Clinical Care Aspects of COVID-19: The road to recovery

Radu Postelnicu, MD
Associate Director, Medical ICU Bellevue Hospital
Assistant Program Director, NYU PCCM Fellowship
Where are we now

• 828 COVID+ total admissions at Bellevue Hospital

• 369 discharges (excluding deaths)

• 265 ICU admissions (including 63 OSH transfers)
  • 68 deaths
  • 36 extubations -> medicine floor -> home
  • 21 NIV/ HFNC
  • 18 tracheostomies
The concern

- Prolonged ventilator usage
- Slow wean
- Renal failure
- Isolation
- Significant sedation, neuromuscular blockade
- PT/OT
Long-term consequences

- Neuropsychological impairment
- Physical impairment
- Sepsis-induced inflammation and CV risk
- Sepsis-induced immunosuppression
- Long-term health-related quality of life
- Healthcare resource utilization
- Long-term mortality

What is happening now

• Video conferencing

• SBT/ SAT/ PT/OT

• Tracheostomy?
Post-ICU / Post-COVID-19 Course

• PICS/ PICS-F
  • Not only a critical care issue

• Health Care Workers?
  • Burnout
  • Mental Health

• ICU group sessions

• Critical Care Recovery Clinic
  • Cognitive function and physical outcomes
  • Virtual
Questions?