

Interior Health

**BC AHSN** 

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Vancouver CoastalHealt

Trovidence

08 March 2022

Dr. Jesse Greiner Dr. Jill Calder Elise Bocknek, Occupational Therapist

Provincial Health

Services Authority

#### Accredited by UBC CPD

Post COVID-19 Interdisciplinary Clinical Care Network Recovery | Care | Research | Education



C CONTINUING PROFESSIONAL DEVELOPMEN

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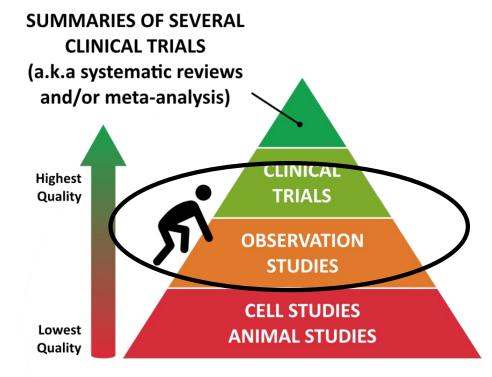


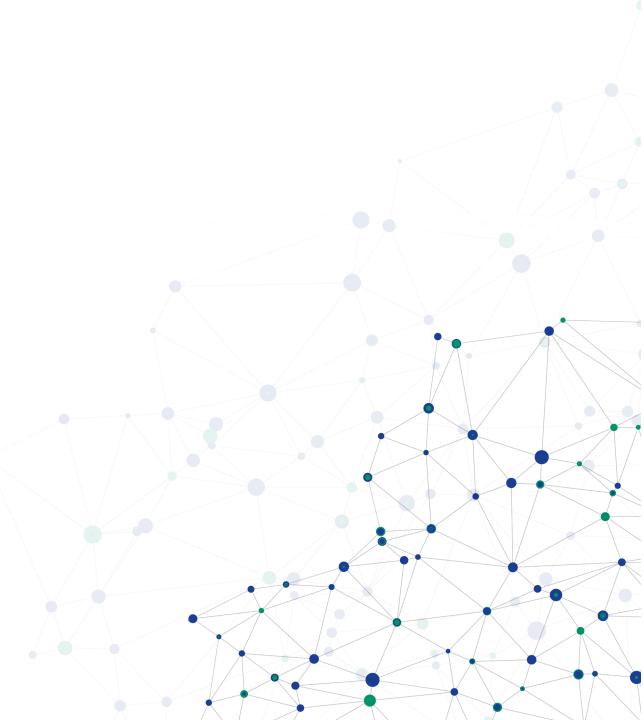
E Leaders in primary care, champions E of community health

## Land Acknowledgment

PHSA provides services to a diverse population including First Nations, Inuit and Métis Peoples living in various settings and communities across BC. As a provincial network, we operate on the unceded traditional and ancestral lands of many Indigenous Peoples. We wish to acknowledge with respect and gratitude all of the Indigenous Nations, Inuit and Métis Communities with whom we live, work and provide care.

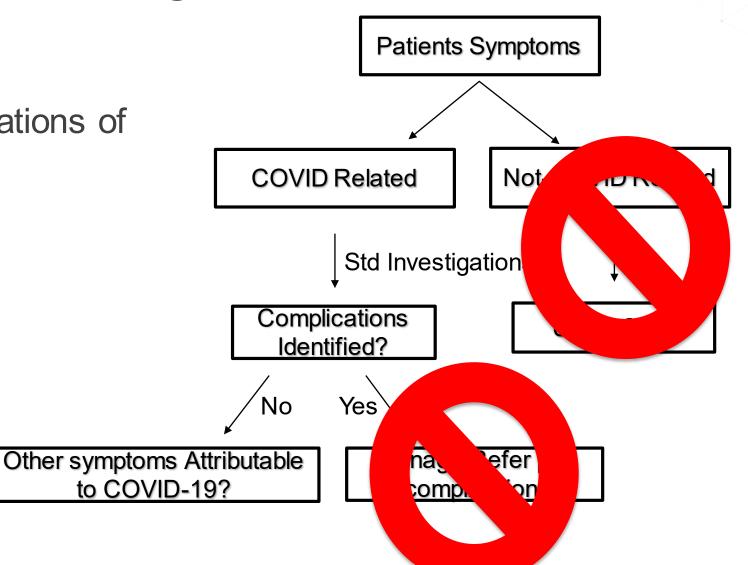
## **Disclaimer!**





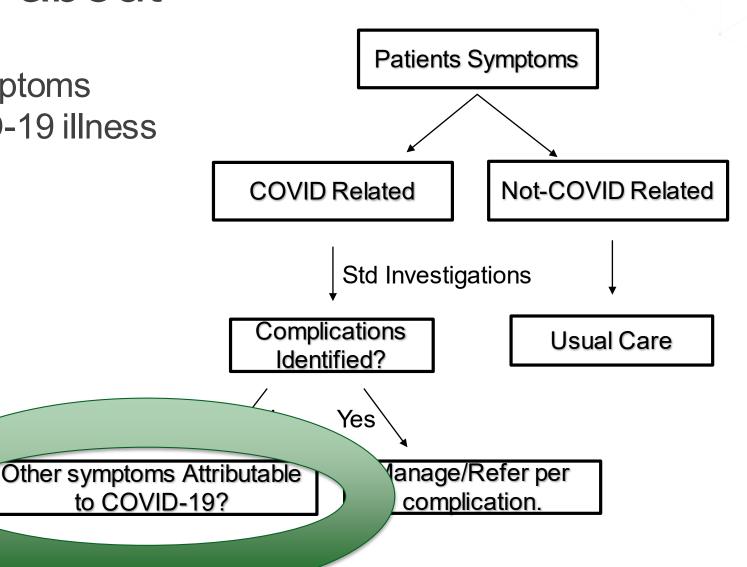
## Who are we NOT talking about

- Rule out other Causes
- Rule out common complications of COVID-19.



## Who ARE talking about

 Patients with ongoing symptoms attributable to their COVID-19 illness that are often unexplained.





## **Post-Covid Complications**

- Cardiovascular Myo/Pericarditis, Myocardial ischemia, Arrhythmia's, Atrial Fibrillation,
- Renal Increased incidence of AKI, Proteinuria, Microscopic Hematuria,
- GI Elevated Liver Enzymes, Impaired Glucose Tolerance
- **Respiratory** VTE/PE, ARDS, Organizing Pneumonia, Pulmonary Fibrosis
- Psychiatric PTSD, Depression, Anxiety, Cognitive Impairment, Impaired Working Memory, insomnia,
- Neurologic ischemic/hemorrhagic stroke, Guillan Barre syndrome, Encephalitis, demyelinating disorders, Seizure/Epilepsy, Neuropathy, Posterior Reversible Encephalopathy Syndrome, Acute Disseminating Encephalomyelitis, Acute Polyneuropathy, Critical Illness Polyneuropathy/Myopathy, Necrotizing Hemorrhagic Encephalitis, Cerebral Sinus Thrombosis.
- **Dermatologic** Urticarial/Angioedema, erythematous/maculopapular rashes, chilblain-like rashes, levidoreticularis/racemose like rashes, purpuric/vasculitic rashes, Telogen effluvium,
- Immunologic IFN-1 defects.





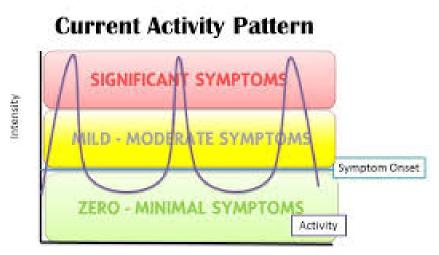
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# The Illness Script – tips for Identifying Patients that will benefit.

- Symptoms Cluster
- They Wax and Wane together
- \*\*They are triggered by Stress\*\*
  - Physical (exercise)
  - cognitive (reading, problem solving, multi-tasking)
  - emotional/social (socializing, anxiety/depression)
- Symptom flares can be temporally dissociated ~24-72 hours poststress.



Time

 Anecdotally, the threshold at which stress induces a flare improves over time if patients are able to pace themselves and avoid relapses.
 Relapses can reduce the threshold at which relapses can occur

Ontario Neurotrauma Foundation. Guideline for Concussion/Mild Traumatic Brain Injury and Persistent Symptoms. 3rd edition. Accessed 17 Nov 2020. https://braininjuryguidelines.org/concussion/fileadmin/patient-version/05-Managing-Persistent-Symptoms.pdf

POST COVID-19 INTERDISCIPLINARY CLINICAL CARE NETWORK



## Living in Your Energy Envelope - a tool to support planning and pacing -

Dr. Jill Calder BSR, MD, FRCPC, Physical Medicine & Rehabilitation, & Electromyography Assistant Professor, UBC Medicine Royal Inland Hospital, Kamloops BC

Post COVID-19 Interdisciplinary Clinical Care Network Recovery | Care | Research | Education

# **Case examples:**

## The aerobics queen – the physical focus

"But they were just guests for three days"

## The housework queen – inflexible plans and pacing

"Laundry day is Monday"

# The high performing student athlete – the unrecognized trigger

"This tool doesn't work – she hardly did anything all weekend"







Menu 🔳

Health Info / Living with Persistent Post-COVID-19 Symptoms

http://www.phsa.ca/health-info/post-covid-19-care-recovery

# Living with Persistent Post-COVID-19 Symptoms

Are you a BC resident struggling with post-COVID-19 symptoms and looking for help?

The Post-COVID-19 Interdisciplinary Clinical Care Network offers clinical care, education and research to support you in your recovery.

**Quick Link** 

- Post-C(
- <u>Resour</u> profess

Self-Care Info	Clinical Care	Additional Care Info
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Please find various tools, worksheets, and information to help you navigate your life post-COVID and support your recovery.



#### **Tools and Worksheets**

These resources are designed to help you identify triggers or stressors that may be making your symptoms worse. They can help you learn how to effectively pace yourself during your recovery from COVID-19.

- Introduction to Living in your Energy Envelope Tool instructions
- Tool #1 <u>Symptom Tracker</u>
- Tool #2 Energy Point Chart
- Tool #3 <u>Activity Tracker</u>
- <u>My Action Plan</u>
- <u>COVID-19 Heart Rate Monitoring during exercise</u>
- <u>Symptom Journal</u> a tool developed to empower patients

#### How to Measure Your Effort With Daily Activities and Exercise Post COVID-19

#### **Post COVID-19** Interdisciplinary Clinical Care Network

Recovery | Care | Research | Education



While you recover from COVID-19 it is important to **monitor your effort during daily activities** (washing, dressing, shopping) **or exercise to make sure that you don't become too tired.** 

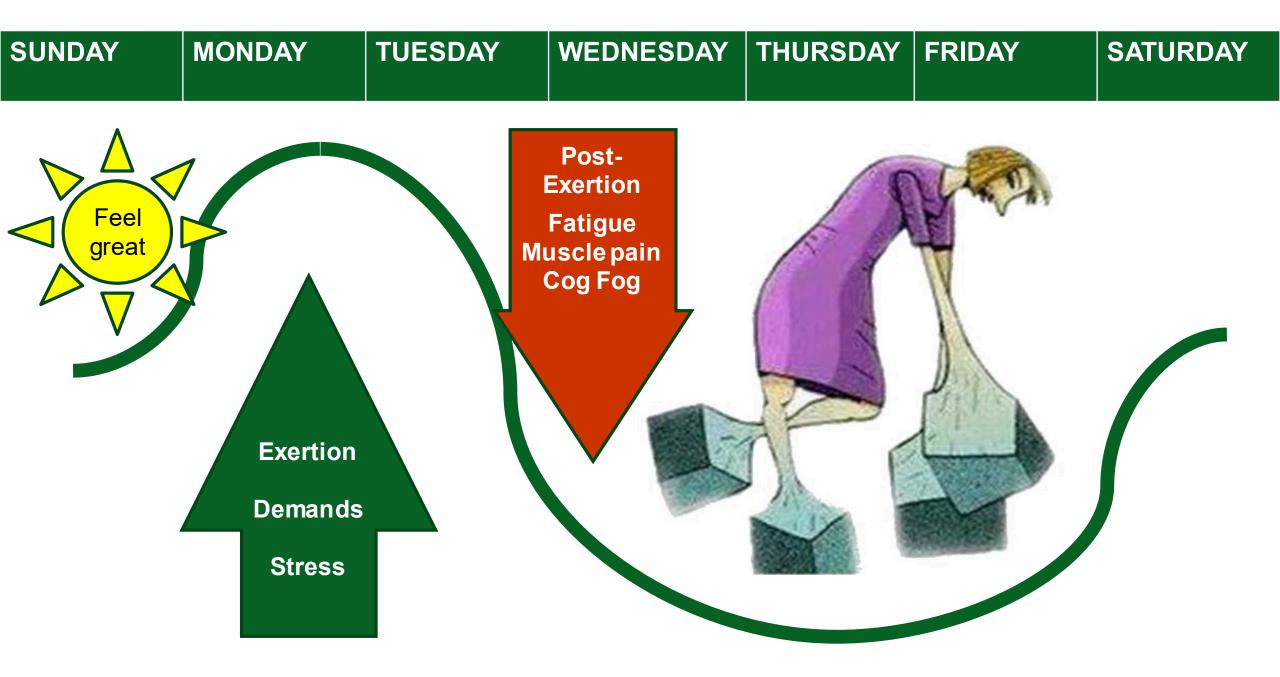
Ideally, when doing activities or exercise, you should aim for **no more than 'moderate effort'** – your breathing and heart beating a little bit harder /faster but not to the point that you are breathless or your heart is pounding.

There are 2 main ways to check how hard your body is working during activity or exercise:

- 1. Heart rate how many times your heart beats over one minute
- 2. Rating of Perceived Exertion (RPE) how hard you think you are pushing yourself during activity or exercise.

	STOP	<b>STOP</b> trying to push ye Overexertion may be de	Messaging	
		to your recovery.	Messaging PEM is a game-chan	ger !
Dr. Rick Arseneau	Zzz	<b>REST</b> is your mo management stra until you feel sym	Pushing through symp Or Boom/Bust	otoms
ECHO Hub session			Makes things wors Prolongs recover	у
August 10, 2021		<b>PACE</b> your daily physic activities. This is a safe navigate triggers of sym	Reduces chances of re Some patients may be from Exercise	
	FIGURE. The "Stop. Rest. Pace" approach to sat	fely manage physical and cognitive	e activities while recovering from	

may 2021  $\mid$  volume 51  $\mid$  number 5  $\mid$  journal of orthopaedic & sports physical therapy



#### Section 2: Identify Stressors

Step 1: Identify key stressors in your life that are likely to trigger symptoms, write them down under the categories of "Physical Stressors", "Cognitive Stressors", and "Emotional/Social Stressors". Prioritize activities in your life that a) repeat frequently, or b) you really value being able to do.

<b>Physical Exertion</b>	<b>Cognitive Exertion</b>	<b>Emotional/Social Exertion</b>
Walking	Work	Anxiety/Worrying
Biking	Answering emails/screen time	Crying/other emotions
Household Chores	Planning meals	Socializing >3 people
Grocery shopping	Attending Doctors Appointment	Socializing <3 people
Meal Preparation	Driving a car	
ADL's (bathing, dressing, grooming)	Computer time	

#### POST COVID-19 INTERDISCIPLINARY CLINICAL CARE NETWORK

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Knitting, sewing, wrapping presents     Toiletting       1     Sitting quietly       Driving in a car as as passenger     Mindfulness/Meditation		Eating, cutting food Dressing, making bed Driving a car Laundry (top loader)		Quiet prayers/seated religious ceremonies
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Driving in a car as as passenger		- · ·	Driving in a car as as passenger	Mindfulness/Meditation

This table has been modified from BE Ainsworth et al. Compendium of physical activities: An Developed by Dr J Calder for the PostCOVID Interdisciplinary Clinical Care Network June 2021

			Energy Po	ints	
					Post COVID-19 Interdisciplinary Clinical Care Network
4	•	ENERGY DEMAND	Physical	Cognitive (Thinking)	Emotional/Social/Spiritual
		Higher Activity			
		10	Aerobic exercise: Step ups, Running, high resistance Exercise bike/Fast road bicycle, cross trainer, roller blades	Detailed calculations, accurate form-filling, major decision-making	Socializing, large group, 6 people or greater
		9	Stair teadmill, carrying furniture upstairs	Reading a book or a report that is complex	Anxiety/worrying-most of the day
		8	Jogging in water, swimming, moderate effort bicycling Work: Farm tasks	Answering emails Paying bills, day to day finances	Frustration/Anger
		7	Rowing machine, Walking hills, jogging, canoing	Attending appointments	Child care active, playing games
		6	Lifting and carrying groceries upstairs Slow/light bicycling, moderate effort weight-lifting Sexual activity of higher effort	Driving a car on an unfamiliar route Reading a book that is less complex Helping children with school homework	Anxiety/worrying part of the day
	-	5	Home repair: painting, mowing lawn, gardening, pruning	Attending a doctor's appointment/dental appointment	Social media
	_			Screen time paying attention to TV, computer, cell phone screens, working on the computer	Attending full church/religious services
		4	Water aerobics, dancing Multiple household tasks, heavy cleaning, vacuuming, mopping	Typing, computer keyboard work Driving a car on a routine route	Musical instrument-drums, marching band, heavy brass
		3.5	Laundry (front loader) Bathing a large dog	Paying close attention to music, radio Attending Speech or Occupational Therapy	Socializing 3 people Talking on the phone

				According Speciel of Occupational Inclupy	Tanang on the phone
		3	Walking	Watching TV	Socializing 2 people
			Washing dishes	Screen time without paying close attention to it	Basic childcare (dressing, bathing, grooming,
				screen time without paying close attention to it	feeding)
			Work: Custodial, general cleaning		Playing string or light wind instrument
					Religious activity: sitting, standing, talking, eating
		2.5	Stretching, yoga exercises	Reading for pleasure	Sitting and playing with children-sedentary activity
			Grocery shopping, meal preparation	Listening to a podcast	Yoga
		2	Bathing, showering	Listening to music, not paying close attention to it	Quiet prayers/seated religious ceremonies
			Eating, cutting food		
			Dressing, making bed		
			Driving a car		
			Laundry (top loader)		
			Washing, brushing teeth		
	7	1.5	Sexual activity/relaxed level	Mindfulness/Meditation	Relaxation Activities
			Knitting, sewing, wrapping presents		
· ·			Toiletting		
		1	Sitting quietly	Driving in a car as as passenger	Mindfulness/Meditation
			Driving in a car as as passenger		
This table	has bee	en modified fr	rom BE Ainsworth et al. Compendium of physical act	ivities: An update of activity codes and MET intensit	ies. Med. Sci. Sports Exerc., Vol. 32, No. 9, Suppl.,
Dovolono	d by Dr	L Caldor for th	a PostCOVID Interdisciplinary Clinical Care Network	luna 2021	

Developed by Dr J Calder for the PostCOVID Interdisciplinary Clinical Care Network June 2021

# **Case examples:**

## The aerobics queen – the physical focus

"But they were just guests for three days"

## The housework queen – inflexible plans and pacing

"Laundry day is Monday"

# The high performing student athlete – the unrecognized trigger

"This tool doesn't work – she hardly did anything all weekend"

## Reflection is the greatest tool

- 1. Finding the limit
- 2. Staying within the limit
- 3. Expanding the limit



There is a lot of information on this page. We encourage you to go slow, review the information at your own pace and take lots of breaks from the screen.

A good place to start is with these two videos:

- <u>I had COVID-19 and I'm not back to my usual self</u> Reviews symptoms that can linger after COVID-19, how this affects you and what supports are available.
- <u>Understanding your post-COVID-19 symptoms</u> Learn about common symptoms and how to identify patterns that may be making your symptoms worse.

Please find resource sheets and videos under each symptom, listed alphabetically.

Breathlessness	+
Brain Fog & Cognitive Issues	+
Fatigue & Pacing	+
General Recovery	+



Self-Care Info	Clinical Care	Additional Care Info
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Please find various tools, worksheets, and information to help you navigate your life post-COVID and support your recovery.



		Energy Po	ints	
				Post COVID-19 Interdisciplinary Clinical Care Network
	ENERGY DEMAND	Physical	Cognitive (Thinking)	Emotional/Social/Spiritual
	Higher			
	Activity Score			
	10	Aerobic exercise: Step ups, Running, high resistance Exercise bike/Fast road bicycle, cross trainer, roller blades	Detailed calculations, accurate form-filling, major decision-making	Socializing, large group, 6 people or greater
	9	Stair teadmill, carrying furniture upstairs	Reading a book or a report that is complex	Anxiety/worrying-most of the day
Т	8	Jogging in water, swimming, moderate effort bicycling Work: Farm tasks	Answering emails Paying bills, day to day finances	Frustration/Anger
	7	Rowing machine, Walking hills, jogging, canoing	Attending appointments	Child care active, playing games
		Lifting and carrying groceries upstairs	Driving a car on an unfamiliar route	
	6	Slow/light bicycling, moderate effort weight-lifting	Reading a book that is less complex	Anxiety/worrying part of the day
		Sexual activity of higher effort	Helping children with school homework	
	5	Home repair: painting, mowing lawn, gardening, pruning	Attending a doctor's appointment/dental appointment	Social media
		houng	Screen time paying attention to TV, computer, cell phone screens, working on the computer	Attending full church/religious services
	4	Water aerobics, dancing	Typing, computer keyboard work	
		Multiple household tasks, heavy cleaning, vacuuming, mopping	Driving a car on a routine route	Musical instrument-drums, marching band, heavy brass
	3.5	Laundry (front loader) Bathing a large dog	Paying close attention to music, radio Attending Speech or Occupational Therapy	Socializing 3 people Talking on the phone
	3	Walking	Watching TV	Socializing 2 people
		Washing dishes	Screen time without paying close attention to it	Basic childcare (dressing, bathing, grooming, feeding)
		Work: Custodial, general cleaning		Playing string or light wind instrument Religious activity: sitting, standing, talking, eating
	2.5	Stretching, yoga exercises	Reading for pleasure	Sitting and playing with children-sedentary activit
		Grocery shopping, meal preparation	Listening to a podcast	Yoga
	2	Bathing, showering	Listening to music, not paying close attention to it	Quiet prayers/seated religious ceremonies
		Eating, cutting food		
		Dressing, making bed		
		Driving a car		
		Laundry (top loader)		
		Washing, brushing teeth		
	1.5	Sexual activity/relaxed level	Mindfulness/Meditation	Relaxation Activities
		Knitting, sewing, wrapping presents		
V		Toiletting		
	1	Sitting quietly	Driving in a car as as passenger	Mindfulness/Meditation
	-		a second s	

## Finding the limit

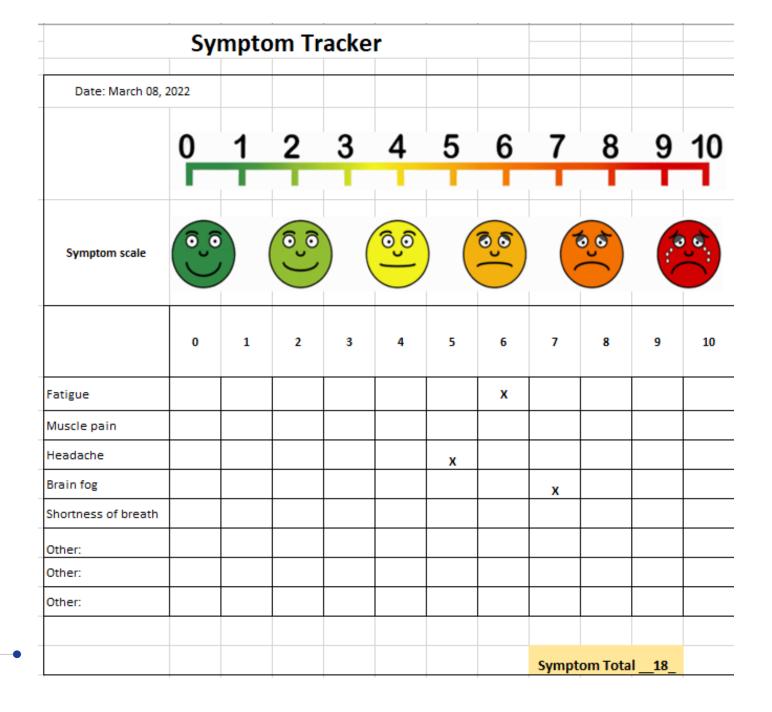
- Tracking tools
- Journaling
- Action Planning
- Ongoing Reflection

#### Sample Day- "Aerobics Queen"

	Date: March 08, 2	022							
		Ac	tivity Trac	ker					
	Physical		Cognitive (Thin	king)	Emotional/ So Spiritual	-			
	Activity	Points	Activity	Points	Activity	Points			
	Brushing Teeth	1.5	Computer time	5	Hosting guests	8			
	Getting Dressed	2	Drive to grocery store	7	Venting	3			
	Shower	2	Grocery shopping	4	Worrying	5			
	Grocery Shopping	2	Reading a book	3					
	Making Dinner	3	Planning Dinner	6					
	3 km Walk	3	Making Dinner	2					
				$\frown$		$\frown$			
n		13.5	+	27	) + (	16	)	=	56.5

POST COVID-19 INTERDISCIPLINARY CLINICAL CARE NETWORK

### Sample Day "Aerobics Queen"



## Other tracking tools

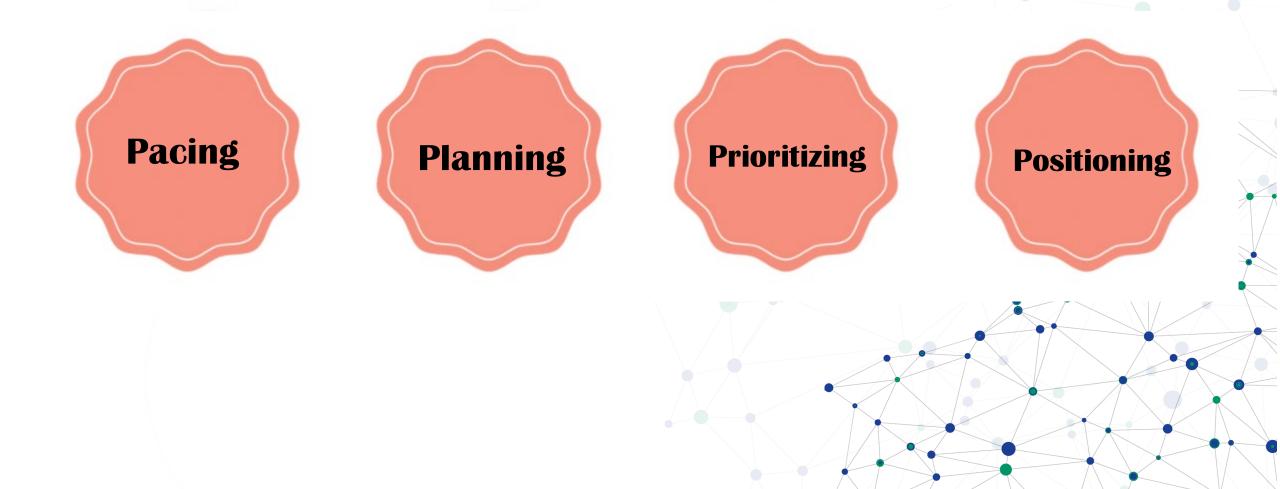
#### http://www.cfsselfhelp.org/librar y/type/log\_forms\_worksheets

Tue Image: State of the			*							
DayHours SleepHours RestActivities and EventsFailFogOtherCommentsRatingMonIIFailFogOtherIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII					Ac	tivity	Log	<b>j</b>		
SieepKestPainFatigFogOtherMonIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Day			Activities and Events		Symp	toms &	Severity	Comments	Pating
Tue       Image: Constraint of the state o	Day	Sleep	Rest	Activities and Events		Fatig	Fog	Other	Comments	Kating
Wed       Image: Constraint of the state o	Mon									
Image:	Tue									
Fri       Image: Constraint of the state of	Wed									
Sat         Image: Sate         I	Thr									
Sun         Image: Constraint of the second sec	Fri									
	Sat									
	Sun									
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## Other tools

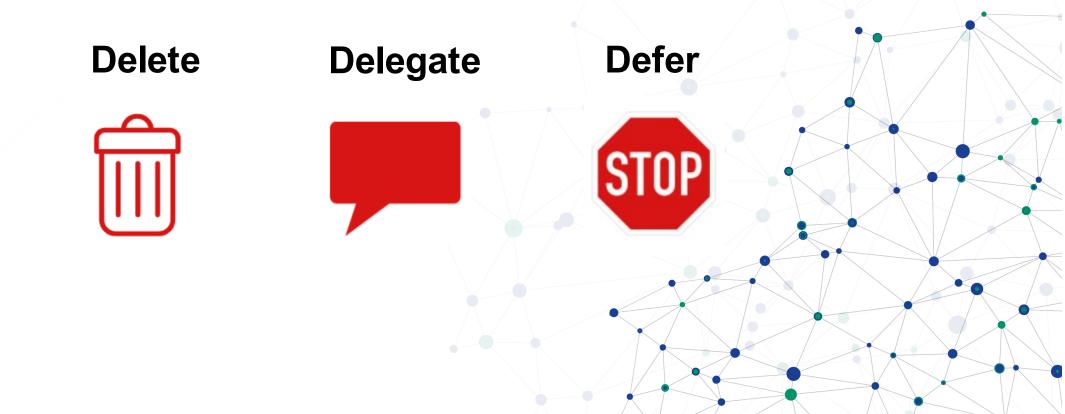
Week Starting: Sund	day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Symp AM								
Symp PM								
Symp Eve								
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## Staying within the limit Energy Conservation and Pacing- the "4Ps"



## Staying within the limit

Energy Conservation and Pacing- the "3Ds"



## Tools & Strategies – staying within the limit

- Breathing exercises
- Mindfulness, meditation & relaxation
- Planning templates
- Pacing aids timers, alarms
- Adaptive equipment
- Cognitive aids

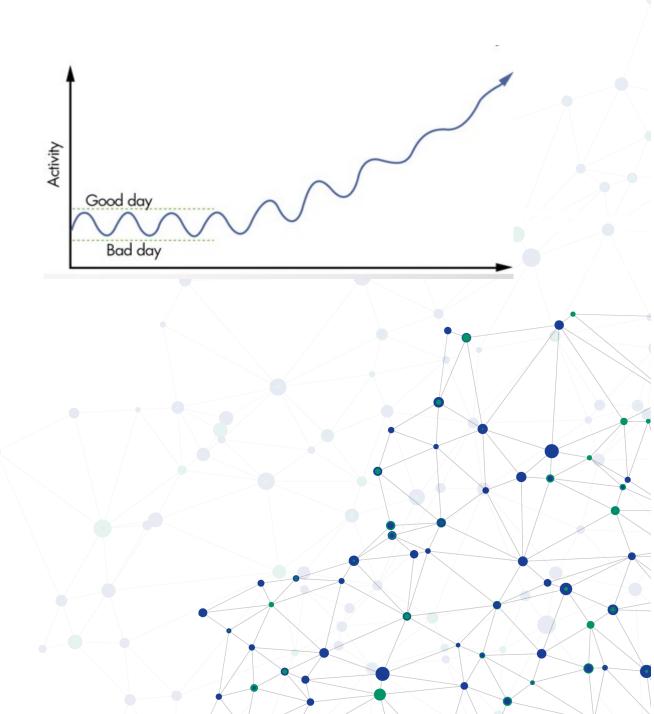
## **Tools & Resources**

- <u>http://www.phsa.ca/health-info/post-covid-19-care-recovery#Additional--Care--Info</u>
- <u>https://mysleepwell.ca/cbti/cbti-components/relax/</u>
- <u>https://www.uofmhealth.org/health-library/uz2255</u>
- <u>https://www.stjoes.ca/patients-visitors/patient-education/a-e/PD%208278%20Energy%20Conservation.pdf</u>
- <u>http://www.bcwomens.ca/health-info/living-with-illness/living-with-complex-chronic-disease#Self-Management</u>
- <u>https://www.psychologytools.com/professional/problems/chronic-fatigue-syndrome/</u>
- http://www.cfsselfhelp.org/library/type/log\_forms\_worksheets
- <u>https://www.redcross.ca/crc/documents/How-We-Help/Community-Health-Services-in-Canada/Instructions-for-care-and-use-of-a-bath-shower-chair.pdf</u>
- https://www.keltyskey.com/self-help/

## Expanding the limit

#### SLOWLY building up activity

- Symptoms are stable
- Try new (small) activity
- Track symptoms for days following
- Symptom flare = scale back
- Symptoms are stable = try new (small) activity



POST COVID-19 INTERDISCIPLINARY CLINICAL CARE NETWORK

## Network partners





First Nations Health Authority Health through wellness

















