

Primary Care of Post-Covid 19 Syndrome

June 21st, 2022

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Post COVID-19

Interdisciplinary Clinical Care Network

Recovery | Care | Research | Education

Faculty/Presenter Disclosure

Faculty: Zachary Schwartz

- I have nothing to disclose

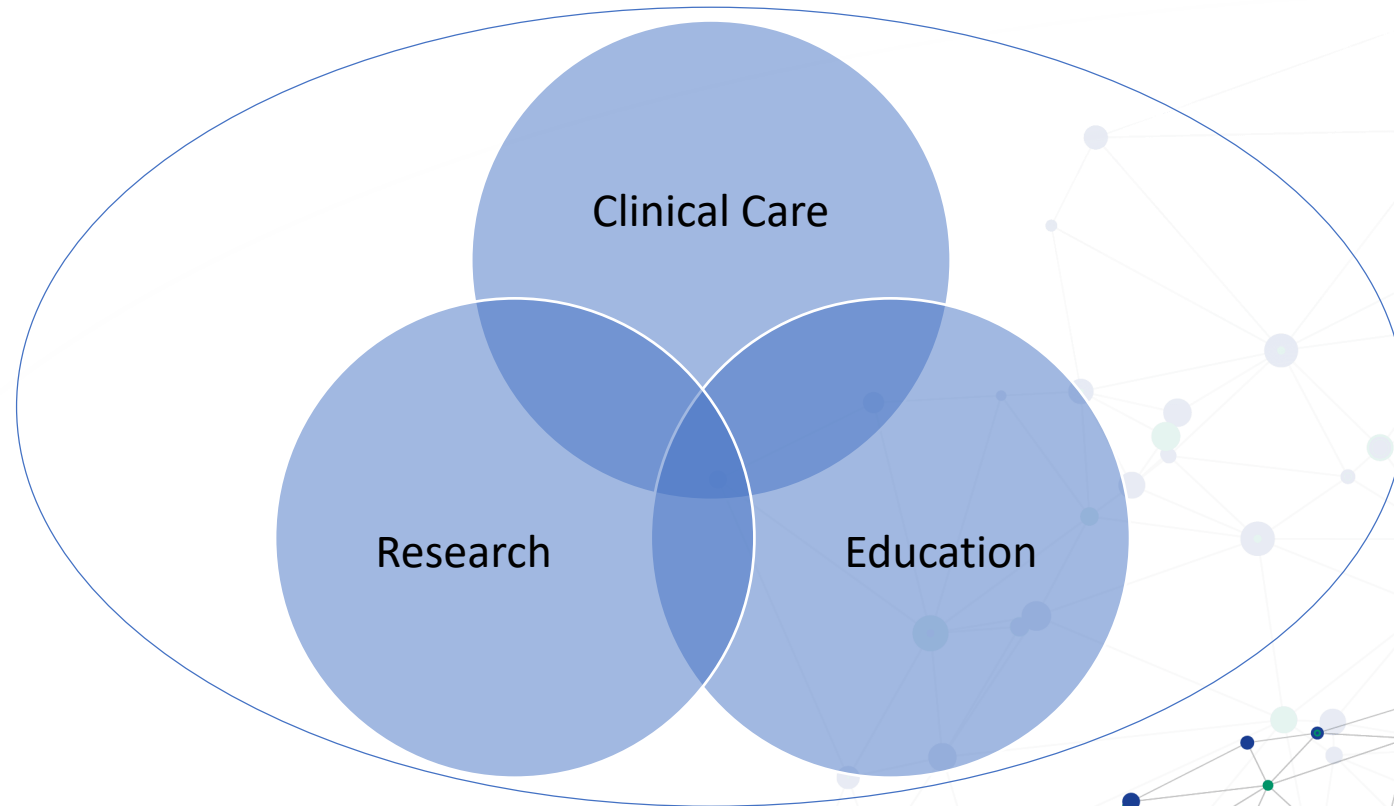
Post COVID-19

Interdisciplinary Clinical Care Network

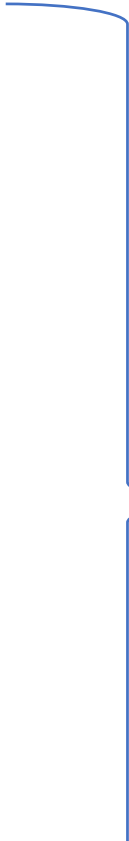
Recovery | Care | Research | Education

The concept : PC ICCN

Coordinate care, research, and education for optimal outcomes



The Network: Components

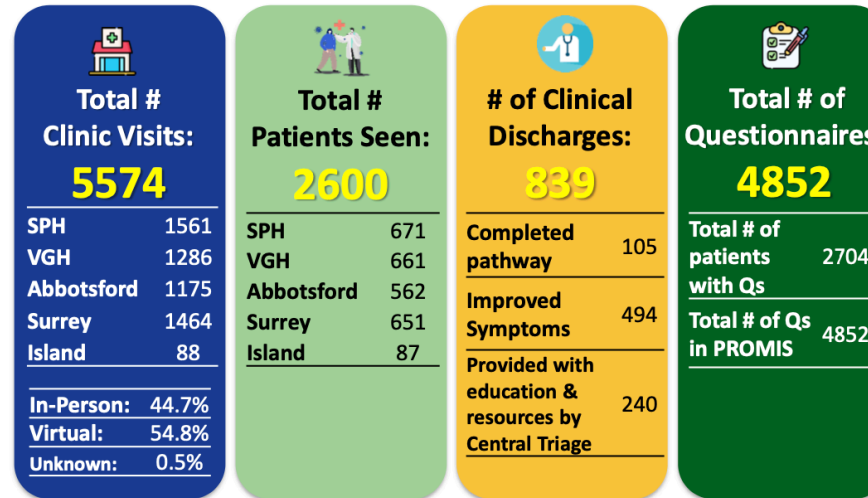
- Post COVID-19 Recovery Clinical Programs (HAs)
 - Provincial Post COVID-19 RACE helpline
 - Provincial Triage (Sept 2021)
 - Provincial Registry
 - Provincial guidance and education coordinated
 - With and for GP
 - With and for patients
 - With and for specialists
 - Provincial research activities
 - Coordinated with provincial registry data
 - Leveraging existing protocols/ funded research
 - Source of information to inform best practices in real time
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- The People
 - Triage Team: RNs and Unit Coordinators
 - Program Manager
 - Admin Support
 - Clinical Nurse Specialist
 - Research Manager
 - Research Assistants / HA
 - Research Scholars (2)
 - Analysts, Data Scientists

Post-COVID-19 Interdisciplinary Clinical Network

Numbers at a Glance

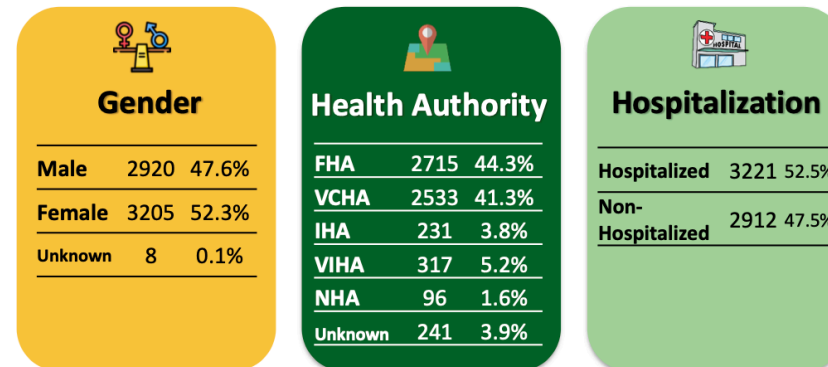
(As of June 02, 2022)

Network Stats

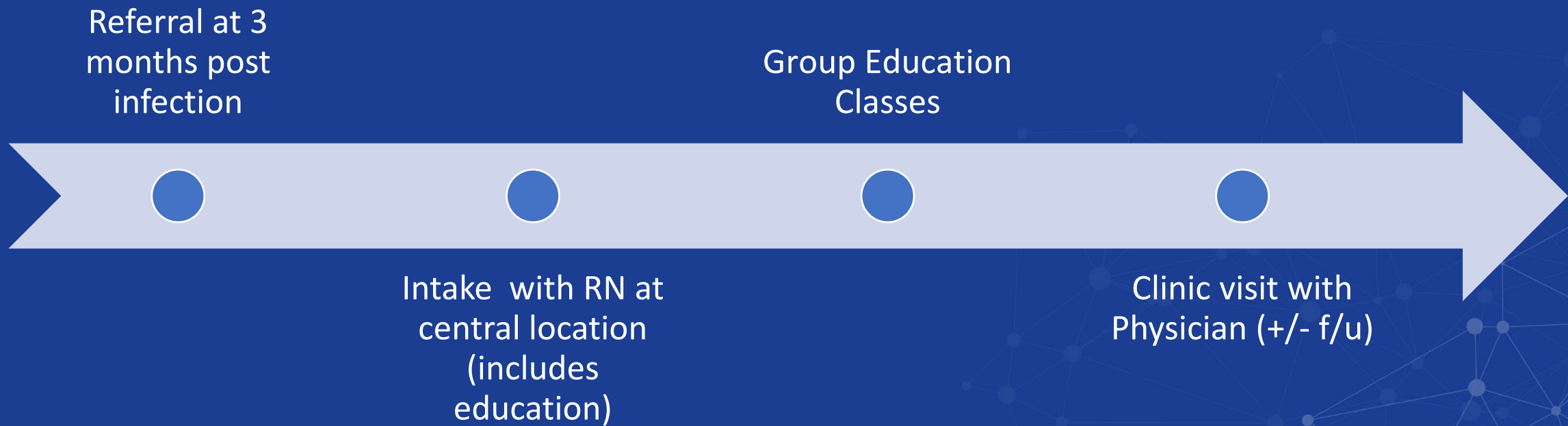


Patient Population Stats

(n = 6133)



Current Process



Definitions

- NIH:
 - **Post-Acute Sequelae of SARS-CoV-2 infection (PASC)**
 - Symptoms > 12 weeks from infection with no other explanation
- WHO:
 - **Post-COVID-19 Condition**
 - history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset, with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis

What Have I learned

- Most individuals show improvement over time
 - (hard/impossible to predict rate of recovery)
- Risk of Long COVID reduced by only 15% following vaccination
 - Al-Aly, Z., Bowe, B. & Xie, Y. *Nature Med.* <https://doi.org/10.1038/s41591-022-01840-0>
- Incidence of Long COVID very hard to predict
 - 7%-20% based on recent data
- Long COVID more common in hospitalized patients
 - However, if referred to clinic, patients have high symptom burden