

EU-COGER

European cooperation geriatric rehabilitation (GR) after COVID-19 in 10 European countries

723 patients

FACTSHEET Research results

Patient characteristics

Number of patients
Gender
Age (mean)
Stayed at hospital
Stayed at ICU
Frailty at GR admission

Delirium before or during GR

Length of GR median Treatments during GR 47.6% 2 52.4% 2
75 years (range: 42 - 100)
90.3% (median length 23 days)
33.2%
7.1% fit (CFS 1-3) 17.8% pre-frail (CFS 4-5), 43.3%
frail (CFS 6-9)
28.9%

3.7 weeks (IQR 2.1 – 5.7) physiotherapy (82.3%), occupational therapy (64.6%), protein/calorie enriched diets (60.4%), psychosocial support (23.5%), etc.

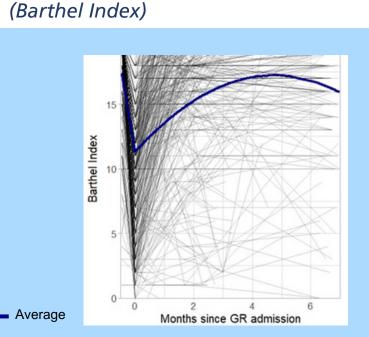


10 participating countries

Results and conclusions

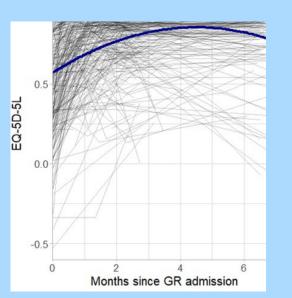
Average

On average, older patients admitted to GR after COVID-19 <u>recover quite well</u> in daily functioning and quality of life. Yet, there is some heterogeneity in the recovery trajectories of individual older patients (black lines in the background).

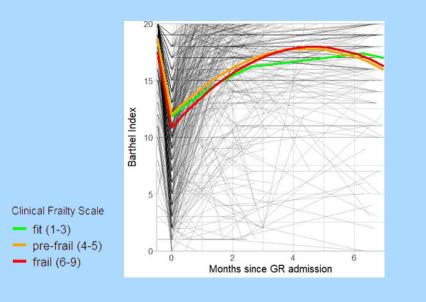


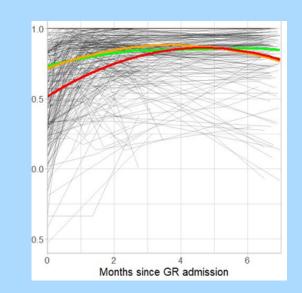
Graphs on daily functioning

Graphs on quality of life (EQ-5D-5L)

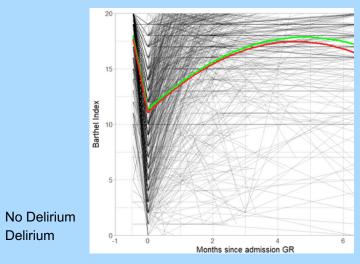


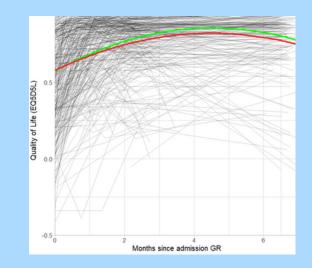
Comparison between frailty levels Frail, pre-frail, and fit patients <u>all substantially recover</u> in daily functioning and quality of life.





Comparison delirium and no delirium Patients with delirium during or before GR admission and patients without delirium <u>both substantially</u> recover in daily functioning and quality of life.





Implication

Older patients <u>should not be refused access</u> to Geriatric Rehabilitation <u>solely based</u> on their frailty or delirium status Read scientific publications about recovery and frailty <u>here</u>, and about recovery and delirium <u>here</u>.

Many thanks to all participating institutions for their contribution!



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