.

Results. The results of this study may offer valuable insights into the potential benefits of aerophytotherapy as a complementary approach to traditional rehabilitation for individuals recovering from COVID-19. Data analysis revealed that 181 individuals in the control group underwent a comprehensive sanatorium-based rehabilitation program, without the use of aerophytotherapy and audio-relaxation techniques. The study included a detailed statistical examination of the data collected from all participants. Initially, the health status of the patients recovering from the recent coronavirus infection was assessed upon their admission to the sanatorium. The impact of incorporating aerophytotherapy using sage essential oil along with audio-relaxation sessions within the rehabilitation regimen was then thoroughly assessed.

Conclusion. Notable improvements were observed in various clinical parameters, functional measurements, and responses to dyspnea questionnaires in both groups. However, the addition of sage essential oil as a part of the aerophytotherapy rehabilitation program demonstrated a significant positive effect on emotional well-being, vitality, and overall health status.

KEYWORDS: new coronavirus infection, post-COVID, sanatorium-based rehabilitation, aerophytotherapy, sage.

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