

Title:
Rehabilitation Outcome of
a Patient with Cesarean
Delivery during a Cardiac
Arrest due to COVID-19
Respiratory Failure



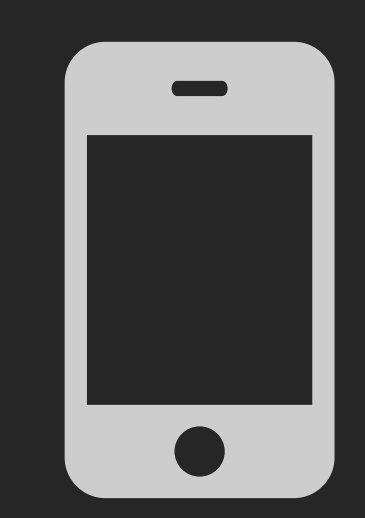
PRESENTER:
Nirguna Thalla

- Case Description:**
- 27-year-old previously healthy pregnant African American woman (G1PO at 26 weeks) was admitted to the hospital for COVID-19 pneumonia.
 - Developed respiratory failure resulting in Intubation, complicated by 2 cardiac arrests-
 - Underwent Emergency C-section with viable delivery.
 - 5-week hospital course complicated by postpartum hypertension before stabilized for Acute rehabilitation.
 - On initial evaluation, patient had intact cognitive function, generalized weakness, and decreased activity tolerance..
 - Mobility and ADLs performed with modified independence but required minimum assistance for stairs.
 - Discharged after 4 days .

- Discussion:**
- This is a unique case of a young pregnant woman who was otherwise healthy who required intensive care for severe COVID-19 complications.
 - Did not have typical risk factors such as older age, prior medical conditions.
 - Despite lengthy, complex hospital course , she was high functioning without residual cognitive impairments.
 - Monitored hypertension during therapy. Educated on energy conservation and safety strategies.

- Conclusion:**
- A Short inpatient rehabilitation course can be beneficial even for complex and prolonged COVID-19 hospitalizations. She discharged at a high functional level.
 - Our pregnant patient managed to have a successful delivery in an emergent setting.

Severe COVID-19 illness can occur without common risk factors. A Good Functional Outcome is Possible for Complex hospitalizations.



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Discharge Functional Status:

Bed Mobility :	Independent.
Transfer Sit to Stand Rehab:	Modified Independent
Transfer Stand to Sit Rehab:	Modified Independent
Ambulation:	Supervision
Stairs Rehab:	Minimal assistance
Upper Extremity Dressing Level:	Supervision
Lower Extremity Dressing Level:	Supervision
Grooming Level:	Contact guard
Toileting Level:	Supervision
Bathing Level:	Supervision
LE Bathing Level:	Supervision
Shower Transfer Level:	Supervision

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