

## **Covid-19 and Respiratory Intervention, the Aftermath, Struggle and Recovery**

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Covid-19 (Coronavirus), a pandemic that continues to linger in our world, leaving many struggling as the path to recovery becomes a lengthy process. The Covid-19 virus has taken thousands loved ones and those who survived the pandemic struggle to regain normalcy. As of March 2020, Covid-19 was declared a pandemic by the World Health Organization (WHO). This virus steadily reveals itself leaving a difficult path to recovery. This viral outbreak has left our population with residual debilitating health concerns as it continues to infect our population. As Covid-19 virus specifically targets the lungs which hinders the ability to ventilate and oxygenate adequately, resulting in the need for respiratory intervention. Strategies and interventions are put in place to support the needs of those who are compromised by this debilitating virus.

COVID-19 is known to cause a condition known as acute respiratory distress syndrome (ARDS), which damages the lungs making it difficult to breathe. This condition causes inflammation and scarring to the lung tissues, thus damaging the alveoli in the lungs. The inability to adequately oxygenate and ventilate results in hypoxemia, thus depriving the blood, body, tissues and organs of oxygen. The body becomes distressed and need for ventilatory support becomes imminent to sustain life. Respiratory care intervention is imperative to allow the body time to heal and recover from the virus. As a care plan is implemented, the focus is supportive care to allow time for recovery. A tube known as an artificial airway becomes a lifeline and ventilatory support becomes a part of life for many recovering from this Pandemic.

One of the care plan strategies to manage the impact of COVID-19 for the respiratory compromised population is a tracheostomy tube for optimal ventilator management and successful weaning. It is a necessary clinical strategy for improved recovery of patients who require a prolonged period on life support. A tracheostomy tube aide in improving the chances of liberating from the ventilator. It allows for communication and the opportunity to contribute to the plan of care, thus improving prognosis. Some activities of daily living as simple as speaking, communicating, and eating are lost to ventilator dependent patients. Resuming simple activities of daily living is a necessary part of the recovery process.

As we attempt to move forward and assist our Covid-19 surviving population, we must remember that supportive compassionate care is imperative for recovery. Covid-19 has changed lives and will continue to do so until a vaccine becomes available and our population is inoculated. Those who have survived the virus, but unable to liberate from a ventilator have a lengthy recovery period. Respiratory care intervention and rehabilitation become the steppingstone for survival. Each day is a struggle with some adjusting to a new focus and way of life, leaving many struggling with the thought of living. Those who are respiratory compromised with an artificial airway and require ventilator struggle with the end results. It becomes an emotional strain that becomes difficult to process. This is a reality for many which is why it is imperative that recovery from the Covid-19 aftermath is successful. Covid-19 survivors need rehabilitation and deserve the support needed to resume normalcy.

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