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PRESS RELEASE

Ethos Wellbeing - Structured Movement Therapy for COVID-19 survivors

At Handicare Patient Handling Limited (HPHL) - now part of the Direct Healthcare Group (DHG) - we are focussing our Ethos Education activities on the demographic challenges and lifestyle diseases that have an impact on an individual's mobility and movement including stroke, cardiac, pulmonary and COVID-19.

“There are over 90,000 people affected by a new stroke every year in the UK. Frequent exercise and rehabilitation are key to the rate of recovery for many survivors.”

People affected by and surviving the associated challenges of COVID-19 may require a package of care and moving and handling equipment to assist and enable them to maximize their movement potentials and remain as independent and mobile as possible.

The objective of Ethos Wellbeing is to get people “back on their feet”, wherever we can. By utilising the FIM level concept we can promote rehabilitation, exercise and activities to enable and improve people's movement, mobility, quality of life and consequently, their FIM level.

Handicare Patient Handling Limited have developed partnerships with qualified professionals and companies that share our principles, but with different expertise and competencies for example, A1 Risk Management and Personally ProActive.

COVID-19 pandemic

The impact of the COVID-19 pandemic has introduced the world to many new challenges and some opportunities. Home exercise videos via different online mediums has grown exponentially - even the Green Goddess has made a return - and the world's population seems to be focussed on keeping safe and healthy at home by maintaining or increasing fitness levels.

However, when we research and review rehabilitation activities and exercise for COVID-19 survivors we find very little - if nothing at all.

Today in the UK alone 15,000 ICU beds are designated for COVID-19 patients (BBC News) and 80% of COVID19 patients will survive and return home weakened, breathless, lacking stamina and resilience and in need of help, advice and encouragement to regain their former fitness and good health (The Guardian). The prospect and forecast are that hundreds of thousands of people will endure this experience and will need help.

As a result, and as a development of Ethos Education Programme we are proud to introduce **Ethos Wellbeing** - a Structured Movement Therapy (SMT) programme that is available from Wednesday 13th May 2020 to survivors of COVID-19, their families and carers.



Based on evidenced experience with cardiac, pulmonary and stroke survivors, the Ethos Wellbeing programme has been designed and guided by the **Personally ProActive** team - two experts in their field of exercise rehabilitation - Amanda Burroughs and Sally Parsons.

The Ethos Wellbeing programme follows 3 levels of progression for COVID-19 survivors starting with a 10-minute safe and seated exercise class and ending with a 30-minute programme that should be completed 3 times per week in line with key association guidelines. The second session is 20-minutes and is pivotal to the overall structure and gives guidance to the individual on whether to advance, stabilize or stay with the first movement session.

The Ethos Wellbeing SMT programme can be found on the Handicare, DHG and Promoting Independence websites from 13.05.2020:

Handicare Patient Handling Ltd: <https://www.handicare.co.uk/home/patient-handling/>

Direct Healthcare Group: <https://www.directhealthcaregroup.com/>

Promoting Independence: <https://www.promoting-independence.co.uk/>

There is no question that structured movement can play a crucial part for COVID-19 survivors in getting back on their feet, mobile and back to full health. We are pleased and proud to be of assistance and wish everyone who may take part improved health, increased activity and a safe recovery.

“Practices that keep patients as lucid and mobile as possible, even in the throes of their illness, could improve their long-term odds.” (Science Magazine, 2020)

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References:

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The Guardian <https://www.theguardian.com/world/2020/apr/07/the-road-to-recovery-for-covid-19-patients>

Science Magazine <https://www.sciencemag.org/news/2020/04/survivors-severe-covid-19-beating-virus-just-beginning>

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