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OF SLOVAK
SPAS

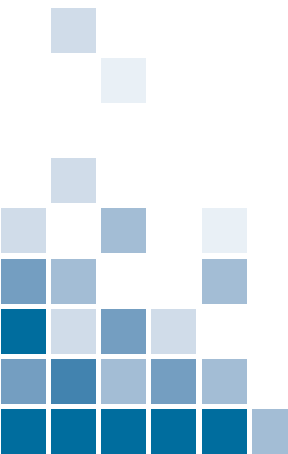


New products in medical spas

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Advances in medicine last years → significantly change the priorities in healthcare system.

Despite modern high effective therapeutical methods incidence of many diseases are too high: Cardiovascular diseases, Cancer, Respiratory diseases, Metabolic diseases, Mental health disorders, Neurodegenerative diseases...

Health prevention is therefore the top priority

Rehabilitation is also an important part of healthcare and is included to the **healthcare priorities for 21. century** by WHO authorities. In the last years **spa rehabilitation** is more and more used in management of many common diseases as very effective tool for maintaining the quality of life linked to health.



In European medical spas some diagnosis have left in last years:
stages after poliomyelitis, silicosis, rachitis, gastric ulcer disease...

Number of new ones increase: PTSD post-traumatic-stress-
disorder, burnout syndrom, imunity disorders, many types of
allergies, reactive depression, obesity, metabolic sy ...

Since April 2020 worldwide rising number of people with

POST-COVID-SYNDROM



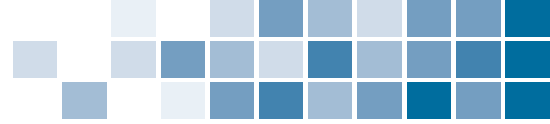


WHAT IS POST-COVID-SYNDROM

- persistence of health problems more than 4 weeks after negative test for SARS-Cov-2 mainly with severe or moderate course of COVID-19
- 85% of patients treated in the intensive care unit, 30 % of outpatients with moderate course of disease COVID-19 have long lasting health problems

(source: Vortrag Berndt Lamprecht: Gibt es ein Post-Covid-Syndrom, PresseKonferenz der Oestereichische Gesellschaft für Pnemologie, Wien, 12. October 2020)

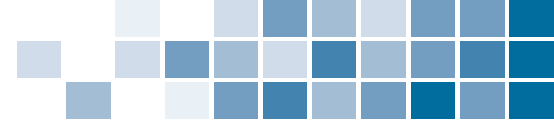




Most common symptoms of Postcovid sy.

- Severe fatigue and exhaustion
- Exhausting cough and shortness of breath (dyspnoe)
- Muscles pain, joint pain
- Headache
- Neuropathies with paresthesia, acral edema
- Disturbances in the perception of taste and smell
- Sleep disorders
- Cognitive impairment (brain fog)
- Reactive depression and loss of motivation
- Instability of blood pressure and heart rhythm disorders
- PTSD similar symptoms





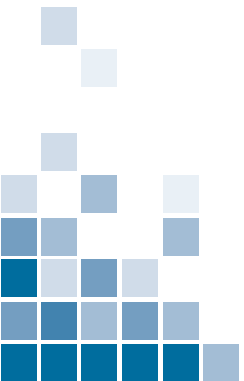
The most common are combinations of these symptoms

- Respiratory symptoms with fatigue (dominant cough and dyspnoe)
- Neurological symptoms, headache
- Pain in muscles and joints
- Cognitive disorders, sleep impairment and fatigue
- Specific organ disorders caused by their damage by small blood clots in the capillaries (e.g. cardiological disorders)

All these problems were not present before COVID-19, limit daily activities, work ability and reduce quality of life

Risk factors for severe course of COVID-19 and long lasting problems are:

Diabetes mellitus, obesity, CMP, cancer and CVD in anamnesis, smoking, immunity disorders



POST-COVID-SYNDROM in SLOVAK SPAS

- In October ASK prepared 3-weeks spa program for patients with Postcovid syndrom , in Ministry of Health was accepted, now must be put to the legislation (new disease in indication spectrum – novel of Act).
- In Slovakia is spa therapy included to the health care system
- Typ A spa stay – fully paid by insurance companies - early rehabilitation (as Anschlussheilbehandlung in Germany), spa stay for children and some very serious chronic diseases.
- Typ B stay – paid medical services by insurance company, food and accomodation paid by client

Postcovid sy. will be typ A (but spa therapy must start until 6 month after negative test for SARS-COV-2)



Dominant symptoms will be respected in sending patient to the spa specialised for indication spectrum fit to the main symptoms (e.g. respiratory symptoms to the spas specialised for respiratory diseases, neurological problem to the spas specialised to neurological diseases ...)

In this way it can start without problem, because requirements on medical staff and technical equipment already exist and there is enough clinical experience.

First examination according dominant symptoms (spirometry, ergometry, cognitive function testing (MMSE, or MoCA), sleep monitoring, puls oximetry, ECG, echocardiography...

MMSE -Mini Mental State Examination MoCA- Montreal Cognitive Assesment





COVID-19: new recall for spas to primary prevention and new spa program for better Mental Health

From 2018 we have 2 preventive programs with the financial support of biggest Insurance company (30% of expenses)

- **Obesity** - 10 days program
- **Healthy back** – 10 days program

In this time is in consultation with insurance company new preventive program

- **Building Immunity**

New spa program typ A (or B) 3 weeks – Burnout syndrom (ICD code Z 73.0.)





OBESITY PROGRAM (6 spas from 30)

BMI \geq 30, or \geq 28 + 1 other risk factor (hypertension, DM, hyperlipidemia)

- Initial examination: by medical doctor, obesity evaluation by InBody testing or callipometry, waist circumference, physical capacity (by sport trainer, physiotherapist)
- Laboratory test focused on metabolism + other additional examination according health status
- Individual plan for physical activity (nordic walking, swimming, motivating physical activity with sports professional, hydrokinesiotherapy... with continual monitoring of physical activity during the day + individual balneotherapy, or physiatry according present health problems
- Individual nutrition plan made by nutrition specialist
- Education focused on health risk linked with obesity, on nutrition value of food, on dangers of internet diets, on food preparation, on physical activities for every day life
- Psychological intervention, special training against stress
- Preparation of individual program in the end of stay for next 3 month



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Thank you for your attention
Merry Christmas

stay healthy...

