

Rehabilitation resources and guidance during Covid-19

This document contains links to a wealth of resources relevant to rehabilitation services and practitioners in the context of Covid-19. Note that resources available at each link have not been subject to peer review by the New Zealand Rehabilitation Association, though they are resources and information made available by reputable professional bodies and other health or government organisations.

This document is not intended to be exhaustive and is a living document. If there are other sources of publicly available information you think would be of value to rehabilitation professionals in New Zealand that we can add to this, then please email details to admin@rehabilitation.org.nz so we can update the document.

Resources have been sorted into the following categories including:

1. Rehabilitation of Covid-19 patients
2. General Covid-19 resources relevant to rehabilitation
3. Telehealth
4. Māori and Covid-19
5. Disability and Covid-19

Rehabilitation of Covid-19 patients				
British Society of Rehabilitation Medicine – Rehabilitation in the wake of Covid-19	UK	27 April 2020	https://www.bsrm.org.uk/downloads/covid-19bsrmissue1-published-27-4-2020.pdf	Position and recommendations for the provision of rehabilitation for adults of 16 years and over in the ‘new normal’ of Covid-19.
Rehabilitation after critical illness in adults: NICE Quality Standard (QS158)	UK	07 September 2017	https://www.nice.org.uk/guidance/qs158	This quality standard covers adults with rehabilitation needs as a result of critical illness that required level 2 or level 3 critical care. It describes high-quality care in priority areas for improvement.
Rehabilitation after critical illness in adults: NICE Clinical Guideline (CG83)	UK	25 March 2009	https://www.nice.org.uk/guidance/cg83	This guideline covers rehabilitation strategies for adults who have experienced a critical illness and stayed in critical care. It aims to improve physical, psychological and cognitive outcomes in people who have been discharged from critical care.

General Covid-19 resources relevant to rehabilitation				
Accident Compensation Corporation – Covid-19 resources	NZ	Updated regularly	https://www.acc.co.nz/covid-19/	Advice and updates from ACC on Covid-19 for clients, providers and businesses.
Ministry of Health – Covid-19 resources for health professionals	NZ	Updated regularly	https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals	A range of resources and Covid-19 factsheets and guidance for health professionals
NZ College of Clinical Psychologists – Covid-19 Information and Resources	NZ	Updated regularly	https://www.nzccp.co.nz/covid-19-information-and-resources/	A range of information and resources relevant to practice under covid-19 conditions.
NZ Psychologists Board – Frequently asked questions re: Covid-19	NZ	Updated regularly	http://www.psychologistsboard.org.nz/cms_show_download.php?id=627	A live document where frequently asked questions with respect to practising psychology during the Covid-19 pandemic are responded to by the Board.
Health Quality and Safety Commission New Zealand – Covid-19 resource hub	NZ	Updated regularly	https://www.hqsc.govt.nz/our-programmes/other-topics/covid-19-resource-hub/home/	A range of resources to support people working in health during the Covid-19 pandemic, including how they can support others.
Covid-19 Toolkit – Occupational Therapy NZ	NZ	No date	https://www.otnz.co.nz/	A COVID-19 Activity Recommendation Toolkit (CART) which is a list of recommendations, free online resources, along with referrals to agencies and community groups that can help keep people occupied for health during the lockdown.
NZ Speech-Language Therapists Association – Information regarding Covid-19	NZ	04 May 2020	https://speechtherapy.org.nz/info-for-slts/information-regarding-covid-19/	A range of information, support and resources for SLTs in response to Covid-19.
NICE Coronavirus (COVID-19) resources	UK	Updated regularly	https://www.nice.org.uk/covid-19	A range of rapid guidelines and evidence summaries relevant to health care delivery in the current context

Allied Health Professions Network UK Covid-19 resources	UK	Updated regularly	https://www.ahpnw.nhs.uk/covid-19-ahps	A range of summary resources for the allied health professions workforce which curate key published national guidance and updates in relation to Covid-19
Royal College Speech and Language Therapists – Coronavirus (Covid-19) guidance	UK	Updated regularly	https://www.rcslt.org/learning/covid-19	Relevant and up-to-date resources and information relating to novel coronavirus (COVID-19) for the speech and language therapy community.
British Thoracic Society - COVID-19: information for the respiratory community	UK	Updated regularly	https://brit-thoracic.org.uk/about-us/covid-19-information-for-the-respiratory-community/	Information, guidance and resources to support the respiratory community during the COVID-19 pandemic.
British Psychological Society – Coronavirus resources	UK	Updated regularly	https://www.bps.org.uk/coronavirus-resources	Useful tips, advice and links to articles relevant to dealing with the effects of the coronavirus pandemic. This includes resources targeted at both professionals and the general public.
Nurture Development blog – supporting communities through Covid-19	Ireland	16 April 2020	https://www.nurturedevelopment.org/blog/a-guide-to-professionals-and-institutions-supporting-communities-through-and-beyond-covid-19/	A Guide to Professionals and Institutions Supporting Communities Through (and beyond) COVID-19 with links to relevant resources for a community-based and community-led response.
American Art Therapy Association – Covid-19 resources for art therapists	USA	08 May 2020	https://arttherapy.org/covid-19-resources/	A range of resources for Art Therapists during the COVID-19 Pandemic
Canadian Physiotherapy Association – Covid-19 Resources	Canada	Updated regularly	https://physiotherapy.ca/covid-19	This is a hub for all Covid-19 related news and resources for physiotherapists.
Canadian Association of Physical Medicine	Canada	08 April 2020	https://capmr.ca/covid-19-resources	The following resources are provided to support rehab professionals, other clinicians and administrators as

and Rehabilitation – Covid-19 Resources				they provide and plan for care in this challenging and unprecedented time.
Telehealth				
Patient Info sheet for telehealth (NZALS)	NZ	May 2020	https://www.nzals.co.nz/assets/info-sheets/NZALS-Telehealth-Info-sheet-May-2020.pdf	Get started with telehealth appointments, which allow you to talk to our specialists from home.
Telehealth staff reference guide (NZALS)	NZ	June 2020	https://www.nzals.co.nz/assets/reference-guides/NZALS-Telehealth-Staff-Reference-Guide-V1.4-June-2020.pdf	An example of what the NZALS team use to navigate telehealth.
Use of Video Conference for Clinical Consultations (NZALS)	NZ	June 2020	https://www.nzals.co.nz/assets/reference-guides/Use-of-Video-Conference-for-Clinical-Consultations.pdf	An example of the NZALS guidelines in place for using video conferencing in clinical consultations.
Covid-19 Your guide to Telehealth in NZ – NZ Telehealth Forum Resource Centre	NZ	Updated regularly	https://www.telehealth.org.nz/	This site has guidance and resources for people who want to set up, improve or use a telehealth service within New Zealand. Resources include guidance specific to Covid-19, as well as guides for consumers and health providers.
Telehealth Webinar recordings provided by Axis – Sports Medicine specialists	NZ	30 April 2020	https://www.axissportsmedicine.co.nz/blog/archive/covid19-telehealth-webinar-recordings/	Range of videos with practical tips for telehealth including getting up and running, video assessment, communicating with patients about Covid-19 and so on.
Communication in telerehabilitation – Centre for Person Centred Research, AUT	NZ	No date	https://cpcr.aut.ac.nz/findings/resources/communication-in-telerehabilitation	A range of documents which provide a rapid synthesis of material from the literature, expert clinicians and organisations experienced in telehealth. They provide a range of suggestions to optimise communication, engagement and therapeutic relationships in telerehabilitation.
A guide to using telehealth – Enable New Zealand	NZ	03 April 2020	https://www.enable.co.nz/assets/Uploads/A-Guide-to-Using-Telehealth-for-Enable-New-Zealand-Housing-and-Wheelchair-and-Seating-Outreach-Services-.pdf	A guide to using telehealth for Enable NZ Housing and Wheelchair and Seating Outreach Services which offers practical and useful tips drawing on years of experience of delivering telehealth by Enable NZ.

Health Informatics NZ – Covid-19 resources and news	NZ	Updated regularly	https://www.hinz.org.nz/page/covid19	This page includes links to all articles published in eHealthNews.nz that relate to Covid-19 initiatives.
NZ Psychologists Board – Best practice guidelines for telepsychology	NZ	December 2012	http://www.psychologistsboard.org.nz/cms_show_download.php?id=244	Best practice guidelines for telepsychology
Allied Health Aotearoa – Best practice guide for telehealth	NZ	April 2018	https://www.dropbox.com/s/1pjpc9grodcjxe7/Best%20practice%20guide%20for%20telehealth.pdf?dl=0	This guideline highlights the main considerations identified by the use of technology in allied health practice.
Telehealth resources in response to Covid-19 – Stroke Foundation InformMe	Australia	Updated regularly	https://informme.org.au/News/2020/03/26/COVID-19-Telehealth-resources	Resources for use by stroke care and rehabilitation professionals to provide telehealth services due to COVID-19 isolation or social distancing.
BodyLogic.Physio – Telehealth FAQs	Australia	No date	https://bodylogic.physio/telehealthfaq/	A range of video's addressing frequently asked questions about telehealth from Professor Peter O'Sullivan.
Australian Psychological Society – Choosing teleconference technology	Australia	No date	https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services/Medicare-FAQs-for-the-public/Telehealth-services/Principles-choosing-videoconferencing-technology	A useful guide and set of principles to consider when selecting videoconferencing technology
Bridges Self-Management Support for community teams – Covid-19 resources	UK	Updated regularly	http://www.bridgesselfmanagement.org.uk/covid-19-resources/	Bridges Self-Management, as leaders in the field of self-management support, have developed new resources to help structure rehabilitation interactions with patients and families (whether phone or via video conferencing) to be effective and impactful.
Coronavirus (COVID-19): remote care through telehealth – Cochrane special collection	International	Updated regularly	https://www.cochranelibrary.com/collections/doi/SC000043/full	This Special Collection is one of a series of collections on Covid-19 produced by the Cochrane Library. The aim of this collection is to ensure immediate access to systematic reviews most directly relevant to remote health care through telehealth.

Evidence to guide telehealth physiotherapy – PEDro	International	06 April 2020	https://www.pedro.org.au/english/evidence-to-guide-telehealth-physiotherapy/	With many physiotherapists moving to delivery of online services because of the Coronavirus Disease 2019 (COVID-19) pandemic, PEDro have put together some high-quality clinical research to guide telehealth interventions. This link is a list of systematic reviews published in the last five years that evaluate the effects of tele-physiotherapy.
Māori and Covid-19				
Te Rōpu Whakakaupapa Urutā – National Māori Pandemic Group	NZ	Updated regularly	https://www.uruta.maori.nz/	This website has information and resources specifically for Māori about the COVID-19 pandemic. This information has been developed by leading Māori medical experts for whānau Māori.
Paerangi – a website to find Covid-19 information and support services in Tāmaki Makaurau	NZ	Updated regularly	https://paerangi.nz/	Links to organisations in Tāmaki Makaurau that can help whānau during COVID-19. This page puts all the services in groups. You can enter the website in your choice of language including Te Reo, English and NZ Sign Language.
Te Puni Kōkiri – Ministry of Māori Development – Covid-19 Information for Māori	NZ	Updated regularly	https://www.tpk.govt.nz/en/whakamahia/covid-19-information-for-maori	Te Puni Kōkiri has set up this dedicated page to provide information and guidance to help support whānau.
Disability and Covid-19				
Covid-19 information for the disabled community – Disabled Persons Assembly (DPA) NZ	NZ	Updated regularly	http://www.dpa.org.nz/resources/covid-19-information-for-the-disabled-community	DPA are regularly updating this page with Covid-19 information that is specific to the disabled community as it is made available. It includes information in accessible formats.
Disability-inclusive COVID-19 response: What it is, why it is important and what we can learn from the	UK	28 April 2020	https://wellcomeopenresearch.org/articles/5-79	An open letter calling for a disability-inclusive response to Covid-19.

United Kingdom's response?				
Disability considerations during the Covid-19 outbreak – World Health Organisation	International	No date	https://www.who.int/docs/default-source/documents/disability/covid-19-disability-briefing.pdf?sfvrsn=fd77acb7_2&download=true	Advice for people with lived experience and their families, governments, health-care workers, disability service providers and community.