

# Evaluating Physiotherapists on The Implications Of Post Viral Fatigue Syndrome And Myalgic Encephalomyelitis During The Covid-19 Pandemic: A Virtual Approach

Michelle Bull, Nicola Clague-Baker, Natalie Hilliard, Karen Leslie

## INTRO

- Evidence from previous viral pandemics suggests up to 10% of patients with COVID-19 may develop Post Viral Fatigue Syndrome (PVFS) which if persistent after 4 to 5 months may be diagnosed as Myalgic Encephalomyelitis (ME).
- Swift identification of PVFS is important because management techniques are significantly different to the typical reconditioning approach.

## METHODS

- COVID-19 presented unique challenges to delivering education, necessitating delivery through virtual mechanisms.
- Core elements included a slide-deck, series of 8 podcasts/webinars, regular social media messaging and a specific covid-19 webpage.

## RESULTS

- The programme was evaluated using qualitative and quantitative approaches

## DISCUSSION

- It is possible to raise awareness and educate using a range of online methods. There is a ripple effect to learning with participants spreading information more widely.
- Participants have an increased knowledge and awareness of PVFS and ME.
- The lasting duration of the COVID-19 pandemic and significant numbers of people affected indicate the need to continue with this work.

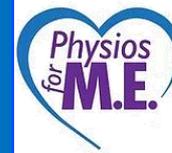
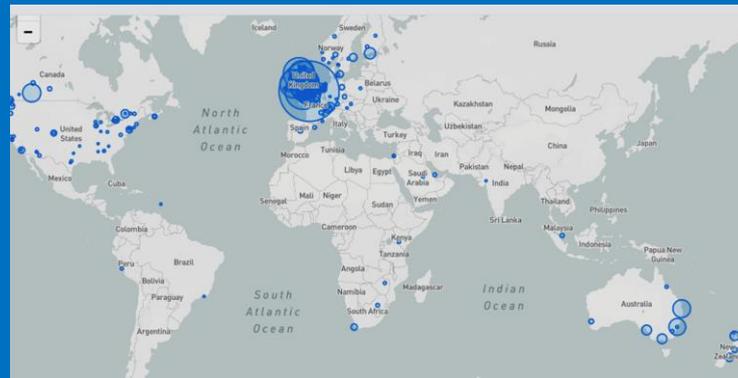
# During COVID-19, an online educational programme for physiotherapists was effective across the world at increasing awareness & understanding of:

- Post viral fatigue syndrome (PVFS) and ME

*"This webinar is an excellent source of information on #LongCOVID and #MyalgicEncephalomyelitis"*

- Precautions of exercise for people with ME, Long Covid and PVFS

*"A whole different way of working. It will be a challenge for us"*



PRESENTED AT:



Online analytics demonstrate the wide-reaching impact of the education programme:

- Over 14,000 website visits, with spikes in line with educational activity



- Content from the programme was used to inform key documents including "World Physiotherapy response to COVID-19 Briefing paper 2"
- Positive feedback and significant uptake of learning opportunities show this is an appropriate mechanism for delivering an educational programme and demonstrates a need to educate physiotherapists in PVFS and ME, **which should be considered by providers of physiotherapy education.**
- Increased knowledge and awareness will improve practice, with safe effective rehabilitation delivered to patients post COVID-19.

[www.physiosforme.com](http://www.physiosforme.com)  
Physiotherapyforme@gmail.com  
@PhysiosForME



SCAN ME