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Fortis Mulund set to launch 1st â??Post COVID-19 OPDâ??

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The dedicated OPD will aim at physically & mentally rehabilitating patients who have overcome COVID 19.



Aiming to tackle the short- and long-term implications of COVID-19 in patients who have beaten the infection, Fortis Hospital, Mulund in Mumbai is set to launch a dedicated ‘post-COVID-19 OPD’ on August 7 th 2020.

The post-COVID-19 OPD will be based on three key pillars, clinical assessment, psychological intervention and rehabilitative care. Detailed clinical assessment will help in tackling the residual impact of the infection.

Physical rehabilitation is also important to assess impact on mobility, exercise tolerance, and muscle weakness. A psychological evaluation will also play a big role in addressing Post Traumatic Stress Disorder (PTSD) amongst those who have battled severe COVID-19. These key areas of focus will help understand, diagnose and treat the long and short term implications of COVID-19, post-recovery.

At the post-COVID-19 OPD, patients will also be assessed for Lung fitness and Pulmonary Fibrosis, especially amongst those who have had complicated recoveries in the ICU. Those with pre-existing conditions such as Diabetes, Hypertension, Obesity, etc. will be evaluated to gauge the seriousness of the disease before, and after contracting COVID-19.

Spearheaded by Dr. Rahul Pandit, Director-Critical Care, the post-COVID-19 OPD will be driven by COVID-19 front liners, Infectious Disease Specialists Dr. Anita Mathew &; Dr. Kirti Sabnis and Dr. Charudatt Vaity, Consultant-Intensive Care, along with Mental Health experts and Physiotherapists.

The rehabilitation program will also include counseling of COVID-19 survivors about blood plasma donation for Convalescent Plasma Therapy, which will help critically ill patients fighting the infection; a noble way of giving back to the society.