Rehabilitation in the COVID-19 Era: What one Rehabilitation Facility Encountered

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Disclosures: None

Setting: Tertiary Care Hospital and Acute Inpatient Rehabilitation Unit

Objectives: To determine demographic breakdown of COVID-19 patients admitted to our Inpatient Rehabilitation Facility

Design: Retrospective analysis was completed by chart review of all patient admitted to the Inpatient Rehabilitation Facility from the time period of April 2020 to June 2020 to determine demographic makeup (age, sex, ethnicity) of patients admitted to the rehabilitation program

Results: 74 patients were admitted to the Inpatient rehabilitation unit during the designated time period. With regards to gender, 47 of the admissions were male (63.5%) and 27 were female (36.5%). With regards to age, 39/74 admissions (52.7%) were age 60 or younger. The age range was 31-83. When it comes to ethnicity there was an overwhelming predominance of patient admitted that were minorities. 60/74 (81.1%) patients were of Hispanic or Black ethnicity. Of those 36/74 (48.7%) were Hispanic and 24/74 (32.4%) were Black. The rest of the ethnic make up are as follows: 5/74 (6.8%) were Asian and 9/74 (12.1%) were White.

Conclusions: Coronaviruses are a large family of viruses which may cause illness in animals or humans. The most recently discovered coronavirus (COVID-19) has caused a worldwide pandemic. So far, it's estimated that COVID -19 has infected 25 million of the world population and approximately 7 million cases are in the US. The State of Illinois has about 229,000 cases, 70,000 of which were in Chicago (As of 8/29). Based on our findings and comparison to regional data, it is evident than minority individuals are more at risk for severe complications as a result of COVID-19 and require acute inpatient rehabilitation to regain functionality. Further analysis needs to be done to determine why certain ethnicities are more prone to having morbidity when infected with the COVID-19 virus and if certain pre-morbid conditions correlate with more severe debility requiring acute inpatient rehabilitation care.

Ethnicity

Age Demographics

Gender