

Emory SCDP COVID-19 ECHO Program:
“Long Haul COVID: What Providers Need to Know” - April 22, 2021
[Additional Resources](#)

Key take-aways from “Long Haul COVID: What Providers Need to Know”

- **There are many names for this disease, but post-acute sequelae of SARS-CoV-2 infection (PASC) is the name currently used by researchers.**
“Long COVID,” “long haul COVID,” or “post-acute COVID syndrome” are more informal names.
- **Post-acute sequelae of SARS-CoV-2 infection (PASC) will be a common disease in the future.**
The literature shows that PASC will be a very common disease going forward, given that an estimated 10-30% of COVID-19 patients seem to develop PASC. We will likely see many patients presenting with PASC symptoms, and providers should be vigilant and active in their patients’ post COVID care.
- **Do not underestimate the extent to which PASC affects patients’ lives.**
Common PASC symptoms like myalgia, chronic fatigue, and brain fog can truly disrupt patients’ activities of daily living and greatly reduce their quality of life. Providers should take patients’ complaints seriously and never underestimate how difficult PASC can be for patients.
- **Lesser-known PASC symptoms benefit from a multidisciplinary approach.**
PASC presents with a wide range of symptoms that can be difficult to treat. It is important to have a multidisciplinary team, from neuropsychology for brain fog, to physical therapy for shortness of breath or chronic fatigue.

Additional questions that were not answered live

Is there a common timeline for when “long haulers” develop symptoms or how long symptoms last?

Unfortunately, we do not have a clear answer to this question at this time; we have not found a clear timeline for when or how patients experience long haul symptoms. The NIH is planning to fund a large cohort study in the near future that will investigate these issues, so we will hopefully have clearer answers over time.

Does return to exercise too quickly play a role in developing "long haul" COVID symptoms?

Drs. Dixit, Truong, and Walker generally recommend that their patients wait about 2 weeks after illness and then gradually start or re-start easy exercise and titrate up over time. Drs. Dixit, Truong, and Walker often refer their patients to physical therapy to assist with the return to exercise.¹

Are there connections to long haulers and specific blood types?

There is no evidence at this time that either COVID-19 infection or post-acute COVID-19 syndrome (PASC) is connected to blood types.

¹ Any recommendations shared in this session are the sole views of that individual and do not create or otherwise establish a patient relationship between any clinician and any patient discussed in a Project ECHO setting.

Are there any telehealth consultations available for patients in rural areas?

Some post-COVID clinics are exploring how to integrate telehealth into their work and set up a network of clinicians to serve as consultants, but it is a work in progress. [Survivor Corps has compiled a list of Post-COVID Care Centers](#) where you can find the nearest post-COVID center.

References cited in Dr. Truong's didactic presentation

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