Post COVID-19 Condition: Models of care in children and young people

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Models of Care

Intake
- Self-referral vs physician referral
- Laboratory confirmation of COVID-19 infection?

First Visit
- Single provider vs multi-disciplinary team
- Specialty/Specialties

Follow up & Referrals
- Triage and referral out
- Hub & Spoke
- Continued care within Post COVID-19 Clinic
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- **Referrals:**
  - Self or provider referral
  - Clinical or laboratory COVID-19 diagnosis
  - Centralized intake process
  - Referrals reviewed by clinic team

- **Multidisciplinary team-based approach:**
  - Medical
  - Psychosocial
  - Cognitive
  - Physical

- **Goal to improve patients’ overall functioning:**
  - Day to day tasks
  - Physical activity
  - School
  - Extracurricular activities & social engagement
Long COVID Symptoms

Most Common Pediatric Long COVID Symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage of Cohort</th>
</tr>
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<tbody>
<tr>
<td>Fatigue/Tiredness</td>
<td>100</td>
</tr>
<tr>
<td>Brain Fog</td>
<td>85</td>
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<tr>
<td>Headaches</td>
<td>70</td>
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<tr>
<td>Dizziness/Lightheadedness/Vertigo</td>
<td>65</td>
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<tr>
<td>Anxiety/Worries</td>
<td>60</td>
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<tr>
<td>Shortness of breath/Breathing problems</td>
<td>50</td>
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<tr>
<td>Abdominal pain</td>
<td>45</td>
</tr>
<tr>
<td>Muscle aches/Myalgias</td>
<td>40</td>
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<tr>
<td>School Performance Decline</td>
<td>35</td>
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<tr>
<td>Sleep disturbance</td>
<td>30</td>
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<tr>
<td>Nausea/Vomiting</td>
<td>25</td>
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<tr>
<td>Joint pain or aches</td>
<td>20</td>
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<tr>
<td>Depression</td>
<td>15</td>
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<tr>
<td>Change in appetite</td>
<td>10</td>
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<tr>
<td>Skin rash or lesions</td>
<td>5</td>
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<tr>
<td>Chest/Thoracic pain or discomfort</td>
<td>5</td>
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<tr>
<td>Heart racing/Palpitations</td>
<td>5</td>
</tr>
<tr>
<td>Numbness/Tingling/Parasthesias</td>
<td>5</td>
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<tr>
<td>Loss/Altered taste or smell</td>
<td>5</td>
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</tbody>
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• Interdisciplinary team approach:
  • Medicine
    • Neurology
    • Pediatric Rehabilitation
  • Physical Therapy
  • Behavioral Psychology
  • Social Work
  • Nursing

• Direct, expedited referrals within 1-2 weeks of visit:
  • Neuropsychology
  • Education Specialist
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• Directed referrals to additional subspecialists:
  • Pulmonology
  • Gastroenterology
  • Otolaryngology/ENT
  • Psychiatry
  • Rheumatology
  • Allergy/Immunology
  • Integrative Medicine
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• Follow-up:
  • Dependent on clinical course
  • Between 1-6 months

• Referrals to intensive rehabilitation programs
  • Outpatient Day Program
  • Inpatient