

BACHELOR THESIS ABSTRACT

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Title: The possibilities of using pulmonary telerehabilitation for post-Covid 19 patients

Abstract:

This bachelor thesis deals with the issues related to Covid-19 and physiotherapeutic possibilities of influencing its effects. It focuses mainly on respiratory physiotherapy through telerehabilitation. The thesis is divided into two parts: theoretical and practical part.

The theoretical part of the bachelor thesis gives a description of Covid-19 within its overall context, including pulmonary rehabilitation, the importance of early physiotherapy intervention and rehabilitation options in specific stages of the disease. In addition, the bachelor thesis describes a telerehabilitation and discusses its importance and connection with Covid-19.

The practical part of the thesis presents an information brochure for post Covid-19 patients as well as case studies of three post Covid-19 patients. The information brochure contains the Covid-19 basics, complemented by the recommended procedures, treatment options and preventive measures. Using textual descriptions as well as simple images, the brochure also explains the respiratory physiotherapy techniques and movement training aiming at exercising and strengthening the relevant body parts and the respiratory tract.

The case studies of individual patients include the initial kinesiological examination, SpO₂ and MIP_{max} measurements outputs from Powerbreathe KH2 and Mindray MP-60 pulse oximeter, the description of physiotherapeutic interventions in patients and the final kinesiological examination.

The last part of the thesis reflects upon the individual research findings and presents an overall summary as well as conclusion resulting from the previous research.

Key words: telerehabilitation, disease, Covid-19, pulmonary rehabilitation, respiratory physiotherapy, physical activity