

# COVID-19 energy conservation techniques

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## What is energy conservation?

- Adapting your daily routine to make sure you can do the things you want and need to do even with COVID-19 symptoms
- Everything we do from getting out of bed to eating to going to work requires energy especially with shortness of breath/chest pain
- The goal is to try to save that energy as much as possible by making your own environment as accessible as possible

## Planning

- Make a schedule for daily activities to accomplish (this can be broken down day by day or over the course of a week)
- Make a list for grocery shopping in advance (or utilize online service if available)
- Keep medications and a schedule for them at bedside
- Lay out clothing for next day in advance (think about type of clothing; if clothing has more complex closures like buttons/ties, it might be more energy consuming)
- Fill small containers with cooking ingredients to lessen load
- Break down each activity into steps with breaks in between

## Body Positioning

- Sit whenever possible and maximize tasks completed in one area/position (i.e. dressing, tasks at sink, and showering)
- Keeping all bathroom materials in arm's reach to minimize travel
- Keep heavier objects close to body when carrying them
- Minimize bending forwards for dressing and bring your limb up to your core to decrease straining

- Use stable surfaces for arm support during oral care, facial care, cooking
- Sleeping on your back with slight elevation of the head and knees will be the most comfortable and supportive

### **Helpful Adaptive Equipment**

- All of these products can be found online through online vendors such as Amazon
- Dressing
  - Long-handled grabber/reacher (used for picking items off the floor or dressing lower body)
  - Sock aid (used for putting on socks without bending forward)
  - Long-handled shoe horn (for putting on shoes without bending forward)
- Bathing
  - Shower chair (standard chair goes all the way into the shower that is secure)
  - Tub bench (a bench that sits with two legs outside a tub and two legs inside the tub; sit on the outer portion and just slide into the tub while remaining on the bench)
- Toileting
  - Toilet tongs (long-handled tongs for assisting with wiping)