



Article

A Pilot Study on a Nurse Rehabilitation Program: Could It Be Applied to COVID-19 Patients?

Supplementary Materials

Table S1. Details of the checklist.

Teaching	Understand		Performs	
	Yes	No	Effective	No Effective
Rest and relaxation techniques				
Breathing awareness and control				
Exhalation with pursed lips, with prolongation of the expiratory time				
Incentive spirometry				
Global costal opening				
Diaphragmatic reeducation with resistance				
Cough				
Energy conservation measures				