

Developing an e-learning package to support physiotherapy management of people with Long COVID

Background

Long COVID is defined by the signs and symptoms that develop usually 3 months after an acute infection consistent with COVID-19, with symptoms lasting at least 2 months and are not explained by an alternative diagnosis.

It is important for physiotherapists to understand how to best assess and treat patients who have Long COVID, but there are limited clinical training programs available.

Methods



DESIGN

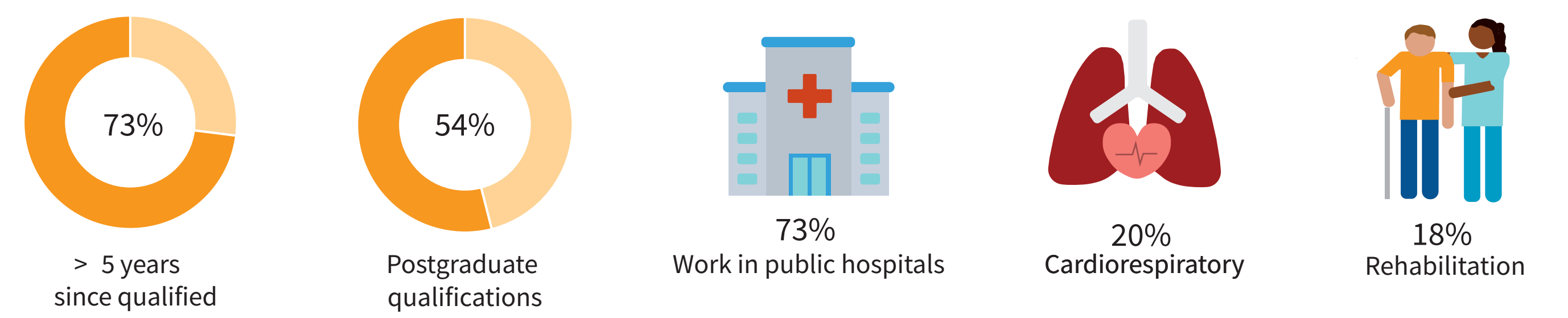
Australian physiotherapy clinicians and students provided responses to a 10 minute online survey. Data included respondents’ experience and confidence to assess and manage patients with Long COVID, and related previous training and education needs.

Aims

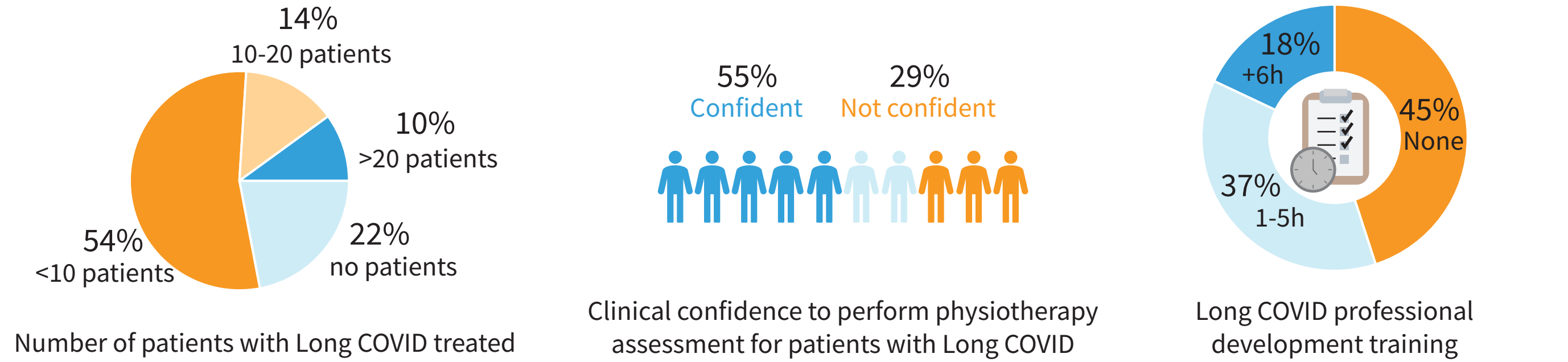
- 1
- Identify clinical education needs of physiotherapist clinicians and students relating to the assessment and management of Long COVID.
- 2
- Develop an e-learning package, informed by the education needs identified, to support optimal physiotherapy management of patients presenting with impairments associated with Long COVID.

Results

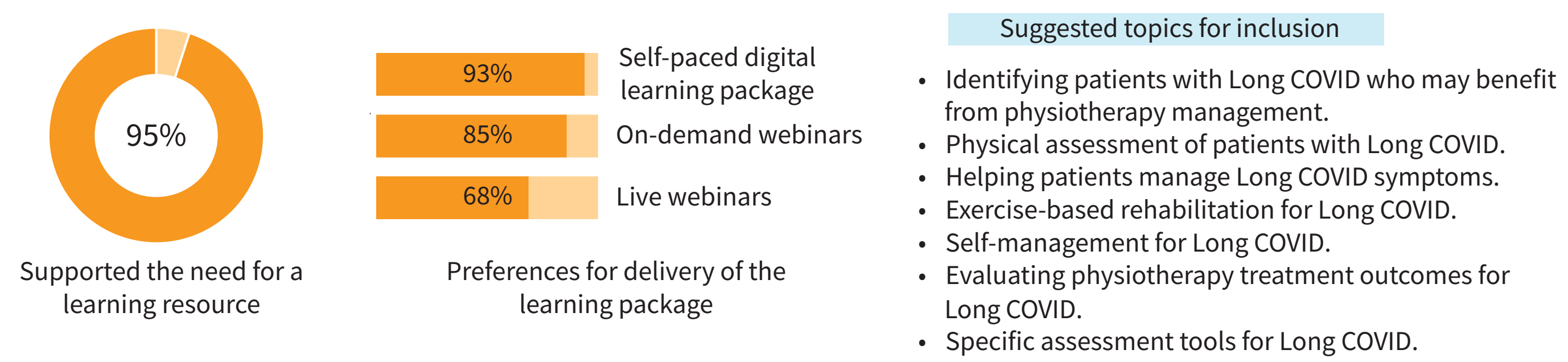
Physiotherapy experience and area of practice of 104 respondents



Experience managing patients with Long COVID



E-learning package to support management of Long COVID



Next steps

Survey results have informed the content of an e-learning package: “Improving the Participation Gap: Physiotherapy for people experiencing Long-COVID.” This forms a chapter in an open ended Long-COVID educational resource: “Enabling and optimising recovery from COVID-19: A handbook for health professionals and other caregivers of people with Long-COVID”. The book, including the e-learning package is freely available and can be accessed [here](#) or via the QR code.



Authors and Affiliations

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