



WEBINAR RESOURCES: COVID-19 INFECTION: ASSESSING AND MANAGING THE LONG-TERM SEQUELAE

Web Resources

- [Provincial Health Services Authority: Post-COVID-19 Interdisciplinary Clinical Care Network](#)
 - For Patients: [Living with Persistent Post-COVID Symptoms](#)
 - For Health-Care Providers: [Post-COVID Recovery Care](#)
 - Free Virtual Learning: [BC ECHO for Post-COVID-19 Recovery](#)
- [Anxiety Canada – COVID-19](#)
- [BounceBack BC](#)
- [Here to Help – COVID-19](#)
- [Foundry \(for Ages 12 - 24\)](#)
- [Calm - Videos for Meditation & Relaxation](#)

Books

- Mind Over Mood by Dennis Greenberger
- The Anxiety and Phobia Workbook by Edmund Bourne
- Overcoming Trauma and PTSD: a Workbook Integrating Skills from ACT, DBT and CBT by Sheela Raja

Articles

Antihistamines

- Ennis, M., & Tiligada, K. (2021). Histamine receptors and COVID-19. Inflammation research : official journal of the European Histamine Research Society ... [et al.], 70(1), 67–75. <https://doi.org/10.1007/s00011-020-01422-1>
- Glynne, P., Tahmasebi, N., Gant, V., & Gupta, R. (2022). Long COVID following mild SARS-CoV-2 infection: characteristic T cell alterations and response to antihistamines. Journal of investigative medicine : the official publication of the American Federation for Clinical Research, 70(1), 61–67. <https://doi.org/10.1136/jim-2021-002051>

- Pinto, M. D., Lambert, N., Downs, C. A., Abraham, H., Hughes, T. D., Rahmani, A. M., Burton, C. W., & Chakraborty, R. (2022). Antihistamines for Postacute Sequelae of SARS-CoV-2 Infection. *The journal for nurse practitioners : JNP*, 18(3), 335–338.
<https://doi.org/10.1016/j.nurpra.2021.12.016>

Myocarditis

- Daniels CJ, Rajpal S, Greenshields JT, et al. Prevalence of Clinical and Subclinical Myocarditis in Competitive Athletes With Recent SARS-CoV-2 Infection: Results From the Big Ten COVID-19 Cardiac Registry. *JAMA Cardiol.* 2021;6(9):1078–1087.
[doi:10.1001/jamacardio.2021.2065](https://doi.org/10.1001/jamacardio.2021.2065)
- McKinney, J., Connelly, K. A., Dorian, P., Fournier, A., Goodman, J. M., Grubic, N., Isserow, S., Moulson, N., Philippon, F., Pipe, A., Poirier, P., Taylor, T., Thornton, J., Wilkinson, M., & Johri, A. M. (2021). COVID-19-Myocarditis and Return to Play: Reflections and Recommendations From a Canadian Working Group. *The Canadian journal of cardiology*, 37(8), 1165–1174.
<https://doi.org/10.1016/j.cjca.2020.11.007>
- Sawalha, K., Abozenah, M., Kadado, A. J., Battisha, A., Al-Akchar, M., Salerno, C., Hernandez-Montfort, J., & Islam, A. M. (2021). Systematic Review of COVID-19 Related Myocarditis: Insights on Management and Outcome. *Cardiovascular revascularization medicine: including molecular interventions*, 23, 107–113.
<https://doi.org/10.1016/j.carrev.2020.08.028>

LDN

- Bolton, M. J., Chapman, B. P., & Van Marwijk, H. (2020). Low-dose naltrexone as a treatment for chronic fatigue syndrome. *BMJ case reports*, 13(1), e232502.
<https://doi.org/10.1136/bcr-2019-232502>
- Bruun-Plesner, K., Blichfeldt-Eckhardt, M. R., Vaegter, H. B., Lauridsen, J. T., Amris, K., & Toft, P. (2020). Low-Dose Naltrexone for the Treatment of Fibromyalgia: Investigation of Dose-Response Relationships. *Pain medicine (Malden, Mass.)*, 21(10), 2253–2261.
<https://doi.org/10.1093/pm/pnaa001>
- Kim, P. S., & Fishman, M. A. (2020). Low-Dose Naltrexone for Chronic Pain: Update and Systemic Review. *Current pain and headache reports*, 24(10), 64.
<https://doi.org/10.1007/s11916-020-00898-0>
- Younger, J., Parkitny, L., & McLain, D. (2014). The use of low-dose naltrexone (LDN) as a novel anti-inflammatory treatment for chronic pain. *Clinical rheumatology*, 33(4), 451–459.
<https://doi.org/10.1007/s10067-014-2517-2>