

ATUAÇÃO DA FISIOTERAPIA NA SÍNDROME RESPIRATÓRIA AGUDA GRAVE EM PACIENTES COM COVID-19: UMA REVISÃO SISTEMÁTICA

PHYSIOTHERAPY PERFORMANCE IN SEVERE ACUTE RESPIRATORY SYNDROME IN COVID-19 PATIENTS: A SISTEMATIC REVIEW

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Resumo:

Esta revisão busca identificar as principais formas da atuação da fisioterapia na síndrome respiratória aguda grave em pacientes com COVID-19. Trata-se de uma revisão sistemática de literatura, sendo os estudos selecionados em inglês e espanhol, compreendendo os anos de 2019 a 2021. A pesquisa foi realizada por meio das bases de dados científicas, PubMed, MEDLINE, SciELO, PEDro e LILACS, com os descritores physiotherapy, SRAG, COVID-19. Foram incluídos para análise 22 artigos, onde recursos como a mobilização precoce; estimulação elétrica; oxigenoterapia; posição prona e ventilação mecânica não invasiva (VNI), foram os mais citados. A fisioterapia atuou tanto à curto prazo, na terapia intensiva, como à longo prazo, buscando reduzir o tempo de ventilação mecânica e de internação hospitalar, bem como evitou complicações e melhorou a funcionalidade dos pacientes. Durante as buscas nos artigos, apesar de haver um vasto acervo sobre a atuação da fisioterapia respiratória, existem poucos estudos relacionados à reabilitação em pacientes com SRAG; havendo necessidade de melhores estudos nesta área. Outrossim, existiram contradições quanto ao uso da Ventilação Mecânica Não Invasiva em pacientes acometidos por complicações respiratórias da COVID-19, fato que pode estar diretamente relacionado ao desfecho clínico destes pacientes.

Palavras-chave:

Physiotherapy; SRAG; COVID-19

Abstract:

This review seeks to identify the main ways in which physical therapy acts in severe respiratory syndrome in patients with COVID-19. This is a systematic literature review, with selected studies in English and Spanish, covering the years 2019 to 2021. The search was carried out through the scientific databases, PubMed, MEDLINE, SciELO, PEDro and LILACS, with the descriptors physiotherapy, SRAG, COVID-19. Twentytwo articles were included for analysis, where resources such as early mobilization; electrical stimulation; oxygen therapy; prone position and non-invasive mechanical conditions (NIV) were the most cited. Physiotherapy worked both in the short term, in intensive care, and in the long term, seeking to reduce the time of mechanics and hospital stay, as well as avoiding complications and improving the functionality of patients. During the searches in the articles, although there is a vast collection about the performance of respiratory physiotherapy, there are few studies related to rehabilitation in patients with SARS; there is a need for better studies in this area. Furthermore, there were contradictions regarding the use of Non-Invasive Mechanical Ventilation in patients affected by COVID-19 respiratory complications, a fact that may be directly related to the clinical outcome of these patients

Keywords:

Physiotherapy; SRAG; COVID-19.

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