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

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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











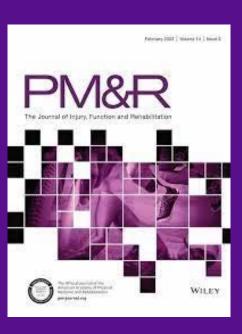


AAPM&R PASC Journey











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</p>
 - 3rd round: 80% required for acceptance
- Content development and move to publication
 - Equity embedded in content

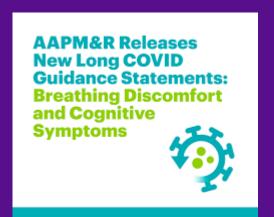


Guidance Development Process











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.

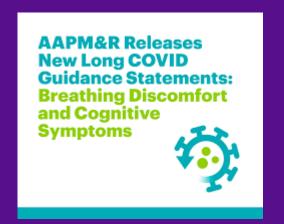
https://doi.org/10.1002/pmrj.12670



Guidance Published

PM&R







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.

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.

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 1874 Downloads as of 3/14/22 1890 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





