

## Long Covid or Post-Acute Sequelae of SARS CoV-2 Infection in the Rehab Setting

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Post-acute sequelae of SARS CoV-2 Infection (PASC), more commonly known as “long covid” is the persistent and lingering symptoms following an acute infection with the Covid-19 virus. As more patients with this diagnosis are referred to a rehab setting, it is important to understand the wide range of physical symptoms that a patient with PASC may experience, including recognizing the signs of autonomic nervous system dysfunction, such as orthostatic intolerance. Finally, having insight into the patient experience when diagnosed with a new, emerging and not fully understood condition is also important for rehab clinicians working with these patients.

1. Review the current prevalence of long covid among patients who have experienced a covid-19 infection.
2. Review the current demographics of patients who have been diagnosed with PASC.
3. Explore the wide range of body systems impacted after a covid infection, including potential impairments of the cardiac, pulmonary, nervous, and musculoskeletal systems.
4. Discuss objective measures that can be used with this patient population including COMPASS 31, Active Stand Test and DePaul Symptom Questionnaire.
5. Discuss treatment principles for patients diagnosed with PASC who are demonstrating symptoms of autonomic nervous system dysfunction.
6. Review the role of energy conservation in limiting post exertion symptom exacerbation/malaise in this patient population.
7. Discuss strategies for patient support to assist with dealing with an emerging and not fully understood medical diagnosis."

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Colleen Taylor is a physical therapist, working currently in homecare in the city of Hartford, CT. Colleen obtained her Masters in physical therapy from Quinnipiac University and has worked in a variety of clinical settings. She is also an Army veteran, having served in Iraq during Operation Iraqi Freedom. Colleen currently lives in Portland, CT, with her husband and three children.

Michael Dick, MSOTR/L graduated from Sacred Heart University with Masters of Science in Occupational Therapy in 2017. Worked for a few years in subacute/SNF setting before changing into Home Care for the past almost 6 years. Currently working as Home Care Occupational Therapist in the Hartford area. Michael currently lives in Southington, CT, with his wife and two children.

Christina Guida has been an Occupational Therapist since 2006 working with primarily the geriatric population in SNF, ALF and Homecare. Christina manages a homecare team of therapists in the city of Hartford, CT for the past 8 years.