



CAOT LONG COVID DISCUSSION FORUM SUMMARY

On June 8, 2022, CAOT hosted a 1-hour, bilingual [Long COVID discussion forum](#) to engage occupational therapists across Canada in a discussion about their experiences with Long COVID in practice. The 34 participants represented all Canadian provinces and territories, except for PEI, NT, and NU. Please note that the summary below is based on the experiences of the participants present and includes the knowledge and experiences of Long COVID as of June 2022.

WHAT DID WE LEARN?

Question #1: What are different provinces/territories doing when it comes to Long COVID?

- There are limited Long COVID programs and services available across Canada. Some services were described as fragmented and lacking a coordinated care approach.
- In BC, occupational therapy has been identified as a priority profession to be included in post-COVID-19 recovery clinics.

Question #2: Given the current evidence for Long COVID, what challenges are you facing?

Diagnosis and Treatment	Funding
<p>There is a lack of recognition of Long COVID as a disease and permanent condition.</p> <p>There is a need for evidence-based practice guidelines and protocols. Current evidence supports the inclusion of OTs on teams treating Long COVID.</p> <p>“Traditional OT” approaches (e.g., work hardening programs) may be contraindicated. For example, “stop, rest, pace” approach may be a safer approach when working to reduce post-exercise discomfort.</p>	Financial resources are needed for clients to access individualized services and support to sustain participation in meaningful occupations e.g., ADLs, childcare, employment, etc.
	Accommodations
	Employers require up-to-date information about the functional impact of symptoms (especially related to fatigue symptoms) to support workplace accommodations.
	Knowledge Sharing and Dissemination
	Health professionals and service providers need access to current information and evidence to inform treatment planning and program delivery.

Question #3: What are your current needs?

- Robust Long COVID data/information is required for advocacy purposes.
- Resources - CAOT will continue to update the [COVID-19 resources webpage](#) as new information and evidence becomes available.
- Add “post viral illness or fatigue” as an option to the “Practice Area” section of the CAOT OT Profile.
- Support to engage in letter writing campaigns to MPs / MPPs to advocate for resources and funding ([CAOT-ACE Advocacy Resources](#))
- Access to information regarding Disability Tax Credit forms for clients ([CAOT-ACE OT Disability Tax Credit Guide](#))

