

Occupational Therapy for Long COVID

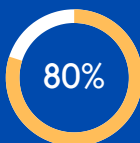
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What is Long COVID?

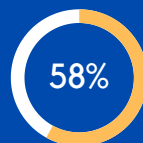
"Long COVID" (post-acute covid-19) is a term used to describe the persistence of COVID-19 symptoms beyond three weeks from the initial SARS-CoV-2 infection (Greenhalgh et al., 2020).

What are some of the common symptoms of Long COVID?

- Headache
 - Joint/ muscle pain
 - Diarrhea
 - Dizziness
 - Difficulty sleeping
 - Mood changes
 - Change in smell/ taste
 - cough
 - Tiredness or fatigue
 - Post-exertional malaise
 - Heart palpitations
 - Shortness of breath
 - Chest or stomach pain
 - Brain fog
 - Anxiety and depression
- (CDC, 2020)



Of adults reported 1 or more symptoms 4-12 weeks after initial infection (Government of Canada, 2021)



Of children reported 1 or more symptoms 4-12 weeks after initial infection (Government of Canada, 2021)

Occupational Therapy Solutions for Long COVID

Occupational therapists can help clients participate in activities that are meaningful to them through:



Energy conservation strategies



Symptom self-management strategies



Ergonomic assessments & adaptations



Occupational schedules



Mental health assessments & treatments



Physical & cognitive rehabilitation

(Wilcox & Frank, 2021)

OT expertise in managing Long COVID symptoms has been recognized across Canada. OTs are integral members of interdisciplinary teams and programs in the treatment of Long COVID e.g., the Post-COVID program (Nova Scotia), Post-COVID-19 Recovery Clinics (British Columbia) and the Living with the Long COVID: Education and Support Group (Manitoba) (Cole, 2022; Dort, 2022, Provincial Health Services Authority, n.d.).

National Long COVID Resource

https://www.caot.ca/site/pt/COVID-19?language=en_CA&nav=sidebar

Access Occupational Therapy Services:



Using the "Find an OT" directory on the top right of CAOT's main page <https://caot.ca/>



Contacting your local hospital or community health care centre for information



Referral from your family doctor or other health professional (e.g. physiotherapist, nurse practitioner)



Asking for OT coverage <https://caot.ca/site/adv/askforot?nav=sidebar> (CAOT, 2022)

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Provincial Health Services Authority. (n.d.). About the PC-ICCN. Retrieved April 27, 2022, from <http://www.phsa.ca/our-services/programs-services/post-covid-19-care-network/about>

Wilcox, J., & Frank, E. (2021). Occupational therapy for the long haul of post-covid syndrome: A case report. The American Journal of Occupational Therapy, 75(Supplement_1), 7511210060. doi: <https://doi.org/10.5014/ajot.2021.049223>