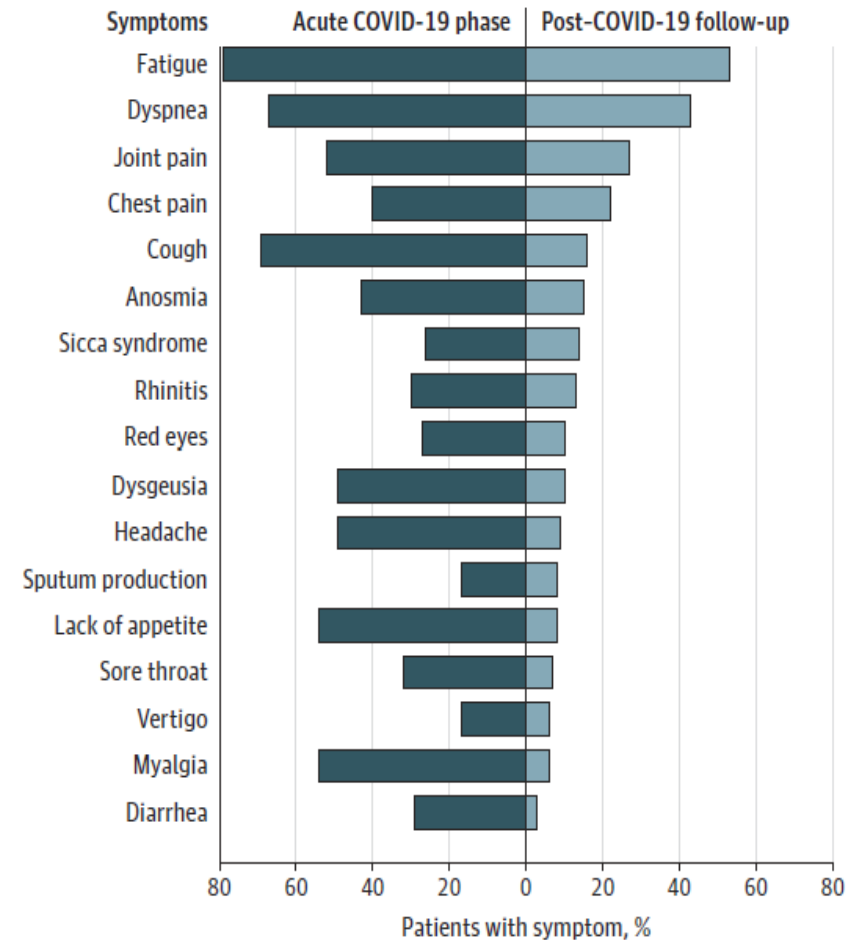


# Persistent Symptoms in Patients After Acute COVID-19

- n = 143 patients.
- Mean age was 56.5 years (range, 19-84 years)
- 53 (37%) were women.
- During hospitalization, 72.7% evidence of interstitial pneumonia.
- Mean LOS was 13.5 days; 21 patients (15%) received noninvasive ventilation and 7 patients (5%) received invasive ventilation.
- Assessed 60 days after first COVID symptoms
- Only 12.6% were completely free of symptoms
- Most common:
  - ✓ Fatigue (53.1%)
  - ✓ Dyspnea (43.4%)
  - ✓ Joint pain (27.3%)

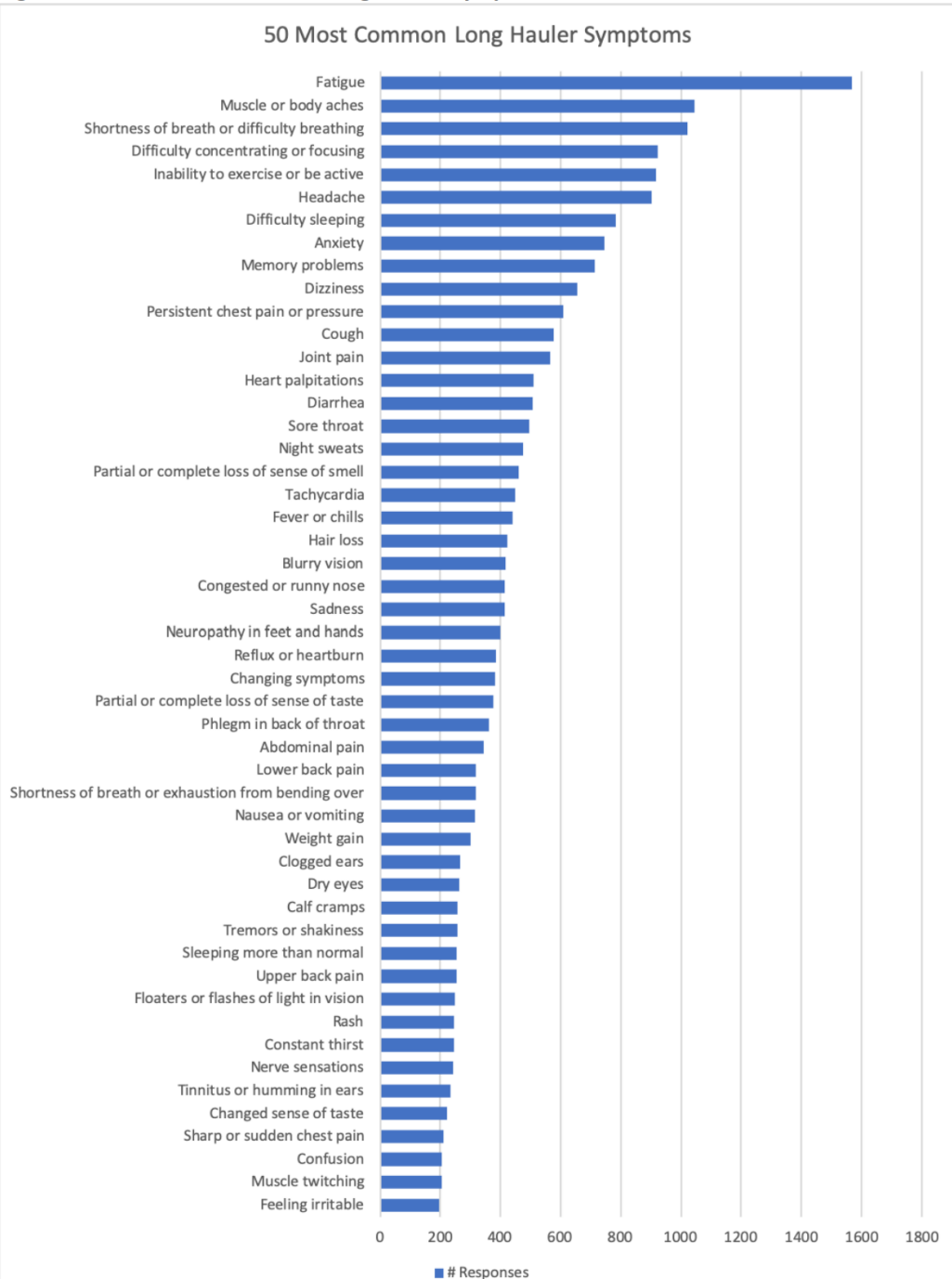
Long COVID

Figure. COVID-19-Related Symptoms



The figure shows percentages of patients presenting with specific coronavirus disease 2019 (COVID-19)-related symptoms during the acute phase of the disease (left) and at the time of the follow-up visit (right).

Figure 2. The 50 Most Common Long Hauler Symptoms



# Long-Haul Symptoms in 1,567 survivors of COVID-19

100% Fatigue

66.8% Muscle or body aches

65.1% Shortness of breath / difficulty breathing

59.0% Difficulty concentrating or focusing

58.5% Inability to exercise

57.6% Headache

49.9% Difficulty sleeping

47.6% Anxiety

45.6% Memory problems

41.9% Dizziness

# Post COVID-19 Recovery Clinic

## Scope of Practice


- ✓ Recover/ prevent direct or indirect negative effects of COVID-19 affecting patient function & quality of life
- ✓ Multidisciplinary care team- PM&R physicians, PT, OT, and ST
- ✓ Telemedicine & in-person consultations/ interventions for Pulmonary, Cognitive, Neurological, Musculoskeletal Impairments and Pain Management.
- ✓ Referrals and prescriptions for other services as required




Monica Verduzco-Gutierrez, MD  
@MVGutierrezMD




Things I've learned about treating patients with [#LongCovid...](#)

 No two persons' course or long term symptoms are the same

 We must listen to their story

 Many concomitant psychosocial stressors & sequela due to [#Covid\\_19](#)

 "I feel relieved" when you discuss [#CovidRehab](#)

# Post COVID-19 Diagnosis Focus

|                 |                          |                             |
|-----------------|--------------------------|-----------------------------|
| Muscle weakness | Falls / balance issues   | Neuropathy & myopathy       |
| Unsteady gait   | Pain                     | Dyspnea                     |
| Deconditioning  | Cognitive changes        | Stroke                      |
| Amputation      | Pressure injury / wounds | Mood / mental health issues |