Acute COVID-19 should be managed symptomatically. Patients may experience persistent symptoms for up to 12 weeks following COVID-19 infection. If symptoms worsen, the Primary Care Practitioner (PCP) should order labs and diagnostics as clinically indicated. Persistent symptoms of post-COVID-19 can be physical, cognitive, social or emotional. All symptoms must be assessed to identify potential complications. Once complications are ruled out, patients should be managed symptomatically. PCPs should call the RACE line if they require advice in the management of their post-COVID-19 patient. It is imperative that patients are heard and understood throughout their recovery.

The Post-COVID-19 Pathway is available for PCPs to help their patients appropriately navigate the currently available resources so they receive appropriate, effective and timely care. Key messages include:

- The pathway is grounded in the experience of physicians in the Post-COVID-19 Recovery Clinics (PCRCs).
- Not everyone will need to access a Post-COVID Recovery Clinic, but all individuals should have access to appropriate care, support and education.
- Persons whose symptoms have not resolved within 12 weeks should be re-assessed and considered for referral to the Post-COVID Interdisciplinary Clinical Care Network.
- Referral to health-care providers who are not directly involved in the PCRC may be required.
- Many patients are taking as long as 12 weeks to recover, it is important to provide patients with information and resources to guide self-management of symptoms.

Note: The Post-COVID-19 Interdisciplinary Clinical Care Network provides intervention at 3 months post infection. It does not deal with urgent medical concerns.

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**Provincial Post-COVID-19 Recovery Care Pathway**

**Self-Management Overview**

- **Post COVID Self-Mgmt**

**Emailable Patient Resources**

- Fatigue
- Breathlessness
- Post Exertional Malaise
  - Pacing CBT Modules
  - Email fatigue bundle
- Anxiety
  - Anxiety CBT Modules
  - COVID CBT Workbook
  - Nature Prescription
  - Email anxiety bundle
- Sleep Hygiene
- Brain Fog
- Headache
- Taste and Smell

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**Post-COVID-19 Primary Care Assessment**

- Investigate symptoms as clinically indicated and rule out complications related to COVID
- Support and reassure patient
- Provide patient with PHSA self-management resources

**Investigative approaches and self management tools for common post-COVID-19 symptoms**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Investigative approaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest Pain</td>
<td>Investigate per standard of care. Consider: ECG, BMP</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Investigate per standard of care. Consider: high, iron stores, TSH</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Anxiety Toolkit, Canadian Clinical Practice Guidelines</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Rule out reasons for memory or concentration difficulties</td>
</tr>
<tr>
<td>Brain Fog</td>
<td>Guideline for Management of Headache</td>
</tr>
</tbody>
</table>

**Provincial Post-COVID-19 Recovery Care Pathway**

- **Do you need clinical advice about your patient's symptoms right away?**
  - **YES**
  - <4 weeks post illness
  - Contact Infectious Diseases: COVID-19 via RACE or eCASE **
  - >4 weeks post illness
  - Contact post-COVID-19 specialty via RACE or eCASE **

- **NO**
  - Patient:  
    - Was hospitalized for COVID-19
    - Is unable to return to work or school
    - Is unable to perform ADLs
    - Has persistent symptoms following COVID-19?
  - **YES**
  - Patient is 3 months post-symptom onset?
    - **YES**
    - Post-COVID-19 care managed solely by PCP
      - Provide patient with PHSA post-COVID resources
      - Assess for alternative causes of symptoms
      - Treat any sleep or psychological issues
      - Monitor and review
      - Introduce opportunities to participate in research
      - Refer to PC-ICCN for RN assessment and linkage to education and resources
      - This may or may not result in an appointment with a Post-COVID Recovery Clinic
      - *Follow-up care in collaboration with the PCP
  - **NO**

*FP to be primary contact throughout COVID-19 recovery

**RACE/eCASE** can be contacted for any questions regarding care of the post-COVID-19 patient in BC