



Research Article

Views of healthcare workers on development of support for people with post-COVID syndrome in Kyrgyzstan: a survey study

Aijan Taalaibekova¹, Alena Oleinik¹, Kamila Magdieva¹, Gulzada Mirzalieva¹, Zainab K Yusuf^{2,3}, Maamed Mademilov¹, Azamat Akyzbekov¹, Amy V Jones⁴, Ruhme B Miah^{2,3}, Dominic Malcolm⁴, Andy Barton², Talant Sooronbaev¹, Sally J Singh^{2,3} and Mark W Orme^{2,3*}

¹National Center of Cardiology and Internal Medicine named after academician M. Mirrakhimov, Bishkek, Kyrgyzstan

²Department of Respiratory Sciences, University of Leicester, Leicester, UK

³Centre for Exercise and Rehabilitation Science, NIHR Leicester Biomedical Research Centre, Respiratory, University Hospitals of Leicester NHS Trust, Leicester, UK

⁴School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK

*Corresponding author mwo4@le.ac.uk

Published May 2024

DOI: 10.3310/DGWW4396

Plain language summary

Views of healthcare workers on development of support for people with post-COVID syndrome in Kyrgyzstan: a survey study

Global Health Research 2024

DOI: 10.3310/DGWW4396

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain language summary

What was the question?

We need to find ways to help people recover after they have been infected with coronavirus infection in 2019. Although evidence has been generated in other parts of the world, we do not have enough information about how to help people in Kyrgyzstan. This study asked about the need for post-COVID support and how this support may be provided in Kyrgyzstan.

What did we do?

In a survey study, we asked healthcare professionals and people in Kyrgyzstan who are still experiencing symptoms after coronavirus infection in 2019 about the kind of support needed and how this might be practically delivered.

What did we find?

There was a preference for support to be provided at home, both for those who were hospitalised due to coronavirus infection 2019 and those who were not. It was thought that this support could require a time commitment of one to three sessions per week, lasting up to one hour, delivered either face-to-face, by video calls, or by telephone. The focus of the support should be on exercises to improve strength and aerobic fitness, as well as managing symptoms, including fatigue, cough and breathlessness.

Important barriers, such as people's fear of re-infection, inconsistent information about coronavirus infection 2019, lack of trust in healthcare workers and financial concerns, must be overcome for people to feel comfortable engaging with such a support service. For healthcare workers, challenges in referring patients for potential support services included a shortage of personal protective equipment.

What does this mean?

In Kyrgyzstan, we do not yet fully understand the long-term effects of coronavirus infection in 2019 and resources for treatment are limited. Developing or modifying existing interventions, including pulmonary rehabilitation services, which align with these findings, may be appropriate.