POST-ACUTE COVID-19 SYNDROME

WHAT IS POST-ACUTE COVID-19 SYNDROME?
- AKA: long COVID, post-COVID syndrome, long hauler
- No consensus definition
- “In general, it is an illness described among patients who have recovered from COVID-19 but still have ongoing symptoms or among those who continued to have symptoms for longer than normally expected.”\(^\text{(1)}\)
- Symptoms beyond 12 weeks from onset of illness\(^\text{(1)}\)
- Incidence of persistent symptoms in up to 40-90% of patients\(^\text{(2)}\)

PROPOSED MECHANISMS\(^\text{(1)}\)
- Low antibody response
- Prolonged inflammatory response
- Deconditioning
- Re-infection

COMMON SYMPTOMS
- Fatigue*
- Headache
- Depression
- Anxiety
- PTSD
- Dyspnea*
- Cough
- Joint pain
- Myalgia
- Anosmia
- Dysgeusia
- Sore throat
- Diarrhea
- Decreased appetite

MANAGEMENT
- No evidence-based guidelines
- Supportive care
- Treat underlying causes
- Need for better understanding and community support

COVID-19 Resources

ACTIVE RESEARCH STUDIES
- COVIDOM – Germany
  - Long term morbidity
- CO-Qu-ICU- France
  - 1 year post ICU discharge quality of life
- MOIST – Canada
  - Multi-Organ Imaging with Serial Testing
- LINC – USA
  - Long-term Impact of Novel Coronavirus
  - Variability of long-term immune response
- RECOVER-19 – Italy
  - Rehabilitation Needs and Functional Recovery in COVID-19 Acute and Post-acute Care
- Many studies by the NIH

RESOURCES
\(^\text{4}\)https://www.nature.com/articles/s41591-021-01283-2/tables/2
\(^\text{5}\)Clinicaltrials.gov

Graphic: AARP