Framework of Research Priorities in COVID Rehabilitation

WHO: Target Populations

- Persons with lived experiences of COVID-19, Long COVID and other concurrent conditions across the lifespan
- Parents, children, partners, and caregivers of persons with COVID-19 and Long COVID
- Rehabilitation and other health care providers working with people with COVID-19 and Long COVID and other concurrent conditions

HOW: Methodological Considerations

- Adopting meaningful patient and community (including caregiver) engaged approaches to conceptualization, implementation, and knowledge translation
- Incorporating principles of health justice, epistemic justice, equity, diversity, and inclusion
- Implementing a diversity of methodological approaches
- Engaging in multi-stakeholder / inter-professional collaborations
- Engaging in international collaborations
- Building on foundational knowledge, lessons learned, and resources from those with lived experiences and past post-viral research

WHAT: Research Priorities

Health and Disability across COVID-19 and Long COVID Illness Trajectories

Understanding experiences of episodic disability
- Physical health
- Cognitive health
- Mental-emotional health
- Day-to-day function
- Social inclusion (employment, return to work, personal relationships, social activities)
- Uncertainty and considerations about the future

Assessing episodic disability
- Diagnostic tests and screening to inform safe approaches for rehabilitation (e.g. screening for Post-Exertional Malaise, etc.)
- Performance-based outcome measures and patient-reported outcome measures to assess presence, severity and potentially episodic nature of disability and impact on health

Rehabilitation across COVID-19 and Long COVID Care Continuums

Identifying and examining safe approaches to rehabilitation
- Symptom titrated approaches to assessment and treatment for persons experiencing Post-Exertional Malaise
- Pacing and self-management approaches
- Impact / effect of safe rehabilitation approaches (energy-management, pacing, etc.)
- Interventions to support and prepare caregivers of people with acute COVID-19 or Long COVID

Examining the role, implementation, and impact of models of rehabilitation care
- Evaluation of implementation of models of care delivery (in-person, tele-rehabilitation, group-based, individual, etc.) in a diversity of practice settings (acute, rehabilitation, community, return-to-work, etc.)

Examining access to safe, timely, and appropriate rehabilitation and other health care provider services
- Facilitators and barriers to timely access to safe rehabilitation
- Knowledge, experiences and understanding of acute COVID-19 and Long COVID among rehabilitation providers and other health care providers
- Experiences among persons with lived experiences and their caregivers accessing rehabilitation

IMPACT: Knowledge Mobilization

Research
Advancing rehabilitation evidence in COVID Rehabilitation.

Clinical Education
Enhancing capacity and knowledge among current and future rehabilitation providers with respect to the assessment and treatment of people with acute COVID-19 and Long COVID.

Clinical Practice
Translating research into clinical recommendations and guidelines for inpatient, outpatient, and community rehabilitation.

Policy
Developing policy and programming to enhance function and wellbeing for people with acute COVID-19, Long COVID, and their caregivers.