

MEDICAL EDUCATION

SPEAKERS NETWORK

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TRENDING MEDICAL EDUCATION TOPIC

Update on Post-COVID

If your medical staff needs an update on the potential long-term effects of COVID-19, consider contacting our office to book a speaker on this topic at 877-505-4777 or info@speakersnetwork.com.

What is the problem

Many who become infected with SARS-CoV-2 and develop COVID-19 recover within a few weeks after symptoms first appear. However, research has shown that Post-COVID-19 conditions ("Long COVID") affect some patients. Post-COVID refers to a wide range of physical and mental health consequences that are present for weeks or months after SARS-CoV-2 infection. These consequences include both general complications of prolonged illness and hospitalization and post-acute sequelae of SARS-CoV-2 infection (PASC), which are more specific to the effects of SARS-CoV-2 infection. Data is still limited, and prevalence is hard to estimate, thus making it challenging to create a universal definition for post-COVID conditions. Patients often report feeling unsupported by medical professionals and that their ongoing symptoms are dismissed. Most post-COVID conditions can be diagnosed and treated by primary care physicians, and healthcare professionals need to listen to and validate patients' experiences. Where available, referral to a multidisciplinary post-COVID care center for additional care concerns can also be considered.

Learning Objectives

- Understand the prevalence and manifestations of "long COVID."
- Acquire knowledge about the evaluation of individuals who have "long COVID."
- Describe the role of an interdisciplinary and rehabilitation team in supporting individuals' recovery with "Long Covid."
- Learn about selected Long COVID symptom management

How do we know this is a problem

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-index.html>
- Management of post-acute covid-19 in primary care:
BMJ 2020; 370 doi: <https://doi.org/10.1136/bmj.m3026>; BMJ 2020;370:m3026
- <https://blogs.bmj.com/bmj/2020/09/04/paul-garner-on-long-haul-covid-19-dont-try-and-dominate-this-virus-accommodate-it/>
- <https://jamanetwork.com/journals/jama/fullarticle/2771111>