

# RESTORE-Skills

## Monarch Healthcare Management: Improving COVID Long-Haul Resident Outcomes

Richard was admitted to long-term care presenting with COVID long-haul symptoms. He was experiencing shortness of breath, joint stiffness, and impaired cognition. Richard presented with reduced conditioning, requiring max assistance from caregivers for supine movements and remaining seated with edge of bed balance. Due to the resident's poor prognosis, he was referred for a hospice consultation.

### ALTERING THE TRAJECTORY

Initially, when participating in physical, occupational, and speech therapy sessions with increasing activity, Richard would immediately return to lying in bed; limiting carryover for activity tolerance, participation in daily activities, and functional progress. Once Richard was introduced to physical and occupational therapy with the RESTORE gamification platform, as an alternate method of intervention, he immediately increased engagement.

### RESULTS

In the single-resident case study, physical and occupational therapy clinicians graded activities in the RESTORE platform, to challenge the resident's functional activity and optimize engagement, while targeting therapeutic exercise and activities for 30-60 minute treatment sessions. During the first session with RESTORE, Richard was able to sit unsupported for 15 minutes, with one therapeutic rest break. He progressed in his plan of care to sitting unsupported, engaging with his environment, and resolved shortness of breath.

### CONCLUSION

The resident progressed in his plan of care to meet functional goals, while improving his quality of life, when provided RESTORE gamification vs traditional therapy services. He returned to a stable condition, no longer making him a candidate for hospice, but rather appropriate to him remaining in a long term care setting.

HOSPICE  
CONSULT



RESTORE.

LONG-TERM  
CARE