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Low physical functioning and impaired performance of activities of daily life in COVID-19 patients who survived hospitalisation

Stefano Belli ¹, Bruno Balbi¹, Ilaria Prince¹, Davide Cattaneo ¹,
Francesca Masocco¹, Sergio Zaccaria¹, Luca Bertalli¹, Francesco Cattini¹,
Arianna Lomazzo¹, Francesca Dal Negro¹, Marica Giardini¹, Frits M.E. Franssen
^{2,3,4}, Daisy J.A. Janssen ^{2,5} and Martijn A. Spruit ^{2,3,4,6}

Affiliations: ¹Pulmonary Rehabilitation of the Institute of Veruno, Istituti Clinici Scientifici Maugeri IRCCS, Novara, Italy. ²Dept of Research and Development, CRO+, Horn, The Netherlands. ³Dept of Respiratory Medicine, Maastricht University Medical Center (MUMC+), Maastricht, The Netherlands. ⁴NUTRIM School of Nutrition and Translational Research in Metabolism, Maastricht, The Netherlands. ⁵Dept of Health Services Research, Care and Public Health Research Institute, Faculty of Health Medicine and Life Sciences, Maastricht University, Maastricht, The Netherlands. ⁶REVAL Rehabilitation Research Center, BIOMED Biomedical Research Institute, Faculty of Rehabilitation Sciences, Hasselt University, Diepenbeek, Belgium.

Correspondence: Stefano Belli, IRCCS Istituti Clinici Scientifici Maugeri SpA SB, Via Salvatore Maugeri 4, 27100 Pavia, Italy. E-mail: stefano.belli@icsmaugeri.it



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About half of post-COVID-19 patients had severe impairments in physical functioning and during activities of daily living at discharge home, providing a clear rationale to study the safety and efficacy of rehabilitative interventions in these patients <https://bit.ly/3hJvXJa>

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To the Editor:

Thousands of Italians with coronavirus disease 2019 (COVID-19) have been admitted to hospital. In the Piedmont Region, as of 12 May 2020, 12 272 patients survived hospital admission [1], and most of them were discharged home. As the influx of COVID-19 patients is exceeding the hospital bed capacity in Northern Italy, patients are discharged home after two negative reverse transcription (RT)-PCR tests for the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), notwithstanding their physical status. Nevertheless, lower-limb muscle deconditioning and an impaired performance of activities of daily living (ADLs) are likely to occur. Indeed, COVID-19 patients suffer from multiple symptoms during hospitalisation, and the acute care takes place in strict isolation, which will reduce a patient's mobility to zero [2].