

COVID Recovery Care
Information for Patients



Evidence Based Medicine

1. Utilizes the best available evidence to develop an individualized approach to the evaluation and management of patient's specific conditions

2. Constantly evolving as scientists conduct studies of the condition in question.

3. Some questions cannot be answered because of ethical concerns –unable to do randomized control trials about certain life-threatening conditions

4. As evidence evolves more patient specific management can be recommended

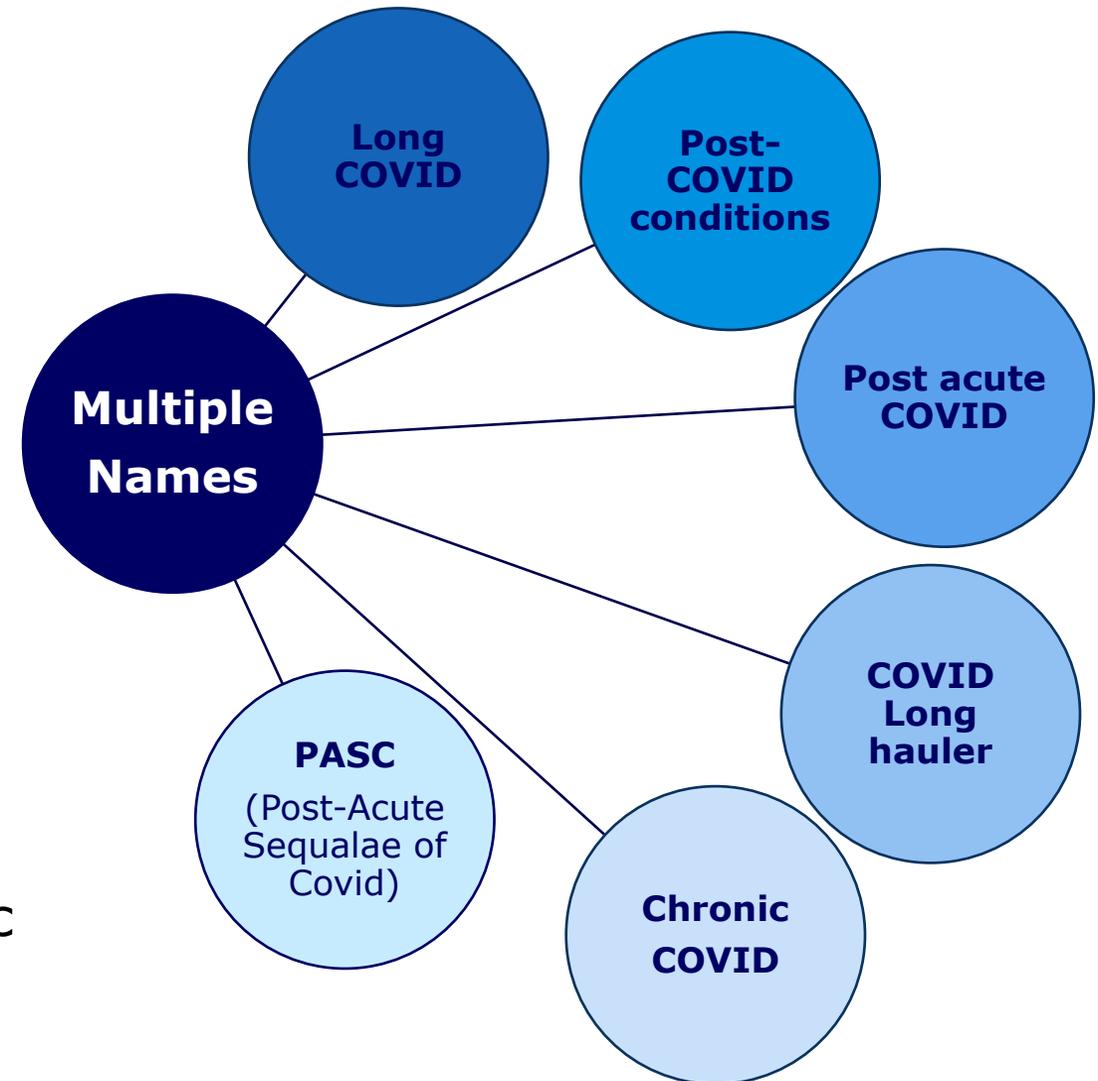
What is “Long COVID”?

WHO Definition

- Diagnosed 3 months after patient falls ill with COVID
- Symptoms persist for at least 2 months after onset
- Other medical conditions excluded to confirm diagnosis

CDC /HHS Definition

- Begins 4 weeks after initial infection
- Can occur in patients who had mild symptoms or even asymptomatic
- Symptoms are variable –multiple systemic with varying duration and intensity of symptoms



Preparing to Discuss PASC Conditions with PCP



Prepare a list of current and past healthcare providers, as well as current and past medical conditions, especially if you are seeing a new provider for the first time.



Prepare a summary of your experience with Covid

- When your post-Covid symptoms started and when you tested positive
- A list of prior treatments and diagnostic tests related (x-rays, blood work, etc.)
- What is a “good day” and a “bad day” look like for activities, work, etc.
- How often do your symptoms occur, does anything make them better or worse?



Bring a list of your medications AND supplements you are taking.



Consider bringing someone with you to the appointment. This person can help you take notes and remember what was discussed and may be able to provide observations about your course as well.

- It may take more than one appointment to evaluate potential post-COVID symptoms and determine an accurate diagnosis to better manage and treat your symptoms. Your provider may ask questions about your medical history, current symptoms, and quality of life. Depending on your symptoms, they may run tests to determine a diagnosis and plan for treatment.

Healthcare Appointment Checklist for Post-COVID Conditions | COVID-19 |

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-COVID-appointment/index.html>

This checklist is designed to help patients and caregivers get the most out of appointments with healthcare providers for post-COVID conditions.

Before the Appointment

- Ask the new provider's office if they need **paperwork** signed so your medical records can be sent to them directly.
- Keep a **journal or a list** for a week or two to document your activities, symptoms, their severity, and anything that made you feel better or worse.
- Prepare a brief **report** that summarizes your experience and symptoms and describes your best and worst days.
- Make a list of your **current medications/supplements**.
- Make a list of **questions to ask your healthcare provider**. Identify which ones are a priority for you (in case time is limited).
- Make a **plan for remembering** your conversation with your healthcare provider — e.g., taking notes or bringing a friend.
- If needed, arrange **transportation** to your appointment.

During the Appointment

- Tell your provider the most important **symptoms or issues** you'd like to discuss.
- Answer the **provider's questions**.
- Share your **medication/supplement list**.
- Discuss your **level of activity**.
- Ask your own questions**, starting with your priorities and issues.
- Make sure you understand the **next steps**, such as tests, follow-up, referrals, and future appointments.
- Ask for an **appointment summary**. If needed, ask the provider to write down or print out any instructions, medication names, or diagnoses.

After the Appointment

- Make appointments** for follow up.
- Record future appointments**, including tests, in your calendar. If others will go with you or drive you to future appointments, make sure the appointments are on their calendars too.
- Follow your **provider's instructions** to the best of your ability.
- Contact your provider's office with any **questions or clarifications**.
- Continue to record symptoms and keep your **journal**, so you can refer to updates or changes during your next appointment.
- Update and keep track of **medications and supplements**.

After Your Appointment for PASC

- ❑ Make appointments for follow up and any additional testing.
- ❑ Record future appointments on your calendar. Ask a friend or family member to put the appointment(s) on their calendars as well.
- ❑ Ask the provider's office if they will call or email you with an appointment reminder.
- ❑ If you are confused or don't remember something your provider said, call the provider's office for clarification.
- ❑ Follow your provider's instructions as closely as you can.
- ❑ Continue to record symptoms in a journal, if possible. Some people with post-COVID conditions find it helpful to include:
 - whether symptoms have improved, which treatments have helped
 - any side effects or other new symptoms/changes
- ❑ Make a note to give your healthcare provider feedback about how recommended interventions have worked for you.
- ❑ Write down any issues you did not have time to talk about at the last appointment.
- ❑ Keep track of medications, vitamins, herbs, supplements, and over-the-counter drugs you take, using a current medications and supplements list.
- ❑ Consider reviewing the Healthcare Appointment Checklist for post-COVID conditions before your next appointment. Many instructions apply to follow-up appointments.
- ❑ ***Your provider may run tests that return normal results. This does not change the existence, severity, or importance of your symptoms or conditions.*** Healthcare providers and patients are encouraged to set achievable goals through shared decision-making and to approach treatment by focusing on specific symptoms or conditions.

Healthcare providers are still learning about post-COVID conditions. CDC continues to work to determine how common these long-term effects are, who is most likely to get them, how long the symptoms typically last, and whether symptoms eventually resolve.

Management of PASC

- Currently no single treatment for PASC
 - Multiple trials ongoing to evaluate potential therapies
 - No FDA approved medications, yet
- Focus on addressing the underlying persistent symptoms
- Nonpharmacological interventions
 - Physical Therapy
 - Acupuncture/massage
 - Behavioral Health
 - Speech and Language Pathology/Cognitive Rehab



Patient Resources

COVID.gov - Long COVID

<https://www.covid.gov/longcovid>

Long COVID | NIH COVID-19 Research

<https://covid19.nih.gov/covid-19-topics/long-covid>

For patients with long COVID, look out for psychiatric sequelae | American Medical Association (ama-assn.org)

<https://www.ama-assn.org/delivering-care/public-health/patients-long-covid-look-out-psychiatric-sequelae>

What doctors wish patients knew about long COVID-19 brain fog | American Medical Association (ama-assn.org)

<https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-long-covid-19-brain-fog>

COVID-19 resources for physiotherapists | World Physiotherapy

<https://world.physio/resources/covid-19-information-hub>