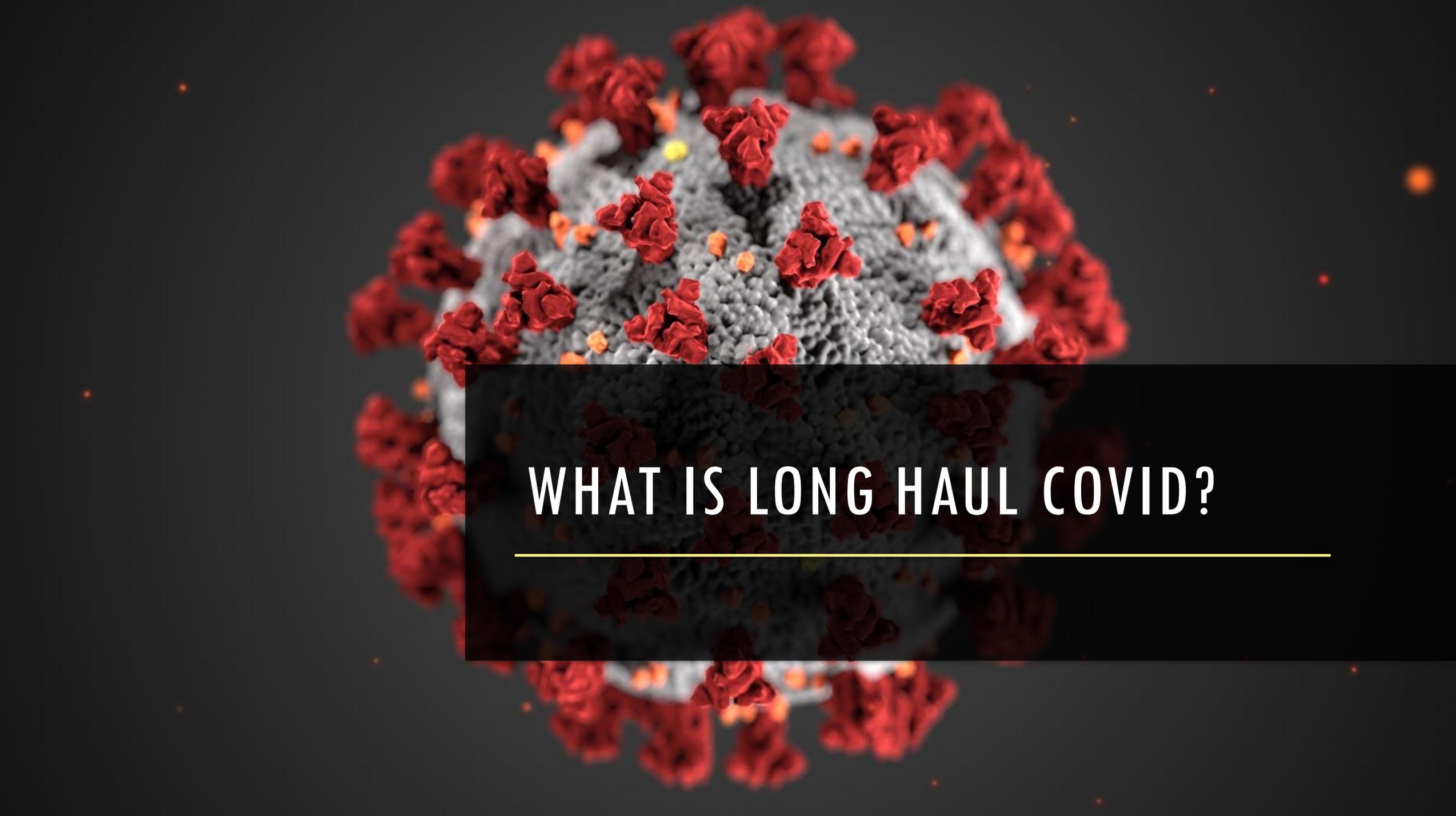




LONG HAUL COVID — 2022 UPDATE

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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 \geq 3 months from onset of infection
- Sx lasting \geq 2 months
- Can't be explained by an alternative diagnosis

-CDC Definition

- Call it “Post-COVID Conditions”
- \geq 4 weeks from acute infection start (symptoms or test)

1. Organization WH. A clinical case definition of post COVID-19 condition by a Delphi consensus. Accessed 10/6, 2021. https://www.who.int/publications/i/item/WHO-2019-nCoV-Post_COVID-19_condition-Clinical_case_definition-2021.1
2. @CDCgov. Post-COVID Conditions: Information for Healthcare Providers. @CDCgov. Updated 2021-09-10T04:38:34Z. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html>

MAYO CLINIC CARP GROUP

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

CARP CLINIC POPULATION FUNCTION

RISK AND EPIDEMIOLOGY

75% not hospitalized

22% pre-existing respiratory/cardiac dx

34% pre-existing depression/anxiety

4% pre-existing chronic fatigue/fibromyalgia

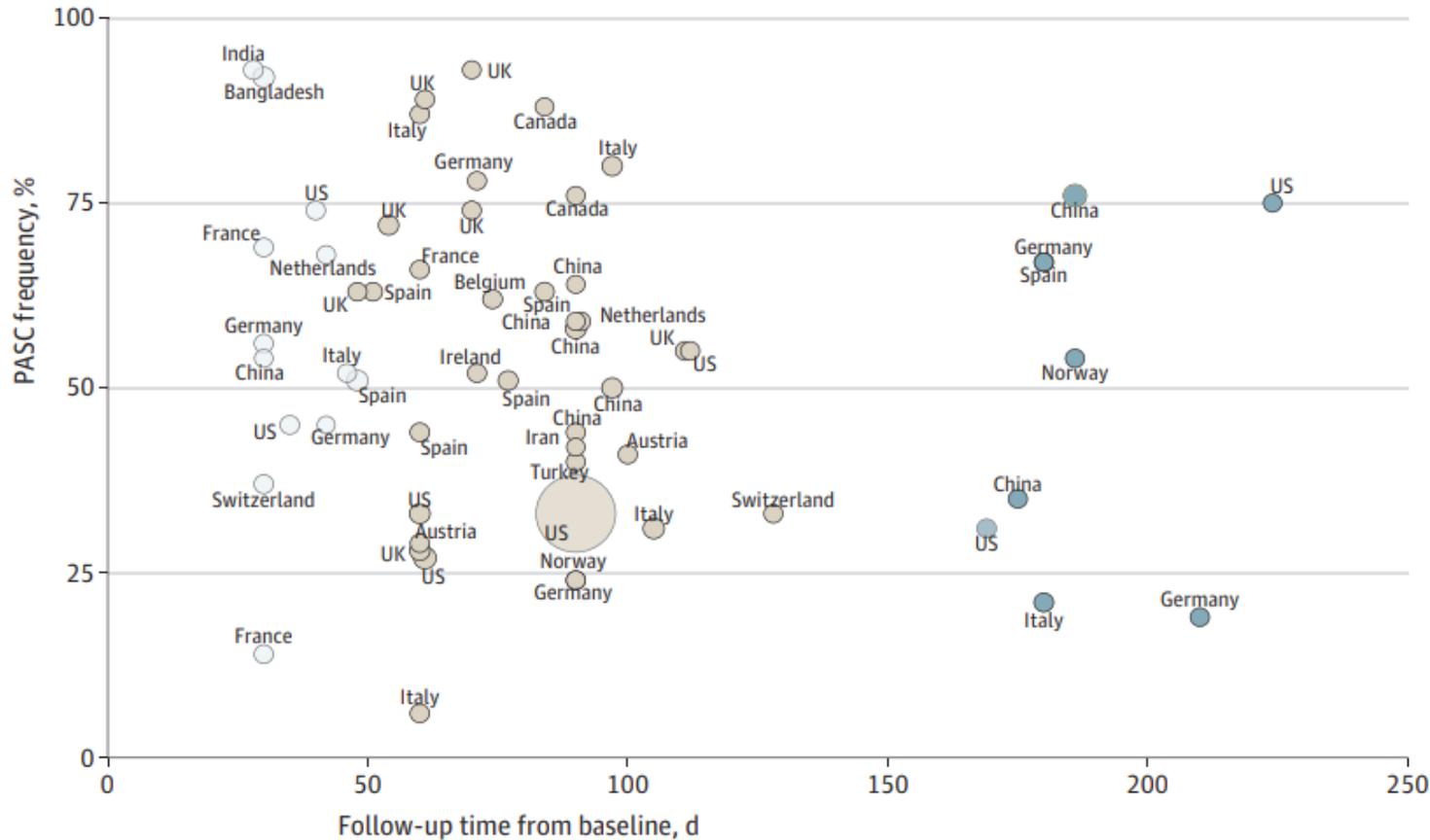
Average age 45.4

68% female



INCIDENCE

A PASC frequency by follow-up length



JAMA November 2021

2100 studies

At 6 months, 54% were still having symptoms

May be an overestimate

NOT RARE

Groff D, Department of Surgery PSCoMaMShMC, Hershey, Pennsylvania, Sun A, et al. Short-term and Long-term Rates of Postacute Sequelae of SARS-CoV-2 Infection: A Systematic Review. *JAMA Network Open*. 2021;4(10)doi:10.1001/jamanetworkopen.2021.28568

PROGNOSIS

-530 patients at Weil Cornell Medicine

-Follow up at 12 months

	12 months
Worse health	41.5%
Persistent symptoms	44.2%
Trouble lifting/carrying groceries	36.5%
Limited ability to climb a flight of stairs	38.1%
Troubles walking one block	22.1%



PATH TO CARE



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

Li Z, Zheng C, Duan C, et al. Rehabilitation needs of the first cohort of post-acute COVID-19 patients in Hubei, China. *Eur J Phys Rehabil Med.* 2020;56(3):339-344





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

MAYO CLINIC & LONG HAUL COVID

ADDITIONAL CENTERS

Allina Health

Hennepin Healthcare

M Health Fairview



A dark, moody photograph of a microscope. The objective lens is in the foreground, and a slide is visible on the stage. The text is overlaid on the image.

RESEARCH

Ongoing at several academic centers

Currently focused on presentation of condition

Some early work into etiology

Long COVID

Long COVID Home

About Long COVID

Resources and Support

What We Are Doing

For Health Care Providers

Related Sites

COVID-19

Multisystem Inflammatory Syndrome in Children (MIS-C)

COVID-19 Research Studies in Minnesota

Managing Chronic Conditions During COVID-19

Health Care During

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.

What We Are Doing

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

Resources and Support

Medical and support resources

For Health Care Providers

Interim guidance, research, and



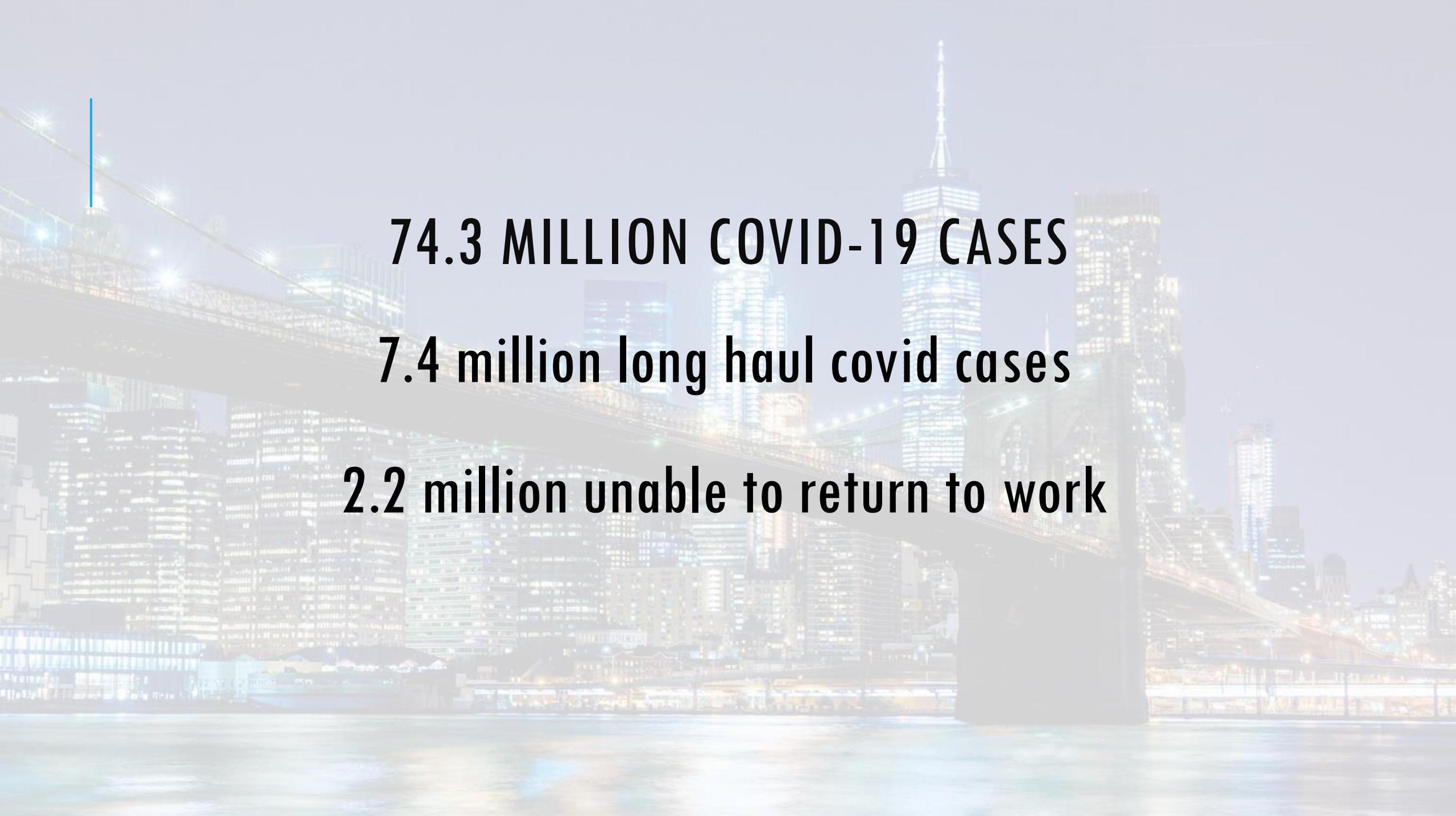
CHALLENGES AHEAD

Not all patient population are represented

No method of assessing impact state-wide

Not enough providers

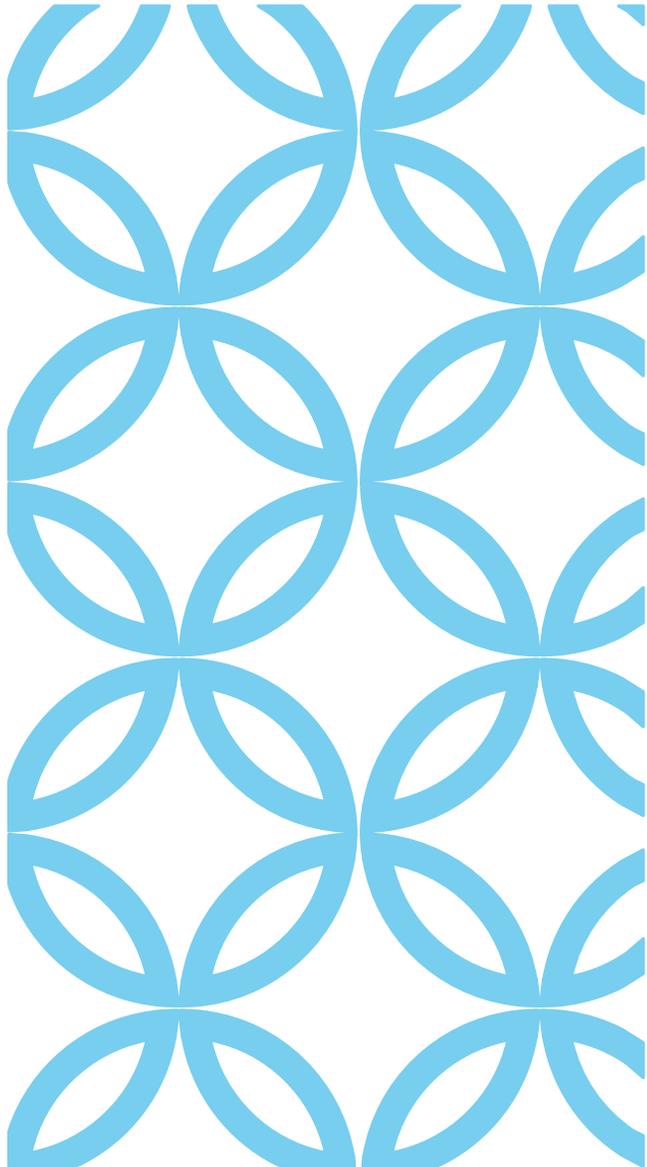
Potential impact on workforce

A nighttime photograph of a city skyline, likely New York City, featuring a large bridge in the foreground and several illuminated skyscrapers in the background. The scene is dimly lit, with the city lights providing the primary illumination.

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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