iRehab

Remote rehabilitation after intensive care

ID	Welsh	English
1	Mae angen llawer iawn o ofal a chymorth	People who are treated in intensive care
2	arbenigol ar bobl sy'n cael eu trin mewn gofal dwys.	need a great amount of specialist care and support.
3	Ar ôl cael eu rhyddhau adref o'r ysbyty	After being discharged from hospital
4	mae rhai pobl yn profi gwendid cyhyrau, blinder, diffyg anadl,	some people experience muscle weakness, fatigue, shortness of breath,
5	problemau cof a llesiant emosiynol gwael.	memory problems and poor emotional well-being.
6	Gall adferiad fod yn anodd, a gall tasgau dydd i ddydd fod yn heriol.	Recovery can be difficult, and day-to-day tasks can be challenging.
7	I'r mwyafrif o bobl,	For most people,
8	mae'r problemau hyn yn gwella ar eu pen eu hunain, ond i rai,	these problems improve on their own, but for some,
9	gallant barhau am amser hir ar ôl gadael yr ysbyty.	they can continue for a long time after leaving the hospital.
10	Mae pobl eisiau dychwelyd i fyw eu bywydau,	People want to get back to living their life,
11	ac i wneud hynny, mae angen cymorth arnynt.	and to do that, they need support.
12	Nod iRehab oedd darganfod a all rhaglen adsefydlu	The aim of iRehab was to find out if a rehabilitation programme could
13	helpu cleifion i wella'n gyflymach ac yn well na gofal safonol y GIG,	help patients recover faster and better than the standard NHS care,
14	ar ôl bod mewn gofal dwys	after being in intensive care.
15	Cymerodd 429 o gyfranogwyr ar draws 52 ysbyty yn y DU ran	429 participants across 52 hospitals in the UK took part
16	yn iRehab.	In iRehab.
17	Roedd 57% yn wrywod a'r oedran cyfartalog oedd 55 oed.	57% were males and the average age was 55.
18	Neilltuwyd cyfranogwyr yr astudiaeth ar hap i un o ddau grŵp:	The study participants were randomly assigned to one of two groups:
19	Derbyniodd 198 o bobl Grŵp 1, oedd yn cynnwys gofal arferol y GIG	198 received Group 1, consisting of routine NHS care
20	a roddir ar hyn o bryd i gleifion sydd wedi bod mewn gofal dwys.	which is currently given to patients who have been in intensive care.
21	Derbyniodd 231 o bobl Grŵp 2, a elwir yn rhaglen iRehab.	231 received Group 2, known as the iRehab programme.
22	Cynlluniodd tîm iRehab raglen gymorth ac adsefydlu ymarfer corff newydd,	The iRehab team designed a new support and exercise rehabilitation programme,
23	yn seiliedig ar yr anghenion a nodwyd gan gleifion.	based on the needs identified by patients.
24	Cafodd y rhaglen ei chyflwyno o bell gan staff hyfforddedig unwaith	Trained staff delivered the programme remotely once
25	yr wythnos am 6 wythnos, ac roedd yn cynnwys ymarferion wedi'u targedu,	a week for six weeks, and it included targeted exercises,
26	sesiynau rheoli symptomau a chymorth seicolegol.	symptom management sessions and psychological support.
27	Cyn derbyn un o'r grwpiau hyn,	Before receiving one of these groups,
28	gofynnwyd i gyfranogwyr gwblhau asesiadau astudiaeth.	participants were asked to complete study assessments.
29	Yna,	Then,
30	casglom yr un wybodaeth eto ddau fis a 6 mis yn ddiweddarach.	we collected the same information again two months and six months later.
31	Casglodd yr asesiadau hyn wybodaeth am sut roedd bod mewn uned	These assessments gathered information about how being in intensive

	gofal dwys yn effeithio	care affected
32	ar iechyd corfforol a meddyliol, ansawdd bywyd a ffitrwydd cyffredinol person.	a person's physical and mental health, quality of life and overall fitness.
33	Yn dilyn dadansoddiad o'r wybodaeth hon,	Following an analysis of this information,
34	dangosodd y canfyddiadau fod ansawdd bywyd y rhai a dderbyniodd y rhaglen iRehab, er nad oedd yn sylweddol,	the findings show that those who had received the iRehab programme, even though it wasn't significant, had greater improvement in quality of
35	wedi gwella mwy ar ôl 8 wythnos	life after 8 weeks
36	na'r grŵp a dderbyniodd ofal safonol y GIG	than the group who had received standard NHS care
37	ac, erbyn 6 mis, roedd y gwelliant hwn yn sylweddol well.	And, by 6 months, this improvement was significantly better.
38	Roedd gan y cyfranogwyr a dderbyniodd y rhaglen iRehab hefyd lawer llai	The participants who received the iRehab programme also had significantly less
39	o symptomau blinder a gorbryder a gwell cryfder a	symptoms of fatigue and anxiety and improved lower body strength and
40	gwydnwch yn rhan isaf y corff ar ôl 8 wythnos a 6 mis.	endurance after 8 weeks and 6 months.
41	Dangosodd tystiolaeth hefyd fod iRehab yn ddiogel, yn dderbyniol ac yn ddifyr i gyfranogwyr.	Evidence also showed that iRehab was safe, acceptable and enjoyable to participants.
42	Mae'r GIG yn ymdrechu i ddarparu gwell cymorth i bobl sy'n cael eu rhyddhau	The NHS strives to provide better support to people who are discharged
43	o ofal dwys.	from intensive care.
44	Rydym yn hyderus y bydd y wybodaeth o'r treial clinigol cadarn hwn	We are confident that the information from this robust clinical trial will be
45	yn ddefnyddiol i weithwyr gofal iechyd proffesiynol	useful to health care professionals
46	a ddylai ystyried cynnig iRehab i gefnogi adferiad.	who should consider offering iRehab to support recovery.
47	Cafodd y treial hwn ei gefnogi gan dîm ymchwil mawr	A large research team supported this trial
48	a'i ariannu gan y Sefydliad Cenedlaethol Ymchwil Iechyd a Gofal.	and funded by the National Institute of Health and Care Research.