



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 evaluated together 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 navigate the currently available resources to receive appropriate, effective, timely care. Key messages include:

- The pathway is grounded in the experience of physicians in the Post-COVID-19 Recovery Clinic (PCRC) and emerging evidence from research.
- **Not everyone will need to access the Post-COVID Recovery Clinic, but all individuals should have access to appropriate care, support and education.** Direct patients to [MyGuide Long COVID](#) for self-management support and tools.
- Persons whose symptoms have not resolved within 12 weeks and cannot be attributed to any other cause should be re-assessed and considered for [referral to the Post-COVID Interdisciplinary Clinical Care Network](#).

Note: The Post COVID Recovery Clinic is a multidisciplinary healthcare team, including nurses, physiotherapists, occupational therapists, social workers and physicians as required.

Provincial Post-COVID-19 Recovery Care Pathway

Self-Management Overview

[MyGuide Long COVID](#)

Available Patient Resources

[MyGuide Long COVID](#)

[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](#)

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](#)

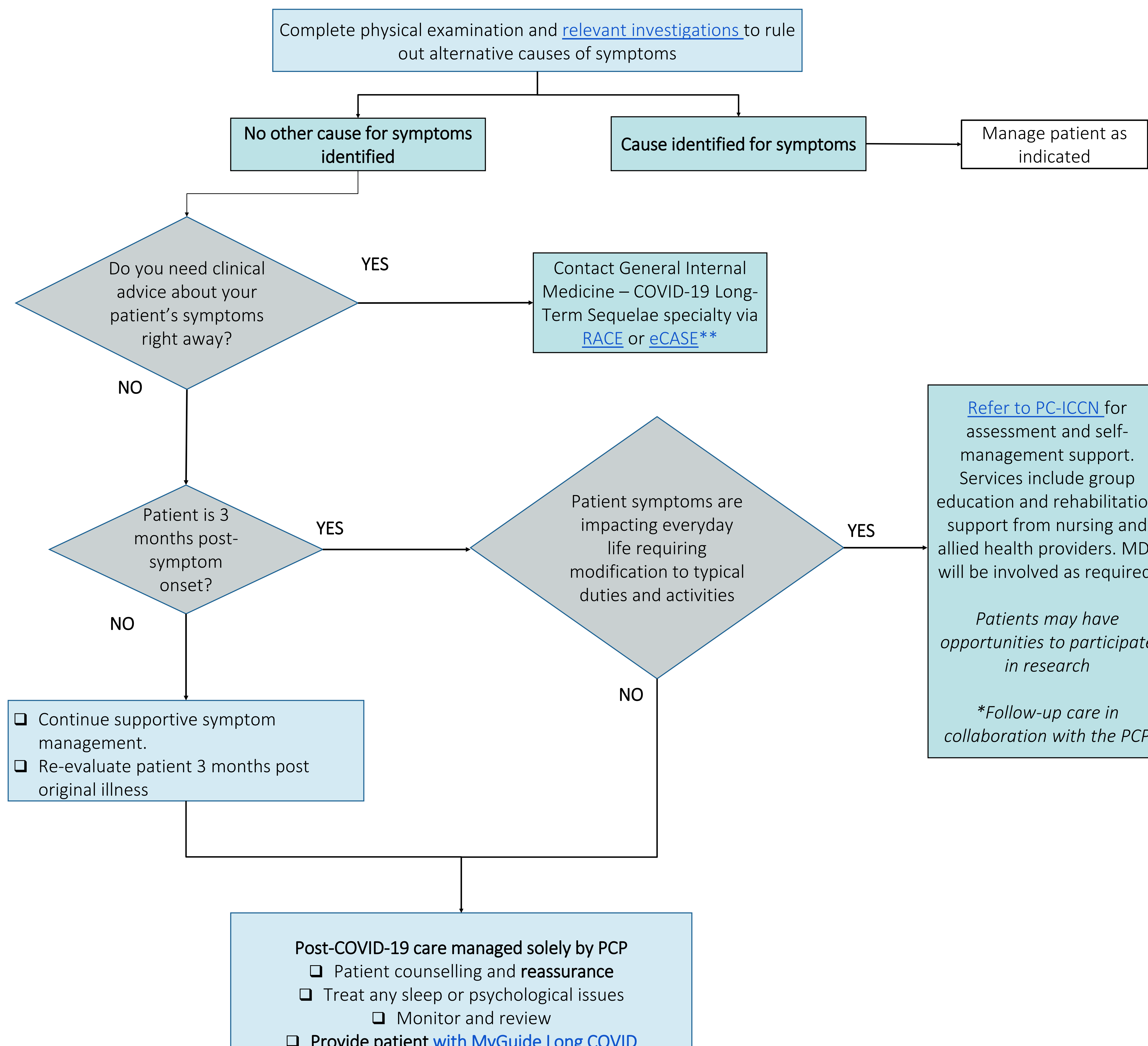
[Respiratory Symptoms](#)

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 [MyGuide Long COVID](#)

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. A specialized post-COVID nurse will be assigned to each patient as a case manager.
** Referrals as indicated. The Post-COVID Clinic does not have additional supports for these symptoms