

**Digital Event & Press Release:  
Launch of the guide titled “Support for Rehabilitation Self-Management after COVID-19-  
Related Illness”**

**Monday 7<sup>th</sup> December 2020  
12.30 – 13.30 pm  
Concept note & draft programme**

**I. Location and contacts**

Location	WHO Country Office, via Teleconference. <b>Link:</b> <a href="https://who.zoom.us/j/91225734630?pwd=VUJhQk1LQWVUU3J3Sk03WnhSL1Jdz09">https://who.zoom.us/j/91225734630?pwd=VUJhQk1LQWVUU3J3Sk03WnhSL1Jdz09</a> <b>Password:</b> %?=KTK2%
Associated authorities	Hellenic Nursing Regulatory Body Panhellenic Medical Association Panhellenic Association of Physiotherapists

**II. Background**

The COVID-19 pandemic has highlighted the importance of rehabilitation as an integral part of the continuum of care. Patients who have had a severe or critical form of COVID-19 often need rehabilitation due to post-intensive care syndrome, physical deconditioning, respiratory, swallow, cognitive and mental health impairments. Understanding and assisting with the recovery phase of the disease has been one of the priority areas of work of WHO.

The WHO Country Office in Greece as part of its ongoing support to Greece, particularly during this difficult period of the COVID-19 pandemic, has translated and adapted the guide titled “Support for Rehabilitation Self-Management after COVID-19-Related Illness.” The purpose of the guide is to describe, graphics and language that are easy to follow, basic rehabilitation exercises for adults who had been hospitalized with COVID-19 and aid in their recovery.

The leaflet assists in self-rehabilitation and recovery management and addresses the common residual COVID-19 symptoms, specifically breathlessness, starting exercise, getting back to functional activities, mental health and post intubation symptoms such as voice weakness, eating, drinking and attention and memory deficits.

The guide is already published in the WHO Country Office website. The first goal is to disseminate digital copies through the social media of associations of health professionals and to distribute hardcopies of the guide to doctors, nurses and physiotherapists who are actively involved in the recovery and rehabilitation of patients recovering from COVID -19.

The support of the National Bodies of Doctors, Nurses and Physiotherapists will ensure as widely as possible the guide’s dissemination through their members and network. Furthermore, one of the groups of the health professionals is going to be selected to distribute the hardcopy to the Hospitals and be responsible for the dissemination in the patients that will be discharged from the hospital.

The official launch of the guide will happen through a joint digital event with the presence of the Presidents of the Hellenic Nursing Regulatory Body, the Panhellenic Medical Association and the Panhellenic Physiotherapists Association – all key stakeholders in sharing and disseminating this tool.

**III. Objectives of the meeting**

1. To present the Greek edition of the WHO guide titled “Support for Rehabilitation Self-Management after COVID-19-Related Illness” to health professionals.
2. To give guidelines for the dissemination in the Hospitals and the distribution to the patients of the Hospital at the time of their discharge.

#### IV. Digital Platform & Technical Needs

1. For the purposes of the meeting, a teleconference software should be used. The software will allow for simultaneous interpreting for the participants of the call, to facilitate real-time translation with regards to the intervention of WR, Marianna Trias.
2. WHO CO will provide the appropriate links and infrastructure and will also disseminate the invitation to the participants from the three bodies.
3. The three bodies will also support the dissemination of the invitation by sending the press release and the link of the event to the mail contacts of accredited health journalists.
4. WHO will provide the interpreters (Greek-English, English-Greek).
5. A recording of the call will then be used to forward to journalists and inform the public at large.

#### V. Outputs

- A. Presentation of the guide entitled “Support for Rehabilitation Self-Management after COVID-19-Related Illness” to health professionals.
- B. Share the information of the dissemination of the guide through the hospitals to the people that are discharged after a hospitalization for COVID-19 sickness.

#### VI. List of participants

1. **Thanasis Eksadaktilos**, President of the Panhellenic Medical Association
2. **Petros Lymperidis**, President of the Panhellenic Physiotherapists Association
3. **Dimitrios Skoutelis**, President of the Hellenic Nursing Regulatory Body
4. A Representative from the Ministry of Health (TBD)

#### WHO CO ATHENS:

- **Marianna Trias**, WHO Representative to Greece, Head of WHO Country Office in Greece
- **Sotirios Koupidis**, Occupational Physician, Consultant WHO Country Office in Greece – Athens
- **Niko Efstathiou**, Consultant WHO Country Office in Greece - Athens

#### VII. Draft programme of the meeting

##### Monday 7 December 2020

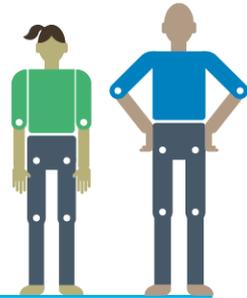
12:30 – 12:50	<b>Welcome and Introductions</b> <ul style="list-style-type: none"> <li>• <b>Opening Remarks (10')</b> Speakers: <b>Vasileios Kontozamanis OR Panagiotis Prezerakos (TBD)</b></li> <li>• <b>Welcome address (10')</b> Speaker: <b>Marianna Trias</b></li> </ul>
12:50 – 13:20	<ul style="list-style-type: none"> <li>• « <b>Presentation of the guide, and contributions from the perspective of doctors</b>» (10') Speaker: <b>Thanasis Eksadaktilos</b></li> <li>• «<b>Presentation of the guide and contributions from the physiotherapists' perspective</b>» (10') Speaker: <b>Petros Lymperidis</b></li> <li>• « <b>Presentation of the guide and contributions from the nurses' perspective</b>» (10') Speaker: <b>Dimitrios Skoutelis</b></li> </ul>
13:20 – 13:30	<ul style="list-style-type: none"> <li>• <b>Wrap-up and closing of the meeting (5')</b> Moderator</li> </ul>



World Health  
Organization

REGIONAL OFFICE FOR Europe

# Υποστηρικτικό υλικό για τον ασθενή που διαχειρίζεται την αποκατάστασή του μετά από ασθένεια που σχετίζεται με COVID-19 λοίμωξη



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**Όνοματεπώνυμο:**

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**Ημερομηνία εξιτηρίου:**

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**Νοσοκομείο νοσηλείας:**

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**Επαγγελματία υγείας που παρέιχε το φυλλάδιο:**

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**Όνοματεπώνυμο και στοιχεία επικοινωνίας του τοπικού  
επαγγελματία υγείας:**

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