A pathway of post-COVID-19 recovery was developed for BC. Persistent symptoms of post-COVID-19 can be physical, cognitive, psychological and emotional and all must be assessed to identify potential complications. Once other causes for persistent symptoms 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 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 access a Post-COVID Recovery Clinic, but all individuals should have access to appropriate care, support and education. It is important to provide patients with information/resources to guide self-management of symptoms.
- 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.

Note: The Post COVID Recovery Clinics are RN and allied led. The clinics support patients with self-recovery tools and rehabilitation services. They do not provide diagnostic or investigative services.

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

**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

**Required diagnostics (pre-referral) based on common post-COVID-19 symptoms**

### Chest Pain
- ECG
- BNP
- LVEF
- Holter monitor

### Palpitations
- ECG
- 24-hour Holter monitor

### Shortness of Breath
- CXR
- Spirometry (if bronchospasm)
- Consider BNP

### Headache
- Caffeine
- Pain Medication

### Brain Fog OR Fatigue
- CBC, ferritin, TSH, B12
- OSA testing (if high risk)
- Consider BNP

### Anxiety
- PHQ-9 for depression
- GAD-8 for anxiety

### Rash
- Dermatology Consult if indicated

### Loss of taste/smell
- ENT Consult if indicated

### Provider Resources
- **Review BC ECHO for Post-COVID-19** for managing long-COVID:
  - Neurocognitive Symptoms
  - Mental Health
  - Self-Management Strategies
  - Physical Rehabilitation and Return to Work
  - Cardiac Symptoms
  - Respiratory Symptoms

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**Post-COVID-19 care managed solely by PCP**
- Patient counselling and reassurance
- Treat any sleep or psychological issues
- Monitor and review
- Provide patient with PHSA post-COVID resources

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*FP to be primary contact throughout COVID-19 recovery

** Referrals as indicated. Post-COVID clinics do not manage these symptoms.