

# Multidisciplinary online intervention impacted positively on self-reported well-being in patients with post covid condition



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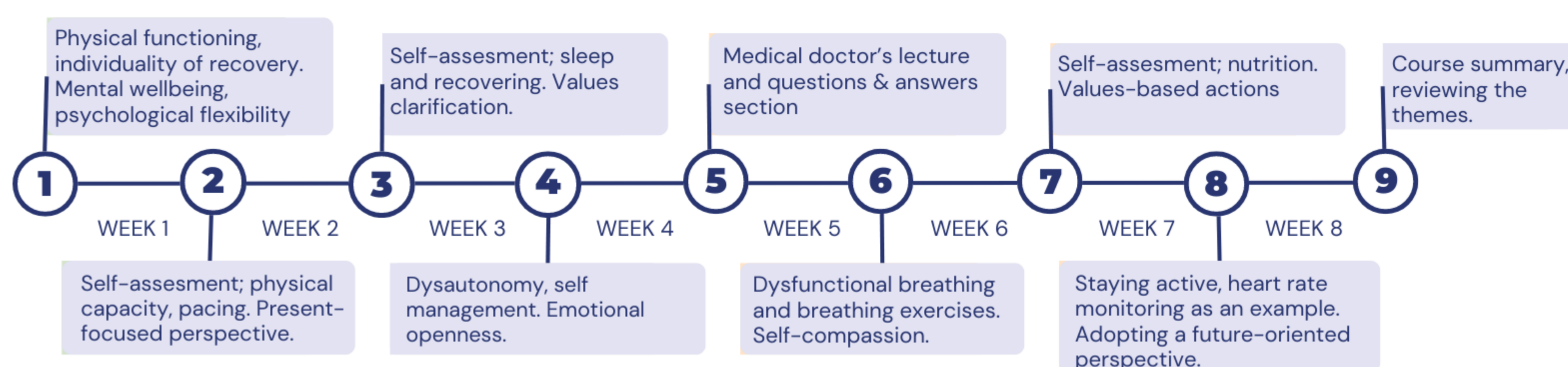
## BACKGROUND

Post covid condition (PCC) manifests as a range of persistent symptoms lasting beyond the acute infection. Affecting approximately 10 % of individuals after Covid-19, irrespective of age and severity of the initial infection, PCC may cause various symptoms, impairing physical and physiological well-being, and challenging healthcare systems.

## AIMS & METHODS

The aim of this study was to investigate if supporting adults recovering from PCC by organizing multidisciplinary rehabilitation online courses could enhance participants' confidence and skills to safely increase physical activity and support mental well-being.

The participants (n=98, 92% females) underwent an expert-led, 9-week online course with weekly sessions, incorporating lectures, group discussions, and practical exercises. Topics covered physical functioning and well-being as well as mental well-being (Figure 1). Several key principles of Acceptance and Commitment Therapy (ACT) and pacing were utilized throughout the course and a workbook was provided to facilitate course completion. Emphasis was on supporting self-care and -monitoring, as well as value-based actions.

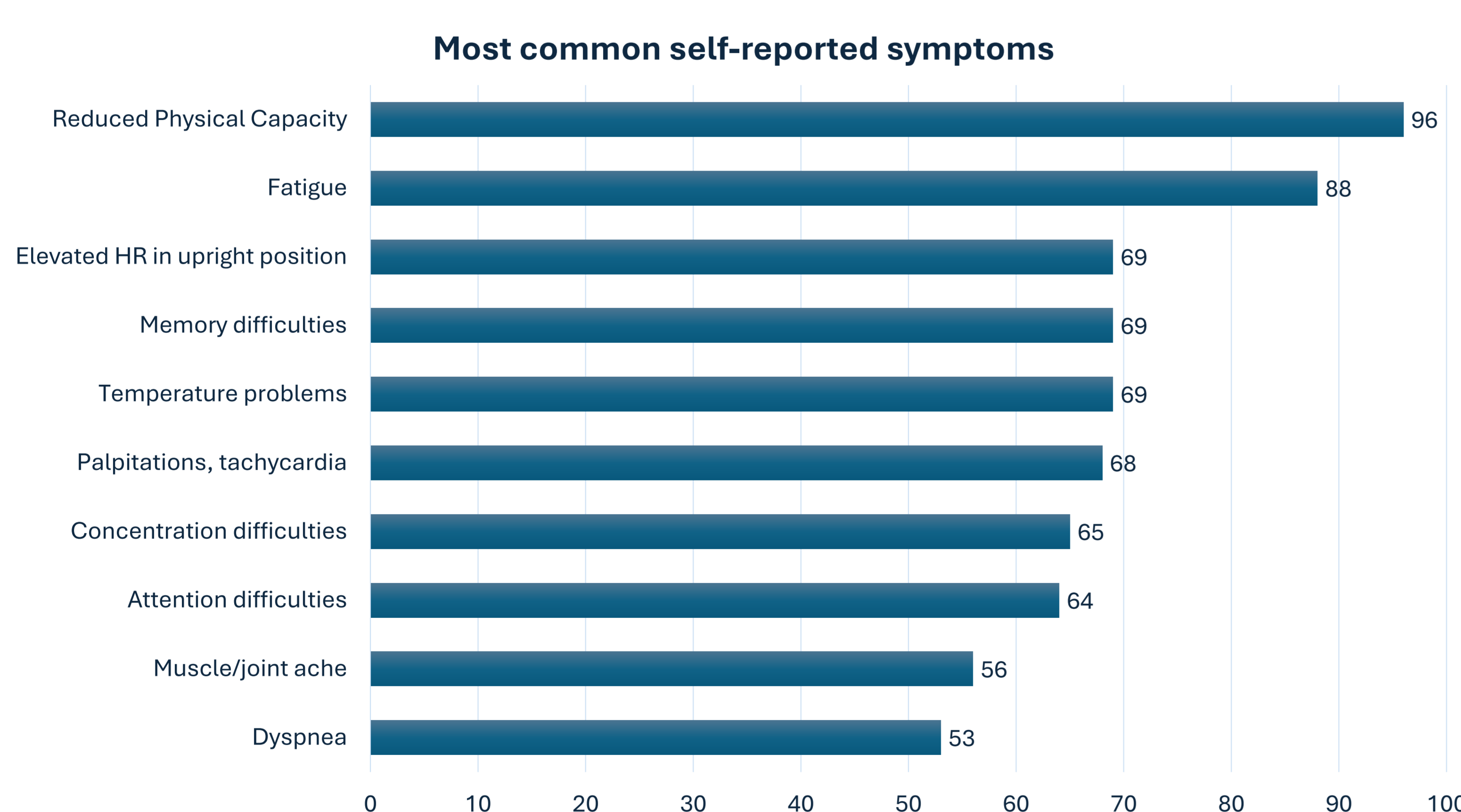


**Figure 1.** The structure of the 9-week multidisciplinary rehabilitation online course. Weekly online meetings included themes of physical and mental well-being.

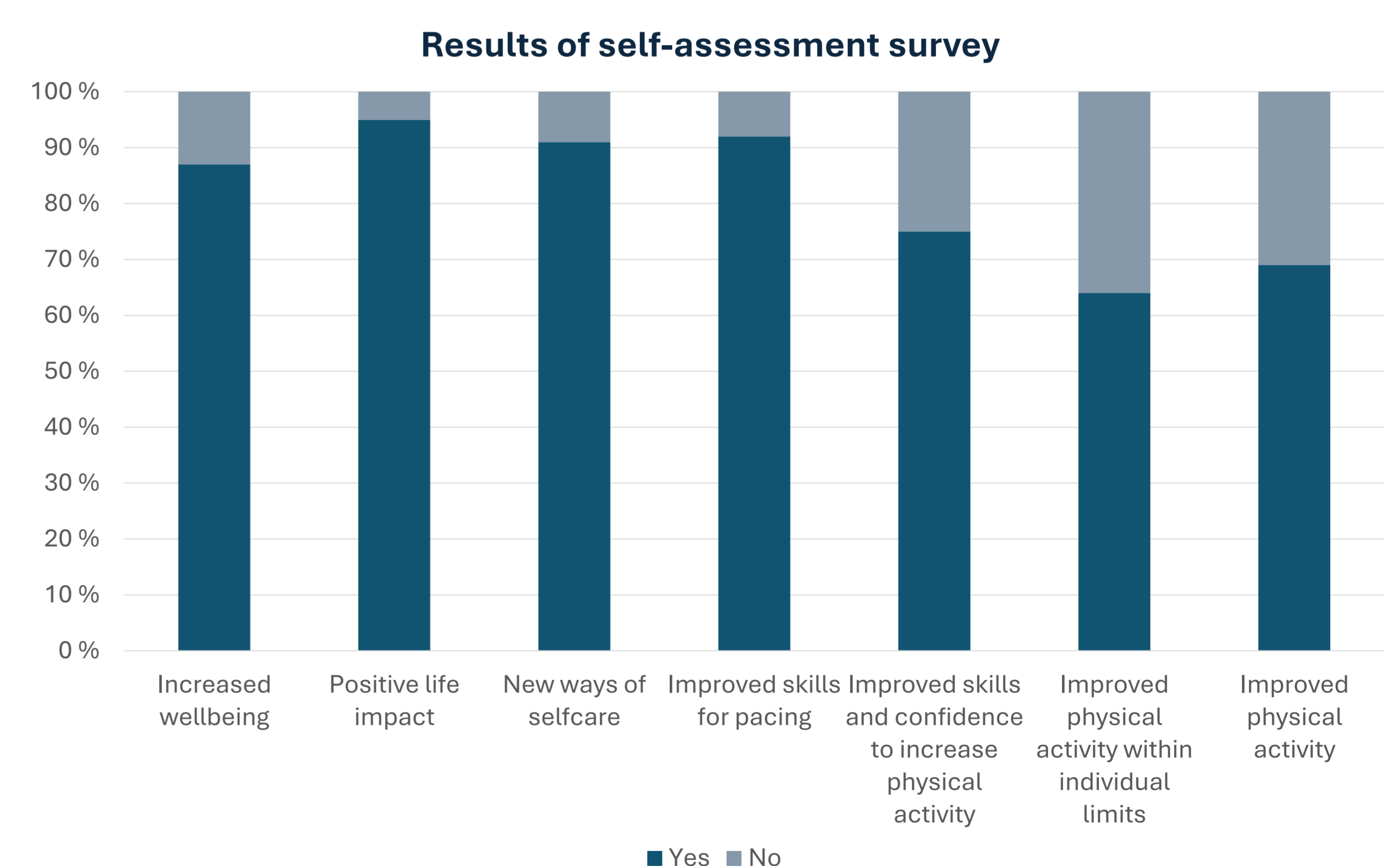
## RESULTS

Most common self-reported symptoms at the baseline were reduced physical capacity (96%) and fatigue (88%) (Figure 2). Majority of the participants were either currently (39.4%) or previously (37.2%) on sick leave; the mean length of the sick leave being 7.5 months (range from 1 week to 35 months).

Self-assessment survey (n=75) revealed positive outcomes (Figure 3): increased well-being (87%) and positive life impact (95%). Additionally, majority of the participants learned new ways of taking care of themselves (91%) and felt that they gained skills to pace rest and activity (92%), as well as confidence and skills to increase physical activity safely (75%). A significant proportion of the participants (64%) reported success in increasing their level of physical activity.



**Figure 2.** The most common self-reported symptoms of the participants (n=98) before attending to the 9-week multidisciplinary rehabilitation online course.



**Figure 3.** The results of self-assessment survey after the multidisciplinary rehabilitation online course (n=75).

## DISCUSSION

Reduced physical capacity and fatigue challenge daily energy management. The central theme of the course was balancing activity and recovery, pacing and dedicated diaries being crucial tools to support this. The participants felt they learned new ways and skills of self-care, and they considered peer support important. Moreover, value-based actions (ACT) helped participants to focus their resources on meaningful activities, enhancing mental well-being.

Our findings suggest that the multidisciplinary online intervention for PCC patients had a positive impact on self-reported well-being and mental well-being. In addition, the intervention resulted in better self-management and increased physical activity.