



## Helping Hands... Compassionate Hearts

Trusting us to help you on your road to recovery may provide you with these benefits:

- Regain Strength and Mobility
- Build Stamina and Endurance
- Increase Physical Confidence
- Safer Transition Home
- Improve Medical Stability



## METRO WEST NURSING & REHAB CENTER

Contact us today to set up a virtual tour and answer questions on how we can assist you or your family member today.

To participate in our Center's Post COVID-19 Recovery Program you must have been diagnosed with COVID-19 a minimum of ten days prior to admission and have no new symptoms

5900 Westgate Dr.  
Orlando, FL 32835

Phone: 407.296.8164  
Fax: 407.447.4490

[www.MetroWestRehab.com](http://www.MetroWestRehab.com)

## METRO WEST NURSING & REHAB CENTER

### *Post COVID-19 Recovery Program*



Choosing the Road  
to Recovery...



# Post-COVID Recovery Program

Our Recovery Program is designed for those individuals that have been diagnosed with COVID-19 requiring hospitalization for a minimum of ten days, who have stabilized and are in the recovery phase. We provide a caring environment to meet the rehabilitation and nursing needs to improve overall health and help the resident return to their prior level of function. Our clinical team can offer ongoing observation to monitor and evaluate areas of risk that may include the following Post COVID-19 symptoms:

- Sepsis
- Increased shortness of breath
- Decreased oxygen saturation
- Heart rate abnormalities
- Dehydration
- Skin breakdown
- Anxiety
- Depression
- Severe Cognitive Disorientation
- Neuro Musculature Degeneration



Our therapy and clinical interventions have been designed to improve the debilitating effects due to COVID-19 for seniors.



As seniors start on the road to recovery after hospitalization due to the COVID-19 Virus many will experience fatigue and general muscle weakness along with pulmonary related complications.

Symptoms of COVID-19 range from mild to severe. Eighty percent of cases may still have difficulty breathing, low fatigue factor, body weakness and pain. Our team develops an individualized approach to meet the needs of each resident. Individual goals vary based on each resident's assessment and generally improve fitness and endurance to activities, increase mobility and independence with the activities of daily life. Treatment interventions are designed to prevent further decline and improve cognition after experiencing hospitalization and isolation. Additional benefits may also include improved nutritional status to ensure safe swallowing, overall medical stability and improved emotional well-being.

Our Post COVID-19 Recovery Program includes the following services to help each resident on their road to recovery:

- Occupational therapy
- Physical therapy
- Speech therapy
- Nursing services
- Nutritional services
- Psychological services
- Telemedicine
- Physician services

To *qualify* for this program, a patient must have been *diagnosed* with COVID-19 at least ten days prior to entering our Center and meet the CDC Discontinuation of Transmission Based Precaution Protocol.

For additional information about how our Center is managing the COVID-19 pandemic please log onto our website to review additional information on mitigating steps to prevent and control the spread of COVID-19 and learn why your health is in good hands at Metro West Nursing & Rehab Center.

[www.MetroWestRehab.com](http://www.MetroWestRehab.com)

