

DRV-Booklet

DRV-Number: 1/2023

Preface

Implications of the COVID 19 pandemic for the medical and vocational rehabilitation

Author: Brigitte Gross

Location: Berlin

Development of a course of action for coping with pandemic-related challenges in medical rehabilitation as seen from an intersectional multi-stakeholder perspective

Authors: Kübra Annac, Jana Fieselmann, Diana Wahidie, Dr Sabahat Ölcer, Anna Audia, Dr Yüce Yilmaz-Aslan and Professor Dr PH Patrick Brzoska

Location: Witten

The COVID 19 pandemic and its impact pose numerous challenges for all stakeholders in rehabilitative care. The aim of the ReCoVer project was to identify good practice approaches for addressing challenges posed by pandemics in medical rehabilitation from an intersectional multi-stakeholder perspective and to synthesize these into a catalogue of actions using a multi-stage consensus-building process. The project used a mixed-methods design combining qualitative and quantitative research approaches. Based on the triangulated project results, a catalogue of actions for rehabilitation facilities was developed, which addresses possible pandemic-related problems and challenges at the level of (1) facility management, (2) staff and (3) (potential) rehabilitation clients and presents corresponding options for action to overcome them.

Medical rehabilitation programmes for post-COVID syndrome – health and occupational changes over time

Authors: Mercedes Rutsch and Professor Dr Ruth Deck

Location: Lübeck

COVID-19 disease can lead to prolonged corona symptoms and long-term disease complications (post-COVID syndrome, PCS) in some affected individuals. These individuals may be eligible for medical rehabilitation. As was generally the case in health care, after the outbreak of the COVID 19 pandemic, there was no corona-specific treatment concept for those affected in the rehabilitation sector. In the prospective, multicentre observational study "Medical rehabilitation after corona disease – ReCo", the courses of long COVID sufferers (aged 18 to 65 years) in pneumological rehabilitation are surveyed in a longitudinal analysis. The aim of the ReCo study is also to identify the stresses and needs of long/post-COVID sufferers and to describe the therapy methods offered or required. Afterwards, adequate therapy modules are developed with affected persons and persons from the medical and scientific communities. The combination of rehabilitative elements must be tested and combined in a continuous learning process.

Effects of the SARS-CoV-2 pandemic on facilities for addiction rehabilitation and aftercare facilities

Authors: Jennifer Marie Burchardi, Stefanie Köhn,
Dr Eva Jansen, Dr Anna Schlumbohm,
Friedericke Schall, Lukas Kirchhübel,
Prof Dr Karla Spyra and Martin Brünger

Location: Berlin

The aim of this paper is to describe the utilization, general conditions and staff situation of addiction rehabilitation facilities during the SARS-CoV-2 pandemic. For this purpose, in the course of the years 2021 and 2022, (1) an online survey of addiction rehabilitation facilities was conducted at two points in time (t1: n = 336, t2: n = 415). In addition to that, (2) interviews with n = 26 therapists and (3) a hybrid survey with n = 460 persons in addiction rehabilitation or aftercare were conducted and (4) routine data statistics on utilization were used. Results: In 2020 and 2021, there were approximately 10 percent fewer addiction rehabilitations compared to 2019. The decrease was particularly strong for women and in the case of alcohol dependence. The economic consequences due to the reduced demand as well as the implementation and realization of hygiene concepts posed challenges for the centres and were accompanied by changes in teamwork and an extra workload for the staff. Simultaneously, developments were initiated that offer opportunities for the further development of addiction rehabilitation beyond the pandemic.

Making outpatient vocational rehabilitation flexible and sustainable: Lessons learned from the COVID 19 pandemic and beyond

Authors: Marie Heide, Dr Jana Bauer,
Professor Dr Mathilde Niehaus, Björn Hagen
and Manfred Otto-Albrecht

Locations: Köln, Ratzeburg

The effects of the COVID 19 pandemic have led to changes in outpatient vocational rehabilitation, which have been managed at the operational level through new responses. The COVaRe project took the opportunity to learn from the experiences of the pandemic in order to make post-pandemic service delivery more flexible and sustainable. In three successive surveys, the approaches to solutions developed were first described in terms of their prerequisites and effects, evaluated from different perspectives in terms of strengths, weaknesses, opportunities and risks, and then discussed at the strategic level. The results show that in order to make service provision more flexible, the operational level needs to be more closely intertwined with the structural level in order to be able to establish freedom of action, networked structures, development and learning processes as well as individualized rehabilitation services.