



Post-COVID Guidance: Assessment and Treatment American Academy of PM&R PASC Collaborative

Steven R. Flanagan, MD, FAAPMR

Professor and Chair of Rehabilitation Medicine

New York University Grossman School of Medicine

Rusk Rehabilitation

NYU-Langone Health



American Academy of
Physical Medicine and Rehabilitation

Physicians Adding Quality to Life®



Disclosures

- President-elect of the American Academy of Physical Medicine and Rehabilitation.
- No other relevant disclosures.

AAPM&R

- National medical specialty of physiatrists
 - ~10K
- Physiatrist
 - Specialists in disability and function
- Uniquely qualified for Post-Covid
 - Post-polio



AAPM&R PASC Journey



PASC Dashboard

- State/County breakdown of estimated PASC cases
 - John Hopkins
 - Assumptions: 10-30% Sequelae in Adults at 6 Months After COVID-19 Infection

Jennifer K. Logue, et al. Sequelae in Adults at 6 Months After COVID-19 Infection. JAMA Netw Open. 2021;4(2):e210830.
doi:10.1001/jamanetworkopen.2021.0830



AAPM&R PASC Collaborative

- Goal
 - Delineate existing best practices (assessments and treatments), disseminate learnings and develop resources for primary care and those establishing PASC clinics
- Multi-disciplinary
 - PM&R, Population Health, Pulmonary & Critical Care
 - Patient/caregiver groups
 - Representatives from 35 Post-Covid clinics
 - <100 clinics exist to date
- Additional focus on clinical infrastructure guidance and integrating health equity
- Guidance statements released on a rolling basis.

Consensus Process

- Modified-Delphi approach (individual assessment and treatment recommendation)
 - Integrate current experience with limited evidence
- Topic Identification
 - Writing group
 - Full collaborative
- 3 rounds of voting
 - Smaller writing groups
 - 2nd round: ≥80% accepted, 60-79% discussed, < 60% not accepted
 - 3rd round: 80% required for acceptance
- Content development and move to publication
 - Equity embedded in content

Guidance Development Process



Maley JH et al. Consensus methodology for the development of postacute sequelae of SARS-Co-2 guidance statements. PM&R. 2021;13(9):1021-1026.
<https://doi.org/10.1002/pmrj.12670>

Guidance Published

PM&R



WILEY

**AAPM&R Releases
New Long COVID
Guidance Statements:
Breathing Discomfort
and Cognitive
Symptoms**



PM R. 2022 Jan;14(1):96-111. doi: 10.1002/pmrj.12745.
Multi-disciplinary collaborative consensus guidance statement on the assessment and treatment of **cognitive symptoms** in patients with post-acute sequelae of SARS-CoV-2 infection (PASC). Jeffrey S. Fine MD, FAAPMR, et al.

Downloads as of 3/14/22
1874

PM R. 2022 Jan;14(1):77-95. doi: 10.1002/pmrj.12744.
Multi-disciplinary collaborative consensus guidance statement on the assessment and treatment of **breathing discomfort and respiratory sequelae** in patients with post-acute sequelae of SARS-CoV-2 infection (PASC) Jason H Maley, et al.

Downloads as of 3/14/22
1890

PM R. 2021 Sep;13(9):1027-1043. doi: 10.1002/pmrj.12684.
Multidisciplinary collaborative consensus guidance statement on the assessment and treatment of **fatigue** in postacute sequelae of SARS-CoV-2 infection (PASC) patients Joseph E Herrera, et al.

Downloads as of 3/14/22
15,306

Guidance Statements in Development

- Cardiac impairment
- Pediatric Long-Covid
- Autonomic dysfunction

Future Guidance

- Headache
- Vertigo
- TBD
- Iterative

Thank you!

