

Frontline perspective on Long COVID

David Putrino, PT, PhD

Professor of Rehabilitation and Human Performance

Director, Center for Recovery from Complex Chronic Illness (CoRE)

Director, Abilities Research Center (ARC)

Director, Charles Lazarus Children's Abilities Center

Director, Performance360



Mount Sinai

Nothing to disclose

Concept 1: Helpful existing content inside the
clinical case definition

Long COVID: WHO Clinical Case Definition

Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others (see Table 3 and Annex 2) which generally have an impact on everyday functioning. Symptoms may be new onset, following initial recovery from an acute COVID19 episode, or persist from the initial illness. Symptoms may also fluctuate or relapse over time.

Long COVID: WHO Clinical Case Definition

*Post COVID-19 condition occurs in individuals with a **history of probable or confirmed** SARS-CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others (see Table 3 and Annex 2) which generally have an impact on everyday functioning. Symptoms may be new onset, following initial recovery from an acute COVID19 episode, or persist from the initial illness. Symptoms may also fluctuate or relapse over time.*

Long COVID: WHO Clinical Case Definition

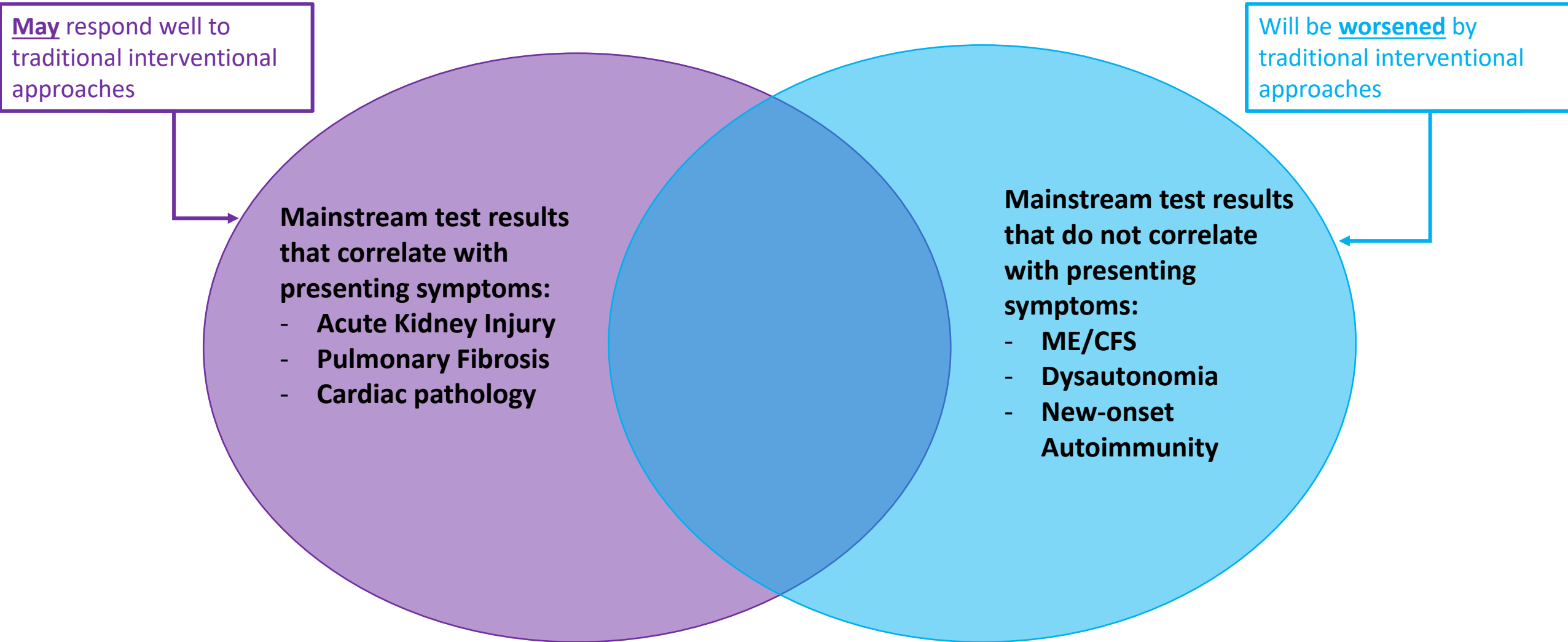
*Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, **usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months** and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others (see Table 3 and Annex 2) which generally have an impact on everyday functioning. Symptoms may be new onset, following initial recovery from an acute COVID19 episode, or persist from the initial illness. Symptoms may also fluctuate or relapse over time.*

Long COVID: WHO Clinical Case Definition

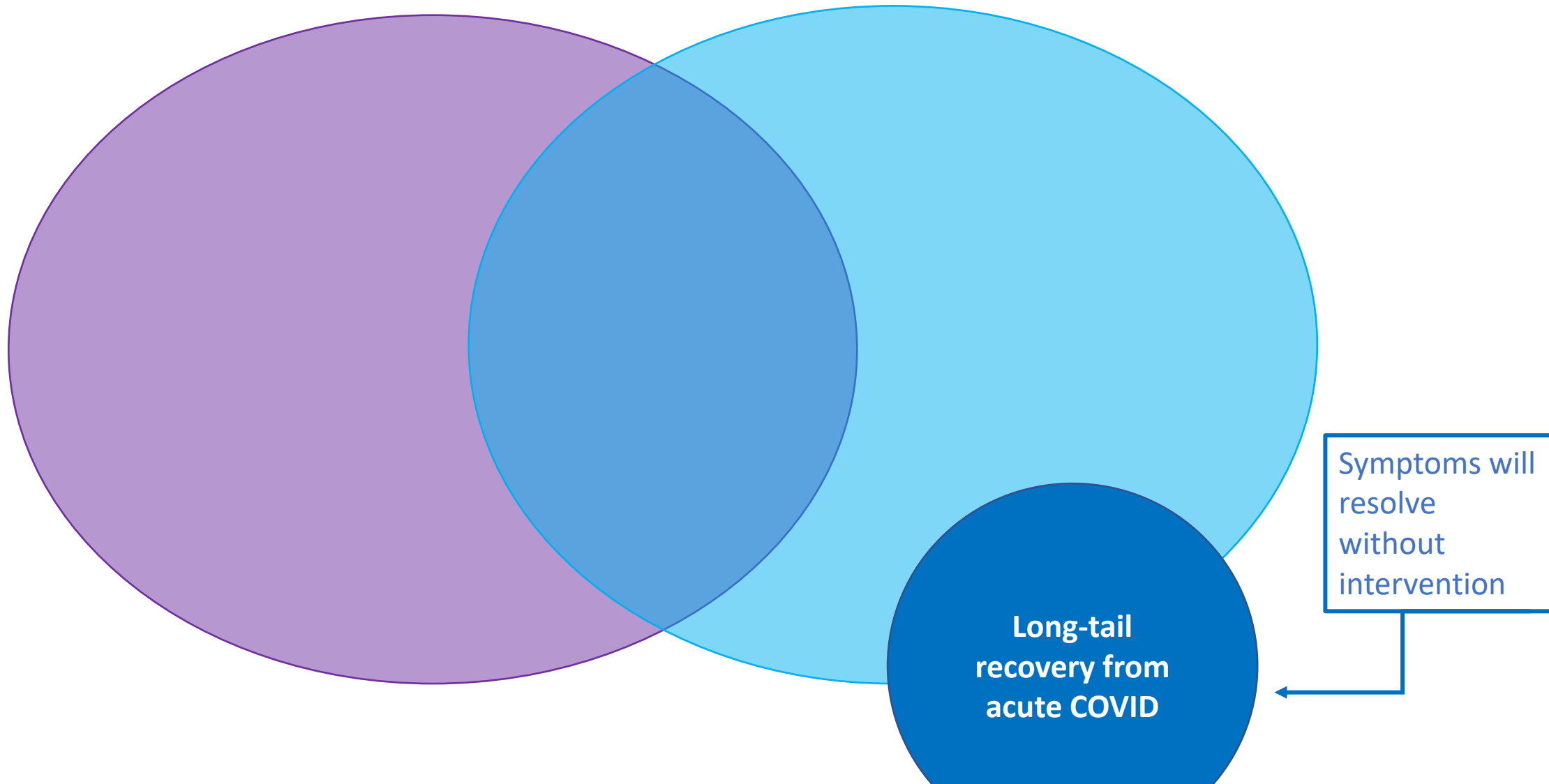
*Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others (see Table 3 and Annex 2) which generally have an impact on everyday functioning. Symptoms may be new onset, following initial recovery from an acute COVID19 episode, or persist from the initial illness. **Symptoms may also fluctuate or relapse over time.***

Concept 2: Understand the **scope** of a Long COVID diagnosis – a collection of illnesses caused by SARS-CoV-2 infection

The Spectrum of Long COVID diagnoses

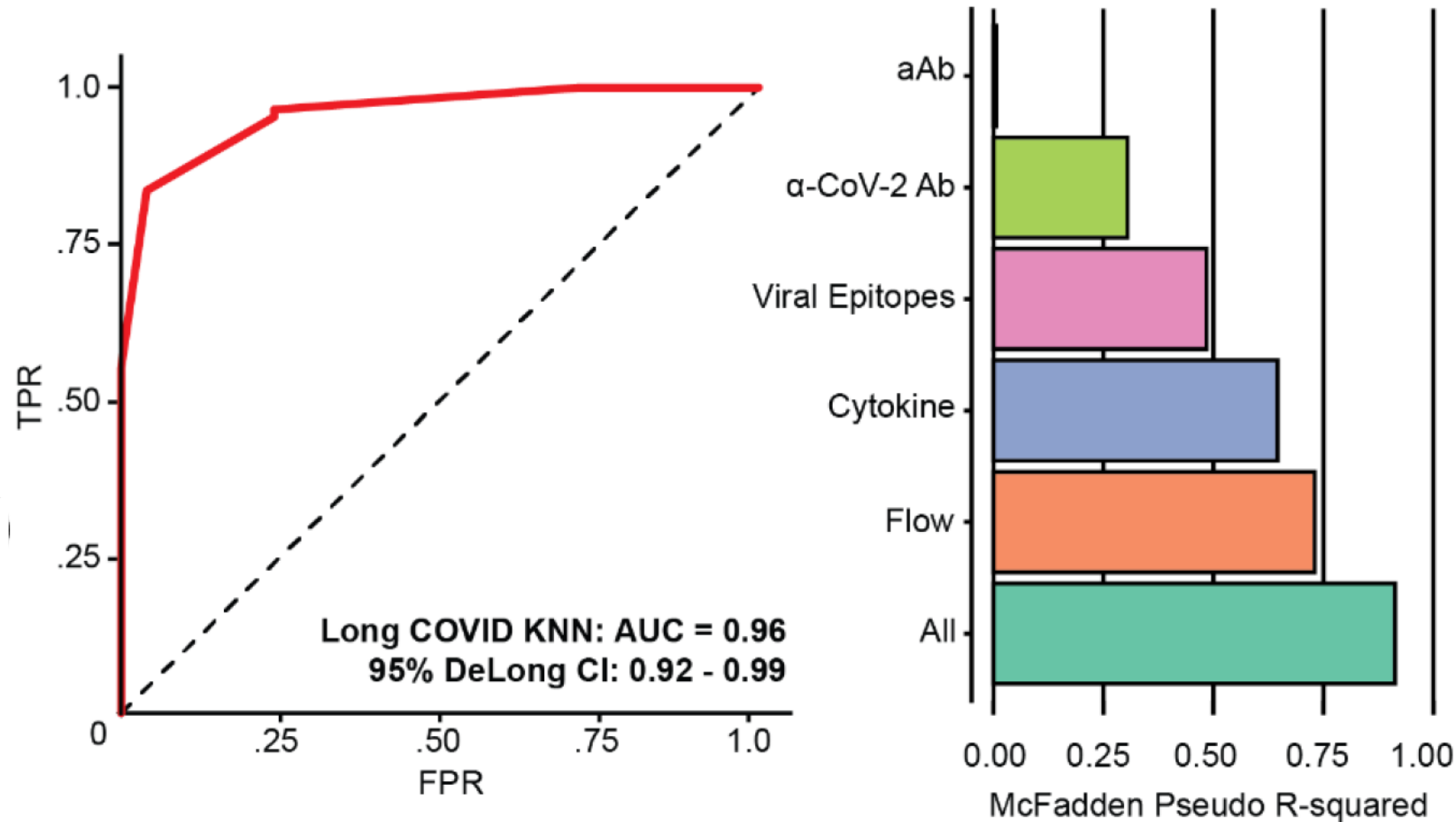


Red Herrings



Concept 3: The need for rapid approval of new diagnostic biomarkers and approaches

“Excellent” classification of Long COVID or “not Long COVID” based on physiology: Long COVID is NOT a “functional” disorder



Acknowledgements

Mount Sinai Team

Joe Herrera
Lori McKenna
Mariam Zakhary
Angela Riccobono
Dayna McCarthy
Saurabh Mehandru

Abilities Research Center

Jenna Tosto-Mancuso
Laura Tabacof
Jamie Wood
Mackenzie Doerstling
Patrycja Graczyk
Lily Cooke
Wade Hamilton
Mina Girgis
Marta Lapinska
Katie Malone
Gabby Rozanski

Long COVID Research Collaborators

Akiko Iwasaki
Amy Proal
Harlan Krumholz
Mike Van Elzakker
Resia Pretorius
Asad Kahn

Our caring doctors and therapists

Our amazing interns and past lab members

All of our patients and the incredible patient-led groups



RTW
Charitable Foundation

balvi.io



**Mount
Sinai**



@PutrinoLab