



“...When I came out of the Eastbourne Hospital, I went to Irvine rehabilitation unit, where I met the team. They were great, very positive and helped me with my recovery from Covid-19 and helped me walk again. The experience of being there was really good, the team really encouraged me, helping me to get home to my family.”

Wayne's story

Wayne is a 50 year old factory worker, who lives with his wife and son. At the end of November 2020 he experienced a severe response to the COVID-19 infection, Wayne was cared for initially on a medical ward, however as his symptoms worsened he was transferred to the intensive care unit where he required a ventilator to support his breathing.

Wayne stayed in intensive Care for 3 weeks, where he started his rehabilitation and recovery. The severity of the covid-19 infection left him with severe muscle weakness, making moving very difficult. His rehabilitation and recovery continued on the ward where the multidisciplinary team worked together to support his progress back to health.

Wayne, continued his inpatient rehabilitation journey at the Irvine Rehabilitation Unit. During his recovery Wayne experienced extreme fatigue and was only able to tolerate short rehabilitation sessions. His rehabilitation programme included using specialist equipment to support him to move and therapy to do daily tasks. He also worked with the team in the therapy gym to progress his strength and stamina.

During his rehabilitation and recovery journey the team worked with Wayne to set goals, enabled him to take charge of his recovery which included sharing his progress with his family using the ipad and virtual meetings. Wayne made significant progress with the support and encouragement of all of his rehabilitation teams including critical care, inpatient rehabilitation and the community rehabilitation service. Wayne is now independent and has returned home to his family and is back to work.