

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-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 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

Self-Management Overview

[Post COVID Self-Mgmt](#)

Available 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](#)

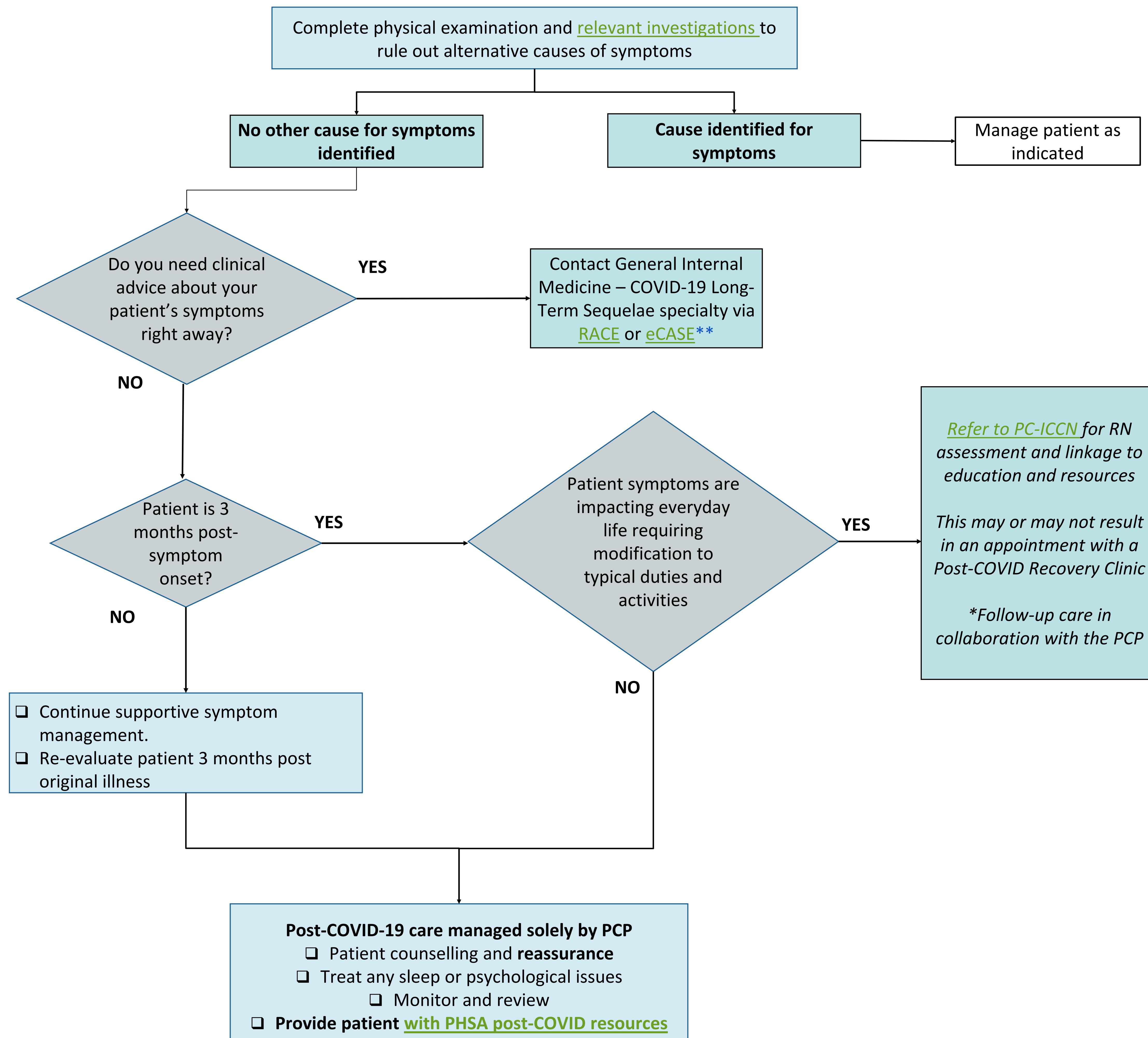
Provider Resources

- 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](#)

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	Palpitations	Shortness of Breath	Headache	Brain Fog OR Fatigue	Anxiety	Rash	Loss of taste/smell
<input type="checkbox"/> ECG <input type="checkbox"/> BNP <input type="checkbox"/> CXR	<input type="checkbox"/> ECG <input type="checkbox"/> Holter monitor	<input type="checkbox"/> CXR <input type="checkbox"/> Spirometry (if bronchospasm) <input type="checkbox"/> Consider BNP	Guideline for Management of Headache	<input type="checkbox"/> CBC, ferritin, TSH, B12 <input type="checkbox"/> OSA testing (if high risk) <input type="checkbox"/> PHQ-9 for depression <input type="checkbox"/> GAD-8 for anxiety	Anxiety Toolkit, Canadian Clinical Practice Guidelines	<input type="checkbox"/> Dermatology Consult <i>**if indicated</i>	<input type="checkbox"/> ENT Consult <i>**if indicated</i>



*FP to be primary contact throughout COVID-19 recovery
** Referrals as indicated. Post-COVID clinics do not manage these symptoms