A pathway of post-COVID-19 recovery was developed for BC. Acute COVID-19 should be managed symptomatically. It is expected that 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 and/or social/emotional and all must be assessed to identify potential complications. Once complications are ruled out, these 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 through the current available resources so as to 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 be referred to the 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 PCRC.
- Referral to healthcare 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 them with information/resources to guide self-management of symptoms.

Note: The Post-COVID Recovery Clinic is designed to see patients at 3 months post infection. It is not designed to 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

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

- Investigate symptoms as clinically indicated and rule out complications related to COVID
- Support and reassure patient

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

- Chest Pain
- Shortness of Breath
- Fatigue
- Anxiety
- Brain Fog
- Headache

**Post COVID Self Mgmt**

**Emailable Patient Resources**

- Investigate per standard of care. Consider: ECG, BMP
- Investigate per standard of care. Consider: High, iron stores, TSH
- Anxiety Toolkit, Canadian Clinical Practice Guidelines
- Investigate per standard of care. Consider: Management of Headache

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

- Does patient meet diagnostic criteria?
- Contact infectious Diseases: COVID-19 via RACE or eCASE**
- Post-COVID-19 care managed solely by PCP
  - Patient counselling and reassurance
  - Assess for alternative causes of symptoms
  - Treat any sleep or psychological issues
  - Monitor and review
  - Introduce opportunities to participate in research

**Contact post-COVID-19 specialty via RACE or eCASE**

**Refer to PCRC to be seen**

- >3 months post-symptom onset
- Access to:
  - Subspecialist referrals
  - Standardized testing
  - Longitudinal surveillance
  - Allied health support
  - Research protocols

*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**