

Primary Care Toolkit: Supporting Patients with Long COVID

A practical, evidence-informed guide developed by the Post-COVID Recovery Clinic (PCRC) interdisciplinary team, with input from primary care across BC.

- ⇒ **Identify** patients with suspected or confirmed Long COVID
- ⇒ **Assess** symptoms and rule out alternative diagnoses
- ⇒ **Manage** common syndromes (PEM, POTS)
- ⇒ **Support** function, return to work and disability documentation

Quick Access

[Primary Care Toolkit](#)

[Post-COVID Recovery Clinic \(PCRC\) Referral Form](#)

[PCP FAQ: Common Questions About Long COVID](#)

Roles & Responsibilities

Primary Care Leads

Most responsible provider

- Identify and diagnose Long COVID
- Order investigations and initial workup
- Provide longitudinal follow-up
- Refer to other specialists as needed
- Manage medications
- Complete disability and work documentation
- Coordinate overall patient care

Post-COVID Recovery Clinic

- Group-based education/self-management programs
- Allied health support (PT, OT, SW)
- Specialist informed guidance for PEM/POTS
- Interdisciplinary care
- Peer support and engagement opportunities
- Provider education and knowledge sharing
- Participate in research initiatives