LONG HAUL COVID — 2022 UPDATE

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WHAT IS LONG HAUL COVID?
**WHAT IS IT?**

-No universal name

-No universal definition

-World Health Organization – 10/6/2021
  - A history of probable or confirmed SARS COV-2 infection
  - Sx present ≥ 3 months from onset of infection
  - Sx lasting ≥ 2 months
  - Can’t be explained by an alternative diagnosis

-CDC Definition
  - Call it “Post-COVID Conditions”
  - ≥ 4 weeks from acute infection start (symptoms or test)

Fatigue 80%
Respiratory 59%
Neurologic 59%
Cognitive impairment 45%
Sleep disturbance 30%
Mental health sx 26%
34% impaired ADLS

82% impaired IADLS

63% returned to work in some form

- Average time to between infection and presentation was 3 months
- 46% (29/63) were back at baseline work
RISK AND EPIDEMIOLOGY

75% not hospitalized
22% pre-existing respiratory/cardiac dx
34% pre-existing depression/anxiety
4% pre-existing chronic fatigue/fibromyalgia
Average age 45.4
68% female
INCIDENCE

At 6 months, 54% were still having symptoms

May be an overestimate

NOT RARE

PROGNOSIS

-530 patients at Weil Cornell Medicine

-Follow up at 12 months

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<thead>
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<th>12 months</th>
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<tbody>
<tr>
<td>Worse health</td>
<td>41.5%</td>
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<tr>
<td>Persistent symptoms</td>
<td>44.2%</td>
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<td>Trouble lifting/carrying groceries</td>
<td>36.5%</td>
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<td>Limited ability to climb a flight of stairs</td>
<td>38.1%</td>
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<tr>
<td>Troubles walking one block</td>
<td>22.1%</td>
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PATH TO CARE

Referred by providers
Self referred
Insurance referred (i.e., workers compensation)

Consistent inconsistency and hardship
PATIENT CHALLENGES

- Feel “abandoned”
- Not a well understood condition
  - Sx minimized
  - Attributed to mental health issue
  - “Impossible”
- Guilt/self doubt
- Clinical depression/anxiety/PTSD

MEDICAL RESPONSE
COVID Activity Rehabilitation Program
- CARP
- Started April/May 2020
- Patients 0-3 months from infection
- 200-300 patients

Post COVID Care Clinic
- Patients more than 3 months from infection
ADDITIONAL CENTERS

Allina Health
Hennepin Healthcare
M Health Fairview
RESEARCH
Ongoing at several academic centers
Currently focused on presentation of condition
Some early work into etiology
Long COVID
A Post-COVID Condition

Post-COVID conditions are health problems that people experience four or more weeks after being infected with the virus that causes COVID-19. Post-COVID conditions are also called long COVID, long-haul COVID, chronic COVID, post-acute COVID, or post-acute sequelae of COVID-19 (PASC).

About Long COVID
What we know about long COVID, including symptoms and treatment.

Resources and Support
Medical and support resources

What We Are Doing
What MDH is doing to understand the impacts of long COVID.

For Health Care Providers
Interim guidance, research, and

https://www.health.state.mn.us/diseases/longcovid/index.html
CHALLENGES AHEAD

Not all patient population are represented

No method of assessing impact state-wide

Not enough providers

Potential impact on workforce
74.3 MILLION COVID-19 CASES
7.4 million long haul covid cases
2.2 million unable to return to work
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