

# POST-ACUTE COVID-19 SYNDROME

## COVID-19 Resources

### WHAT IS POST-ACUTE COVID-19 SYNDROME?

- AKA: long COVID, post-COVID syndrome, long hauler
- No consensus definition
- “In general, it is an illness described among patients who have recovered from COVID-19 but still have ongoing symptoms or among those who continued to have symptoms for longer than normally expected.”<sup>(1)</sup>
- Symptoms beyond 12 weeks from onset of illness<sup>(1)</sup>
- Incidence of persistent symptoms in up to 40-90% of patients<sup>(2)</sup>

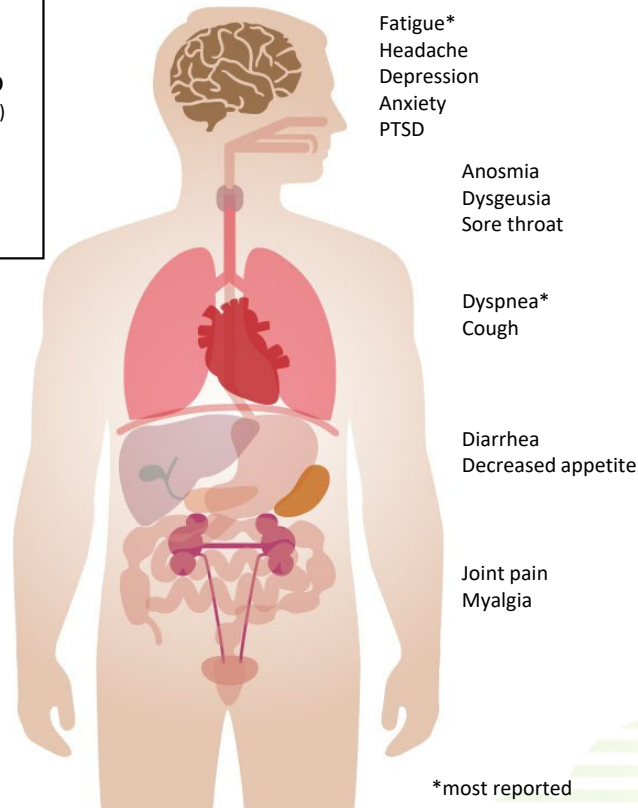
### PROPOSED MECHANISMS<sup>(1)</sup>

- Low antibody response
- Prolonged inflammatory response
- Deconditioning
- Re-infection

### MANAGEMENT

- No evidence-based guidelines
- Supportive care
- Treat underlying causes
- Need for better understanding and community support

### COMMON SYMPTOMS



### ACTIVE RESEARCH STUDIES

- COVIDOM – Germany
  - Long term morbidity
- CO-Qo-ICU- France
  - 1 year post ICU discharge quality of life
- MOIST – Canada
  - Multi-Organ Imaging with Serial Testing
- LINC – USA
  - Long-term Impact of Novel Coronavirus
  - Variability of long-term immune response
- RECOVER-19 – Italy
  - Rehabilitation Needs and Functional Recovery in COVID-19 Acute and Post-acute Care
- Many studies by the NIH

### RESOURCES

<sup>(1)</sup>Al-Jahdhami I, Al-Naamani K, Al-Mawali A. The Post-acute COVID-19 Syndrome (Long COVID). *Oman Med J.* 2021;36(1):e220. Published 2021 Jan 26. doi:10.5001/omj.2021.91 [Oman Med J.](https://doi.org/10.5001/omj.2021.91) 2021 Jan; 36(1): e220. Published online 2021 Jan 26. doi: [10.5001/omj.2021.91](https://doi.org/10.5001/omj.2021.91)

<sup>(2)</sup>Moreno-Pérez O, Merino E, Leon-Ramírez JM, et al. Post-acute COVID-19 syndrome. Incidence and risk factors: A Mediterranean cohort study. *J Infect.* 2021;82(3):378-383. doi:10.1016/j.jinf.2021.01.004

<sup>(3)</sup><https://www.nature.com/articles/s41591-021-01283-z/tables/2>

<sup>(3)</sup> [Clinicaltrials.gov](https://clinicaltrials.gov)

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