

Rehabilitation

PSYCHODYNAMIC AND PHENOMENOLOGICAL APPROACH IN THE PSYCHOLOGICAL EARLY REHABILITATION OF OXYGEN-DEPENDENT PATIENTS WITH COVID-19.

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About 15% of COVID-19 cases may need to be treated with oxygen for a long time. The actuality is to use an integrative psychological approach in the rehabilitation of patients with trouble breathing. A method of psychological rehabilitation of patients with COVID-19 is proposed, giving a new view on sudden physical limitations.

Aim. To display the qualitative transformation of the consciousness of the oxygen-dependent patient with COVID-19 and the perception of disease.

The research involved 62 patients with COVID-19 with difficulty breathing. Among them – 29 men and 33 women, aged 47 to 75 years old, with an oxygen-dependence due to COVID-19. The duration of their stay in the hospital is from 18 to 35 days.

Results. A significant decrease in discomfort and maladaptive emotions among the patients was noted at the end of the rehabilitation: offenses-28% patients, fear – 31%, sadness – 52%; shame – 49%, guilt – 15%, anger – 12%. 46 patients (74,2%), initially two or more dissimilar feelings were noted. Therefore, a significant improvement in emotional well-being reached 72% of patients. No change was noted in 6%. At the beginning of rehabilitation, an analysis of ways of coping behavior of patients showed that more than 68% of the subjects had one accentuated pronounced coping strategy and poorly developed others. After the rehabilitation, 69% noted the leveling of the levels of various ways of coping. The most significant indicators: a pronounced decrease to the adaptive level on the scales: Flight-avoidance – 57% of patients; Distance – 69%.

