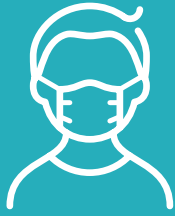


MANAGEMENT OF LONG COVID

WHAT ARE THE KEY POINTS?



ROUGHLY DEFINED AS 'NOT FULLY RECOVERING FROM COVID-19', MORE LIKELY IN YOUNG ADULTS AND CHILDREN



UNCLEAR PATHOGENESIS; POSSIBLY A CONSEQUENCE OF THE INFLAMMATORY PROCESS AND IMMUNE DYSREGULATION ASSOCIATED WITH COVID-19.



HEALTHCARE PROFESSIONALS SHOULD BE AWARE OF THE WIDESPREAD STIGMA AND DENIAL SURROUNDING THIS DISEASE

SYMPTOMS LOOK OUT FOR:



FATIGUE AND SLEEP DISTURBANCE



SHORTNESS OF BREATH



COUGH AND CHEST PAIN

HOW CAN THIS WORK ON THE GROUND?



- VACCINATION AND PREVENTING THE SPREAD OF COVID-19 ARE THE TWO MOST EFFECTIVE WAYS TO PREVENT LONG-COVID
- RULE OUT POST-COVID HYPERGLYCAEMIA AND HYPOTHYROIDISM.

- PREVENT NON-INDICATED USE OF BROAD-SPECTRUM ANTIBIOTICS, STEROIDS AND ANTI-INFLAMMATORY MEDICATION DURING ACUTE COVID-19



- REGULAR MONITORING OF SYMPTOMS USING EVIDENCE-BASED SCALES
- FOLLOW UP PATIENTS REGULARLY AS OUTPATIENTS (MULTIDISCIPLINARY-LED LONG COVID CLINICS)
- GRADED EXERCISE AND REST MAY BE USEFUL

OTHER CONSIDERATIONS



AS WE COLLECT MORE DATA, OUR UNDERSTANDING OF LONG COVID WILL IMPROVE



INTEGRATED CARE INVOLVING ALLIED HEALTH PROFESSIONALS AND GENERAL MEDICINE IS KEY



GROWING CONCERN FOR THE IMPACT OF COVID ON CHILDREN; EVIDENCE IS GROWING FOR A NON-SPECIFIC INFLAMMATORY PRESENTATION IN CHILDREN

