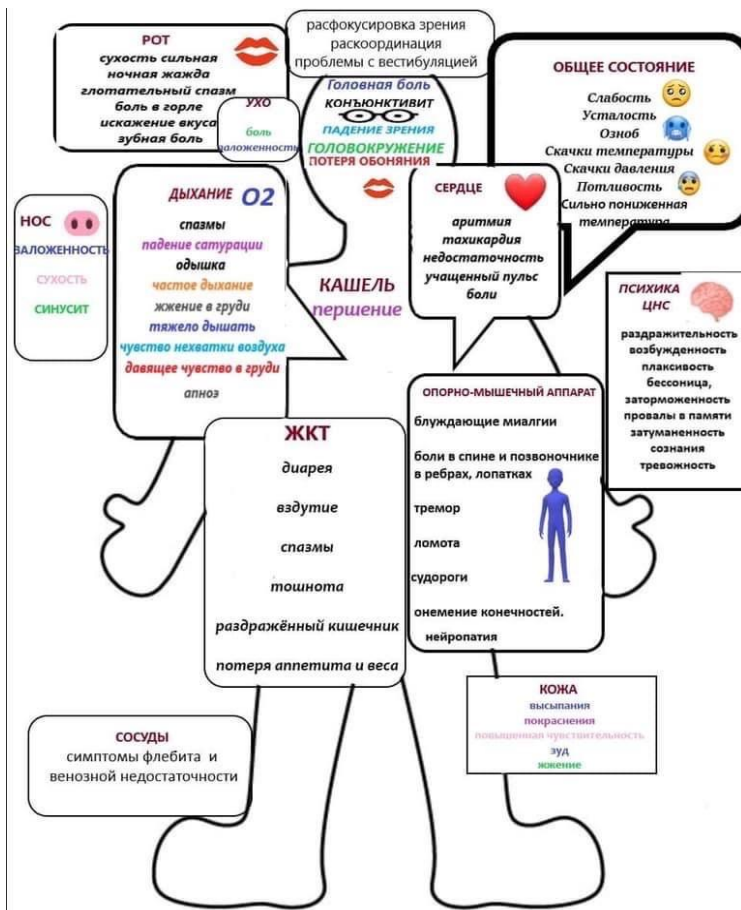




COVID REHAB INTERACTIVE PLATFORM FOR REMOTE REHABILITATION OF PATIENTS, RECOVERED FROM COVID- 19 WITH VARIOUS COMPLICATIONS



Types of complications after COVID-19



Remote rehabilitation tasks

Increasing the availability of rehabilitation activities during self-isolation and for patients from remote areas.

Motivating the patient to participate in rehabilitation activities, as well as increasing the patient's responsibility for his health.

Setting for the patients the correct technique for performing exercises included in the rehabilitation program.

Improving the quality of life of patients after COVID-19 treatment. Reduction of the recovery period, the timing of the patient's return to normal life.

Reducing the percentage of disability. Improving COVID-19 treatment efficacy rates.

Cloud platform COVID REHAB

- is a service for conducting group online classes for patients with complications after a past illness from COVID-19.



The goal of rehabilitation is quick recovery and minimization of the risk of complications at the ambulatory stage of treatment after discharge from the hospital and prevention of repeated unscheduled hospitalizations.

The platform was created by the **iPat LLC team** together with the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of the Russian Federation (NMIC RK). The platform is based on temporary recommendations, developed by NMIC RK.

The project started at the end of May 2020 due to the relevance of the rehabilitation of COVID-19 patients.

Problems which COVID REHAB may solve

Large deficit of stage 3 rehabilitation assistance (ambulatory).


Rehabilitation doctors are concentrated in federal centers and sanatoriums.

Rehabilitation methods after COVID are only being developed in federal centers.

Almost everyone who has been ill with COVID needs rehabilitation, while being in quarantine for a month.



Direction of medical rehabilitation of patients who have undergone COVID-19



Reduction of symptoms associated with previous pneumonia / pneumonitis and pulmonary fibrosis developing in the damaged area.

Correction of concomitant respiratory diseases, the course of which has worsened as a result of a previous infection.

Restoration of reserves of respiratory muscles, and optimal physical activity for a certain patient.

Improvement of indicators of the functional state and functioning of other systems and organs.

COVID REHAB covers the entire process of organization of the remote patient rehabilitation



Registration of patients for remote rehabilitation, with filling in a specialized questionnaire and providing a set of medical documents.

Analysis and assessment of medical documentation and completed questionnaires by the exercise therapy doctor, determination of the possibility of online rehabilitation, the type and stage of the course.

Maintenance of the schedule of rehabilitation groups of different profiles and stages.

The ability for the patient to enroll in a group according to his profile at a time convenient for him.

Control of the effectiveness and safety of exercises for patients by the exercise therapy doctor, ranking patients by categories and generating emergency notifications for patients requiring special attention.

Sending specialized questionnaires to patients to assess the effectiveness and safety of the classes.

The ability for the patient to enroll in a group according to his profile at a time convenient for him.

Keeping a calendar of classes. Reminder to all participants about the time of the class.

Tools for transferring patients to other groups. Courses or stages of rehabilitation.

Combination of online classes and self-study of the patient according to the schedule set by the doctor, based on pre-recorded video courses.

Information materials, sent personally to the patient to explain the features and procedure of rehabilitation, recommendations on how to lead a lifestyle.

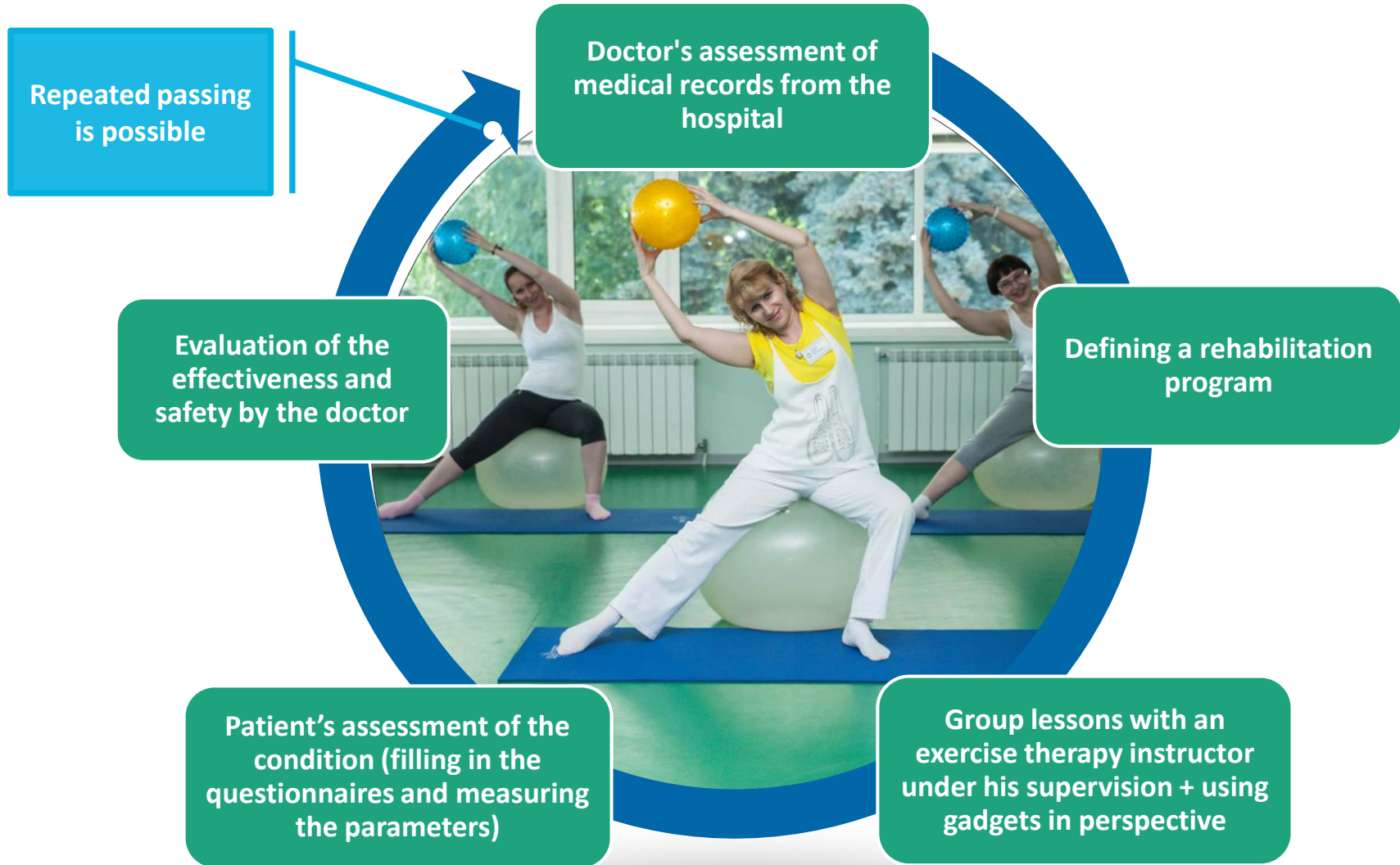
Personal counseling during the course of rehabilitation.

Flexible tools for setting up and placing rehabilitation techniques, questionnaires, performance assessment protocols, video courses and information materials for each course.

Formation of reports.

Accounting for financial flows and payments (in case of paid rehabilitation).

Organization of the process



Rehabilitation includes



- breathing exercises and aerobic exercises;

- strength training of varying intensity;

- diet therapy;

- drainage breathing technique training;

- neuropsychological training: consultations, psychological support.



COVID REHAB for institutions conducting rehabilitation

- conclude an agreement with IPat LLC to connect to the COVID REHAB platform;
- create your account on COVID REHAB, register your exercise therapy instructors and doctors in it;
- create a schedule of rehabilitation courses;
- invite and enroll in groups those who wish to study;
- conduct classes by seeing and hearing patients remotely (instructors);
- during the course, observe the cards of patients' well-being (doctors).

The service software provides convenient interfaces for organizational work and supports high-quality video and audio communication.

At the conclusion of the contract, you will be added to the list of medical organizations offered to patients for selection when registering for classes

Contacts on all technical issues related to the work of the Platform: e-mail: support@oncorehab.online and

For questions about the conclusion of contracts - by e-mail: ifistul@i-pat.online

COVID REHAB для пациентов

- **запишитесь в группу занятий**, соответствующую перенесенному заболеванию и удобную по времени;
- будьте на связи каждый раз, когда подходит время очередного занятия;
- следуйте указаниям инструктора, видя и слыша его дистанционно;
- после каждого занятия аккуратно ответьте на короткую анкету, чтобы врач оценил ваше состояние;
- если нужно, задавайте вопросы врачу, используя встроенную систему переписки.

Чтобы заниматься, не нужно ничего держать в памяти – в вашем личном кабинете хранится нужная информация, а система напомнит вам о предстоящих событиях. После окончания курса вы, если захотите, сможете записаться на следующий курс.

Вопросы?

📧 support@telepat.online

📞 i-pat.online



By enrolling in a group, you can choose the medical organization that suits you the most.



Click to go to the registration page



Enter your contact details **личные данные**

Запись в группу занятий ЛФК:

Email:

ФИО:

Медицинская организация:

Сохранить

Отменить

Click "Save"

Platform statistics from 06.05.2020 to 27.05.2021

Underwent rehabilitation:	3000 people from 198 cities	Groups passed:	138
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Moscow
Saint Petersburg
Barnaul
Voronezh
Yekaterinburg
Ivanovo

Volgograd
Karachaevsk
Kislovodsk
Kursk
Lipetsk
Kazan

Major cities:

Naberezhnye Chelny
Novosibirsk
Eagle
Rostov-on-Don

Saratov
Samara
Sol-Iletsk
Tyumen
Ulyanovsk
Ufa

Khanty-Mansiysk
Khabarovsk
Cheboksary
Cherkessk
Astana
Bishkek

Promising "online-offline" format of a group lesson



Group sessions with an instructor in a medical facility (top right), to which patients at home are connected remotely.

Classes under the supervision of a rehabilitation physician

Distance classes with an instructor



...and both breathing and drainage exercises for self-study



«Heat map to monitor the patient's condition with the marks of their messages»

Positive reviews! 18% completed the repeated course

The comment of the patient: Thank you for the opportunity of rehabilitation during the respiratory gymnastics course. Well-being has improved significantly. I would like to extend the lessons in the group at 6 pm

The platform is registered as a computer program under the name “COVID REHAB. Remote rehabilitation service for patients who have undergone COVID-19“,

Certificate of state registration of a computer program No. 2020661187 dated 09/18/2020.

The platform is included in the Map of innovative solutions of the Moscow Innovation Agency.

COVID REHAB. The remote rehabilitation service for patients, who have undergone COVID-19 is included in the Unified Register of Russian Programs for electronic computers and databases, registry number № 8966.

РОССИЙСКАЯ ФЕДЕРАЦИЯ



СВИДЕТЕЛЬСТВО
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№ 2020661187
COVID REHAB. Сервис дистанционной реабилитации пациентов, перенесших COVID-19
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Руководитель Федеральной службы по интеллектуальной собственности
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**THANK YOU
FOR YOUR
ATTENTION**

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**<https://covidrehab.online>
<https://sk.ru/covid-19>**