



**THE 73 GENERAL ASSEMBLY AND INTERNATIONAL SCIENTIFIC CONGRESS OF THE WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY (FEMTEC)**

**Comprehensive Rehabilitación Protocol in Thermal Centers for patients after SARS-CoV-2 COVID-19 virus infection in Cuba.**



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- \* The general objective of this work is to highlight the potential of thermal centers through mineral-medicinal waters, mineral-medicinal mud and climatotherapy, among others, in the comprehensive recovery of patients affected by SARS-CoV-2 to COVID-19, through a protocol of comprehensive rehabilitation treatment, starting with San Diego de los Baños in Pinar del Rio and Ciego Montero in the province of Cienfuegos in Cuba.**

For this, international databases, expert opinions, good practice guides and the Cuban experience of more than 100 years in Medical Hydrology were reviewed. Given that patients after hospital discharge, maintain symptoms, such as respiratory distress, emotional disorders, involvement of the osteomyoarticular system, cough, fatigue, cognitive disorders among others, they will be treated comprehensively by a multidisciplinary team to restore their physical, psychological and social of the same

\*It is concluded that through this protocol, comprehensive, specialized, multidisciplinary, personalized and safe medical care will be provided according to national and international standards and the results will be published in high-impact scientific journals.

- \* The present investigation will be carried out to elaborate a comprehensive rehabilitation treatment in Thermal Centers for post-virus infection patients. SARS-CoV-2 COVID-19 that are referred from the Thermalism classification consultation of the Julio Díaz National Reference Center to the Thermal Centers of San Diego de los Baños and Ciego Montero, to provide them with a therapeutic strategy according to the Good Practice Guides Thermal Medicines of Cuba.**

Carrying out a comprehensive rehabilitation treatment in Thermal Centers for post-infection patients with the SARS-CoV-2 COVID-19 virus who are referred from the Thermalism classification consultation of the Julio Díaz National Reference Center to the Thermal Centers of San Diego de los Baños and Ciego Montero in the period from January 2022 to September 2024, through the use of quality of life scales: SF-36 Questionnaire, functional scales for assessing physical function: Barthel Scale and SCIM III Scale and other scales specific according to sequels example: ASIA which will allow us to offer patients a therapeutic strategy according to the Guides of Good Thermal Medical Practices of Cuba.

**\* In this work, which is part of a multidisciplinary investigation, we have very encouraging results for the international community with a recovery in more than 70 percent of all patients with covid-19 sequelae, which will be shown later in other works, only now we present a video of two very severe cases and you can see the results of them in front of everyone. These results and the more than 90 patients who are being treated by the entire team are recorded in their medical records at the Hospital and at the Thermal Centers chosen for it**

- \* The first case is a 32-year-old patient who presented Covid-19, with light manifestations, evolutionarily presented symptoms until he had Guillain Barre Syndrome, which left him with quadriplegia as a sequel. He underwent a comprehensive rehabilitation protocol for 7 months between the Hospital and the Thermal Center and at the end of it he joined his job as a professional driver.**



















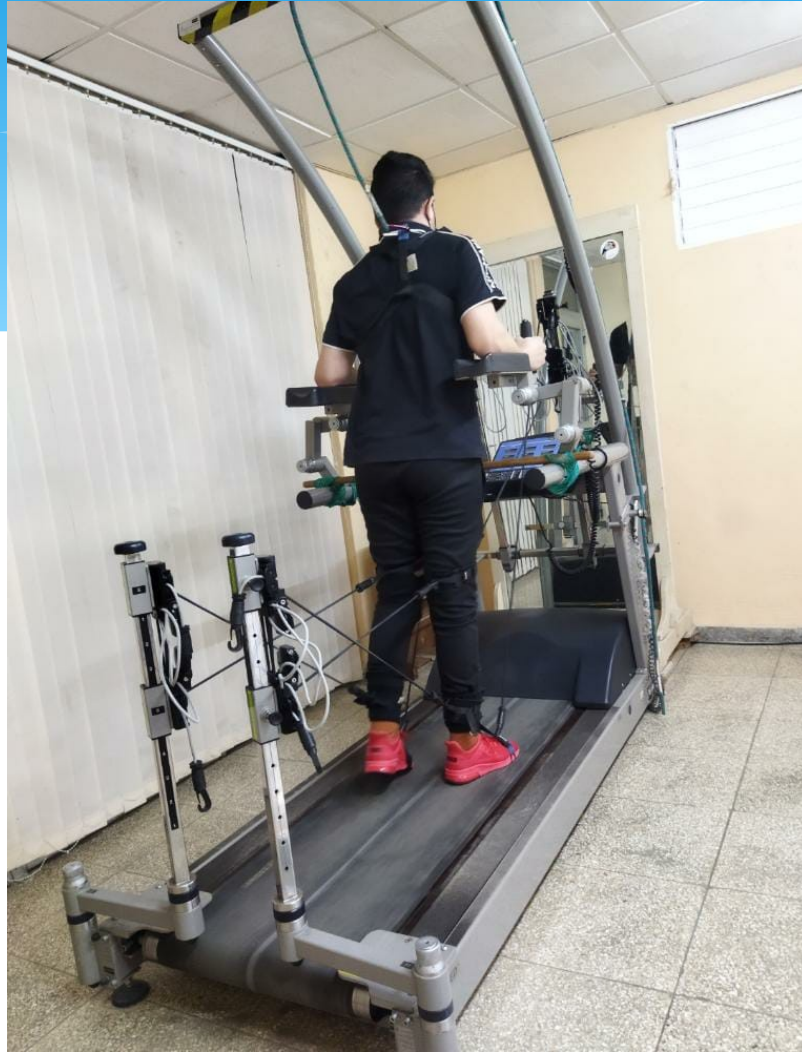


The other case you will see is a 28-year-old patient who presented Covid-19, with mild manifestations and was later diagnosed with complete Transverse Myelitis at the D5 level, with sphincter disorders. He underwent a comprehensive rehabilitation protocol at the Hospital for 6 months, including 21 days at the Thermal Center, and then he was hospitalized for 2 more months at our hospital, where he is very recovered and only has slight weakness in his lower limbs and walks short distances. for the moment and we hope that, like the other patients, he continues with his improvement.

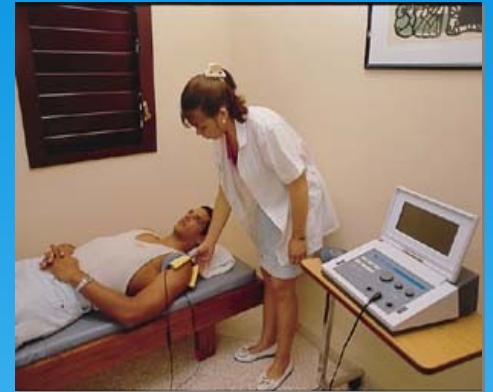
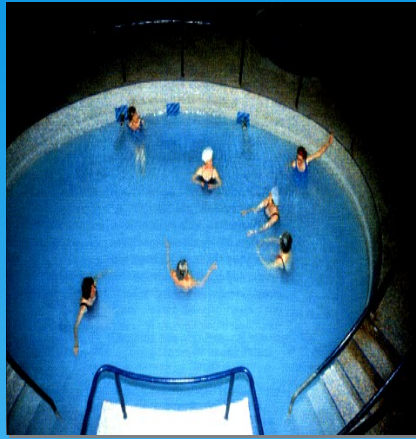

















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**Thank you very much  
and we will see you son in cuba**

**A hug everyone**

**Professor Ledesma**