

Welcome to Talking with Patients about Long COVID



Vaccinate ALL 58

Together we can end the pandemic.

September 22, 2022

12:00PM – 1:00PM



Housekeeping



This webinar is being recorded. Please access today's slides and recording through the following link:

<https://eziz.org/covid/crucialconversations>



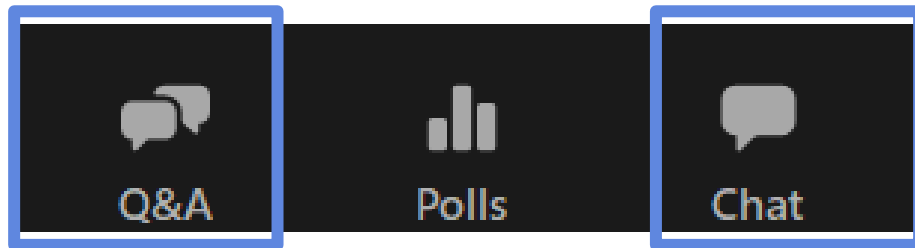
Please use “Q&A” to ask questions or raise your hand to ask a question.



For post-webinar questions, contact rachel.jacobs@cdph.ca.gov.

Questions & Answers

During today's session, please use the Q&A panel to ask your questions.

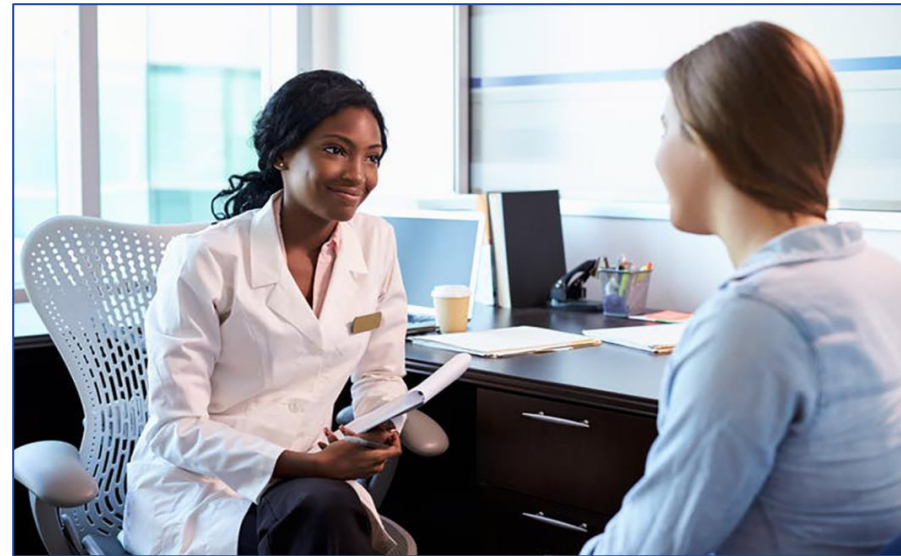


Please use the “Chat” panel for discussion

Webinar Objectives

Participants will learn:

- Recent data on manifestations of long COVID
- How to effectively and proactively talk with patients about long COVID
- Resources to use when talking with patients



Agenda: Thursday, September 22, 2022

No.	Item	Speaker(s)	Time (PM)
1	Welcome	Rachel Jacobs (CDPH)	12:00 – 12:05
2	Talking with Patients about Long COVID	Sharon Goldfarb, DNP, RN, FNP-BC	12:05 – 12:40
Questions & Answers			12:40 – 12:55
3	Resources, Poll, and Wrap-Up	Rachel Jacobs (CDPH)	12:55 – 1:00

Poll: CDPH appreciates your feedback!

How confident are you in your ability to effectively discuss Long COVID?

- Very confident
- Confident
- Somewhat confident
- Slightly confident
- Not confident



Talking with Patients about Long COVID

Sharon Goldfarb, DNP, RN, FNP-BC
HealthImpact and #ThisIsOurShot



COVID-19 Bivalent Booster Doses

The updated vaccines are designed to help protect people from the most prevalent strain, [Omicron BA.4 and BA.5](#). The booster is a bivalent vaccine, which contains the mRNA sequence for the spike protein of *two* strains.

Eligibility for the two vaccines:

- Moderna: 18 years and older
- Pfizer: 12 years and older

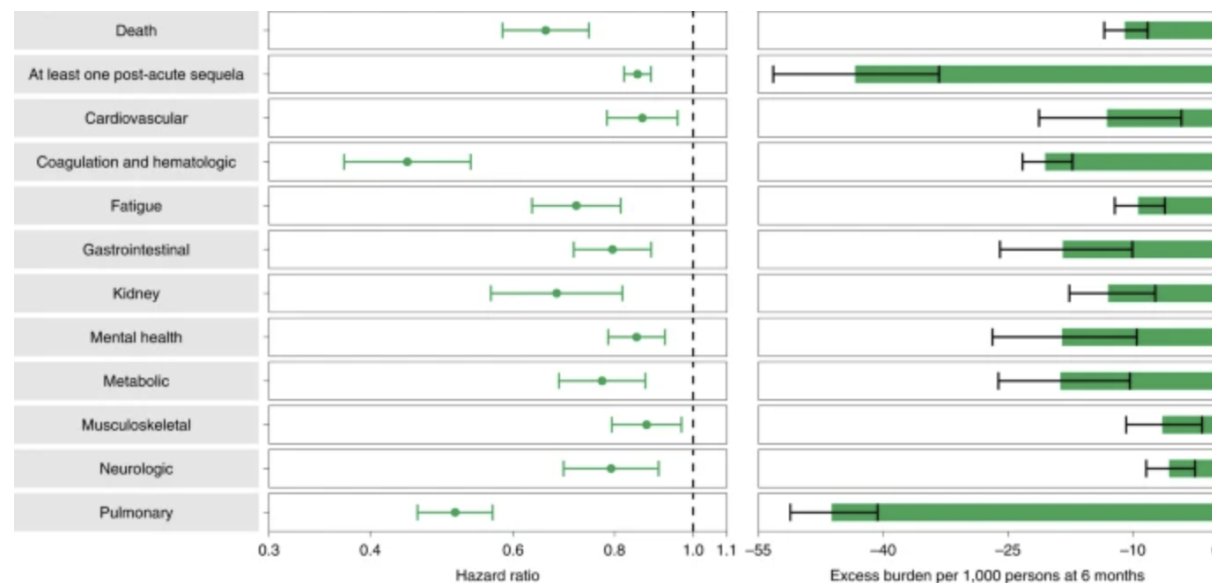
Guidance: Administer at least 2 months after completion of the primary series or the most recent booster dose of an FDA approved or authorized monovalent (original) COVID-19 vaccine.

Vaccination history	→	Next dose
Primary series	At least 2 months →	1 bivalent booster dose
Primary series + 1 booster	At least 2 months →	1 bivalent booster dose
Primary series + 2 booster	At least 2 months →	1 bivalent booster dose

Vaccine Effectiveness Against Long COVID

Studies suggest that people who are vaccinated against COVID-19 are less likely to develop Long COVID.

Fig. 3: Risk and 6-month excess burden of post-acute sequelae in people with BTI compared to those with SARS-CoV-2 infection without prior vaccination.



What are the symptoms of Long COVID?

Please write your answers in the “Chat.”

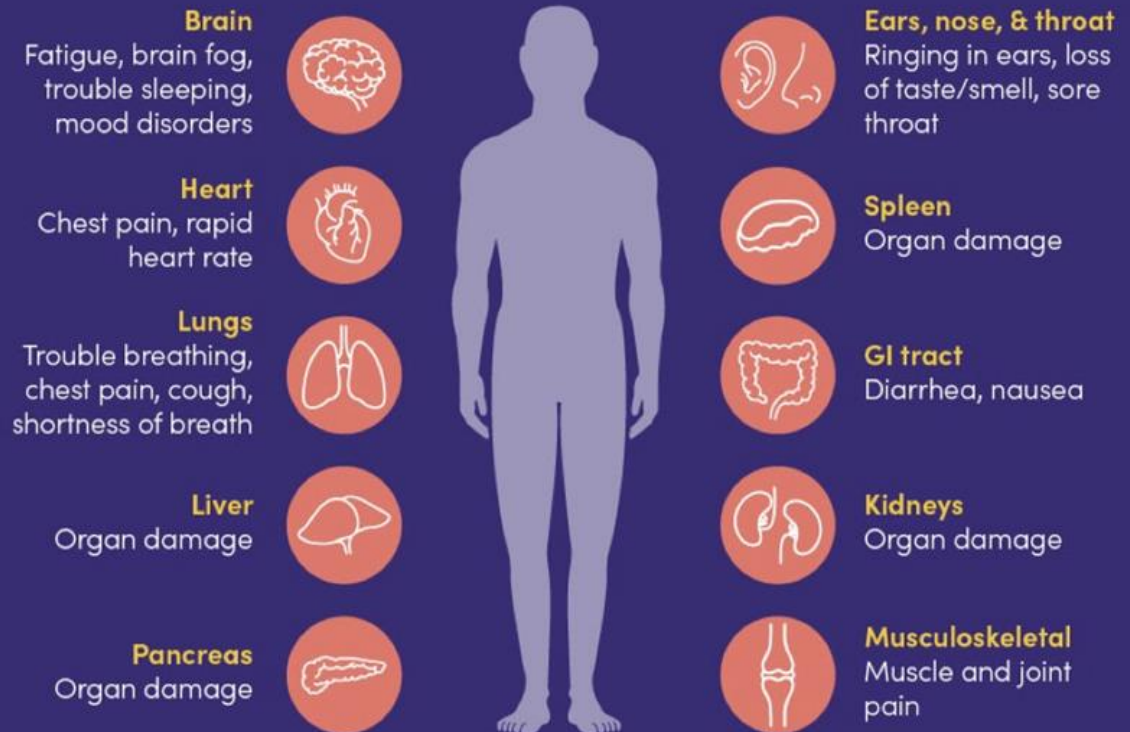


What is Long COVID?

Many Names

- Post-COVID conditions (PCC)
- Long COVID
- Long-haul COVID
- Post-acute COVID-19
- Post-acute sequelae of SARS CoV-2 infection (PASC)
- Long-term effects of COVID
- Chronic COVID

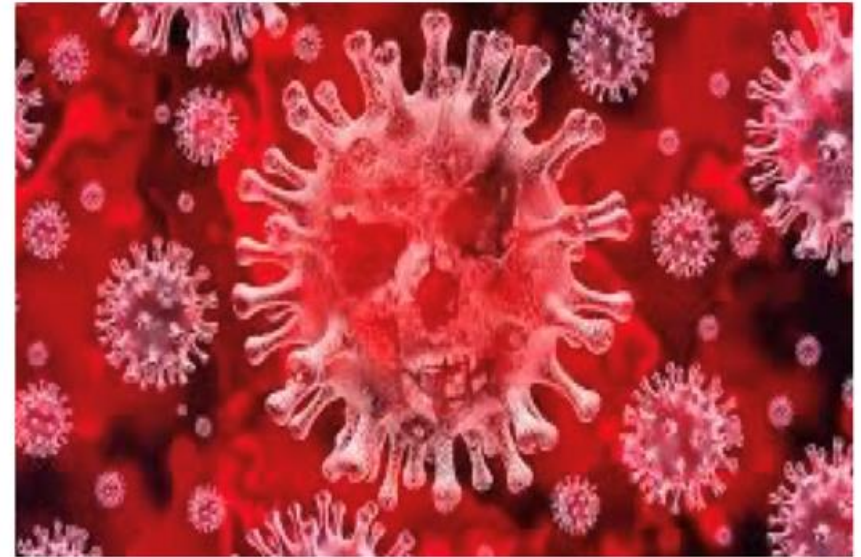
Symptoms of Long-haul COVID



goodpath

What Do We Know?

- Post-COVID conditions (PCC) include a wide array of ongoing health concerns that may last weeks, months, or longer.
- PCC are more likely in those who have had severe infections, hospitalizations, or MIS-C, but there are cases of PCC in those with mild cases.
- Female, older, nonwhite
- Comorbidities (Cardiac, DM, CKD)
- Unvaccinated individuals are more likely to have PCC.

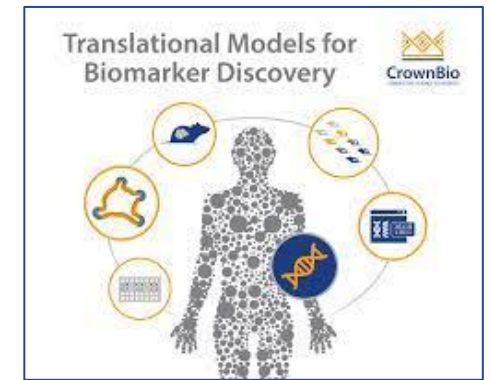




Diagnosis of PCC Occurs at Four Weeks Following Initial COVID-19 Diagnosis

- There is no diagnostic testing
- Other causes for symptoms may be confounding
- Acceleration into new or worsening diagnosis:
 - Diabetes
 - Dementia

Lab Test are on the Way: BIOMARKERS



A UCSF study surveyed 46 previously infected patients about 32 physical long-COVID (loss of memory, irritability, agitation, depression, anxiety, post-traumatic stress, and specific sensory losses). In addition, laboratory researchers analyzed blood plasma samples from 12 never-infected control subjects without neuropsychiatric symptoms for comparison.

Biomarkers (protein-filled sacs, called exosomes, selected for only those exosomes derived from neurons and supporting cells known as astrocytes) are found at elevated levels that may persist for many months. These viral proteins hanging around may attribute chronic symptoms in long COVID primarily to prolonged or altered immune responses. The initial acute infection might trigger long-term, maladaptive changes in the immune system. The ongoing presence of viral proteins within the body might cause chronic inflammatory responses. The presence of certain viral molecules might also trigger autoimmune responses in which the immune system attacks the body's own tissues.



Symptoms May Come and Go: Think Chronic Fatigue Symptoms

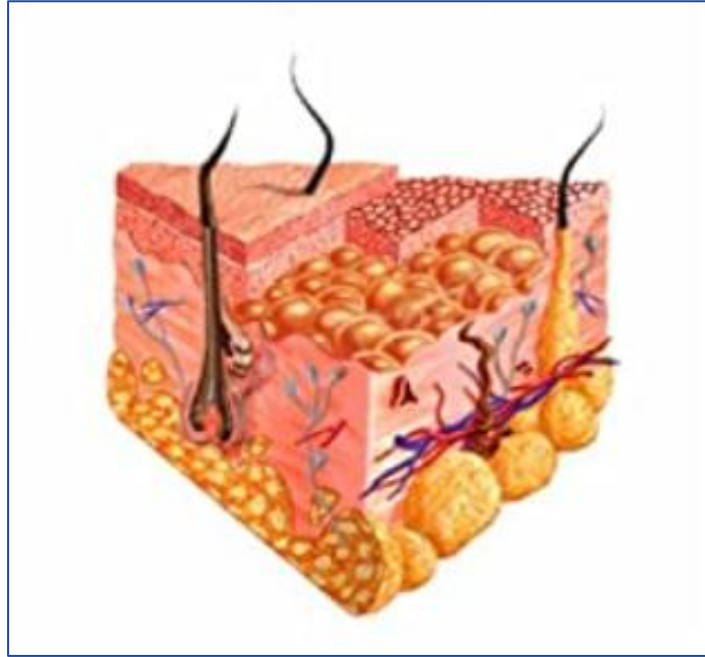
General Fatigue that interferes with life	Post-exertional malaise	Fever	SOB	Difficulty breathing
Cough	Chest pain	Palpitations	Difficulty thinking/ concentrating "Brain Fog"	Headache
Sleep problems	Dizziness	Pins and Needles	Change or absence of taste and/ or smell	Depression/ anxiety
Diarrhea	Stomach Pains	Joint/ Muscle Pain	Rash	Changes in menstrual cycle
		Hair loss		

Nervous System



- Encephalopathy
- Dementia
- Cognitive problems
- Sleep disorders
- Headache

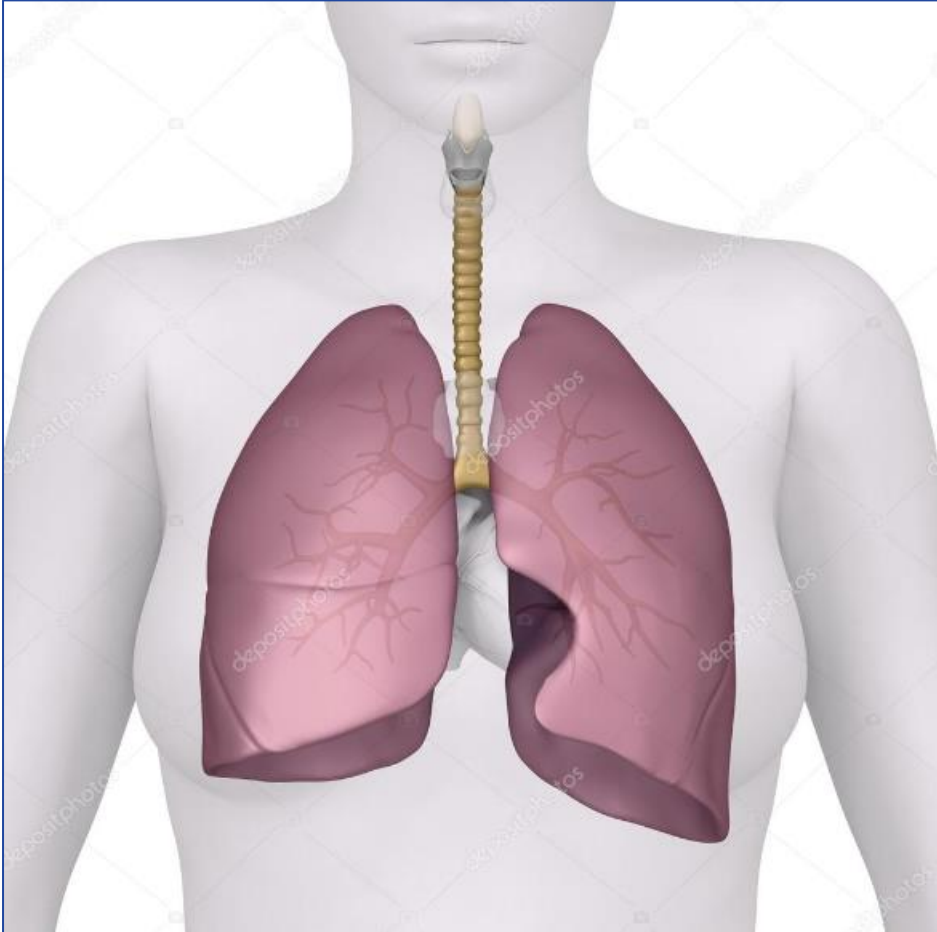
Integumentary System



Certain skin symptoms also showed significantly higher risk in the post-acute period, including

- Hair loss
- Pressure ulcers

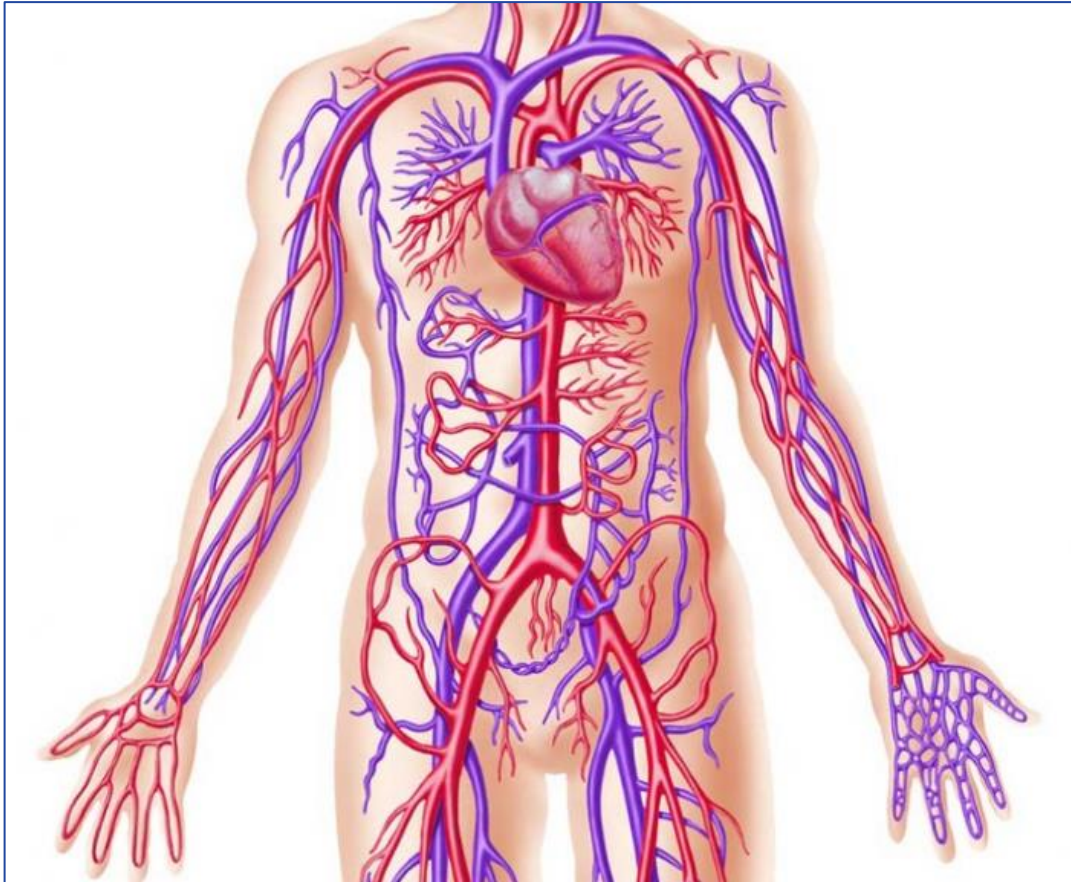
Respiratory System



Several pulmonary manifestations in the post-acute phase were significant. These included

- Pulmonary fibrosis
- Dyspnea
- Acute pharyngitis

Circulatory and Blood



Identified cardiovascular manifestations with a higher risk in the post-acute period were

- Pulmonary embolism
- Thromboembolism
- Chest pain
- Abnormal heartbeat
- Anemia

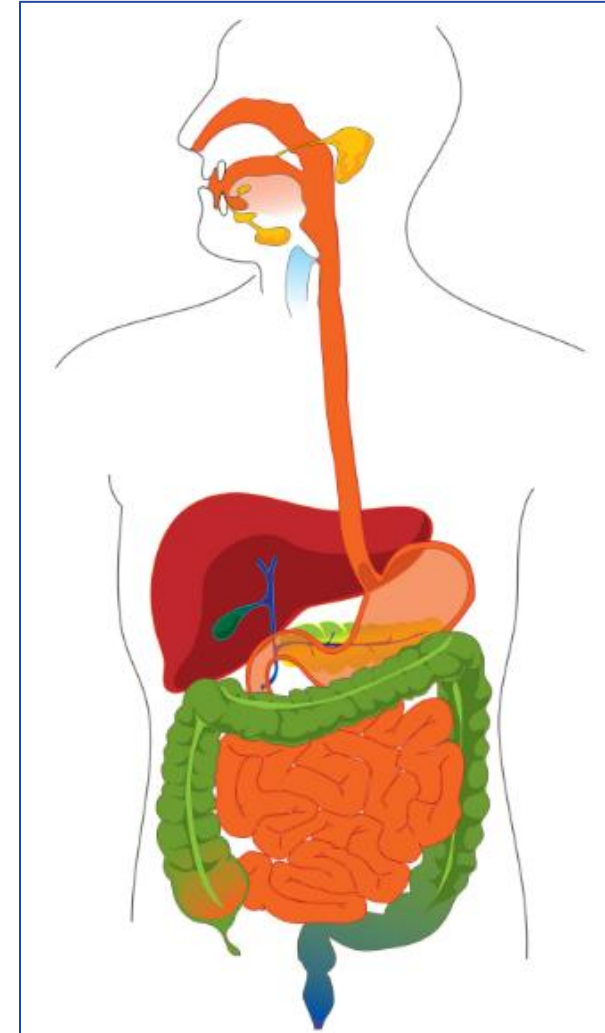
Endocrine System

- Malnutrition
- Diabetes mellitus
- Fluid & electrolyte disorder
- Edema



Digestive System

- Constipation
- Abdominal pain



General and Musculoskeletal

- Malaise and fatigue
- Fever
- Joint pain



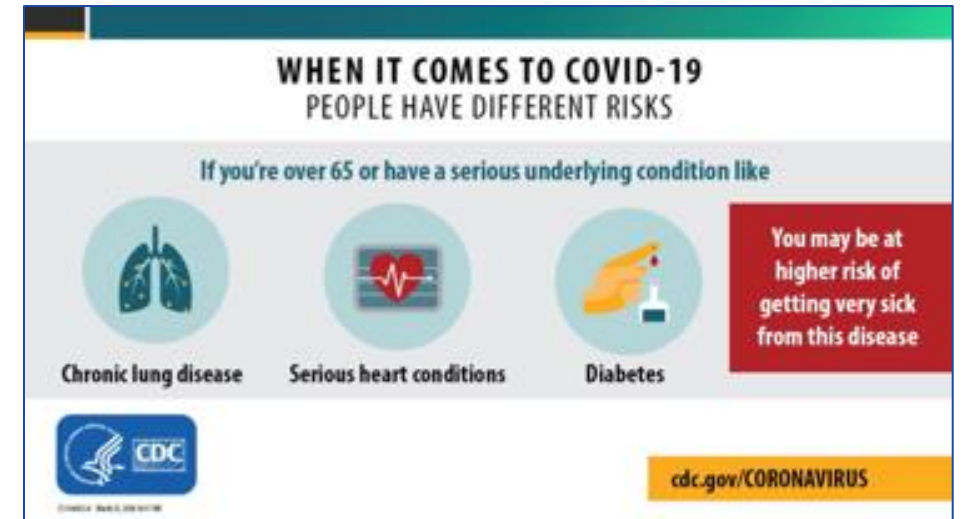
Who is at Risk? AGE

Potential PCC conditions with the highest excess burden in the **under 65 years age group** were

- dyspnea, chest pain, abnormal heartbeat, malaise, and fatigue

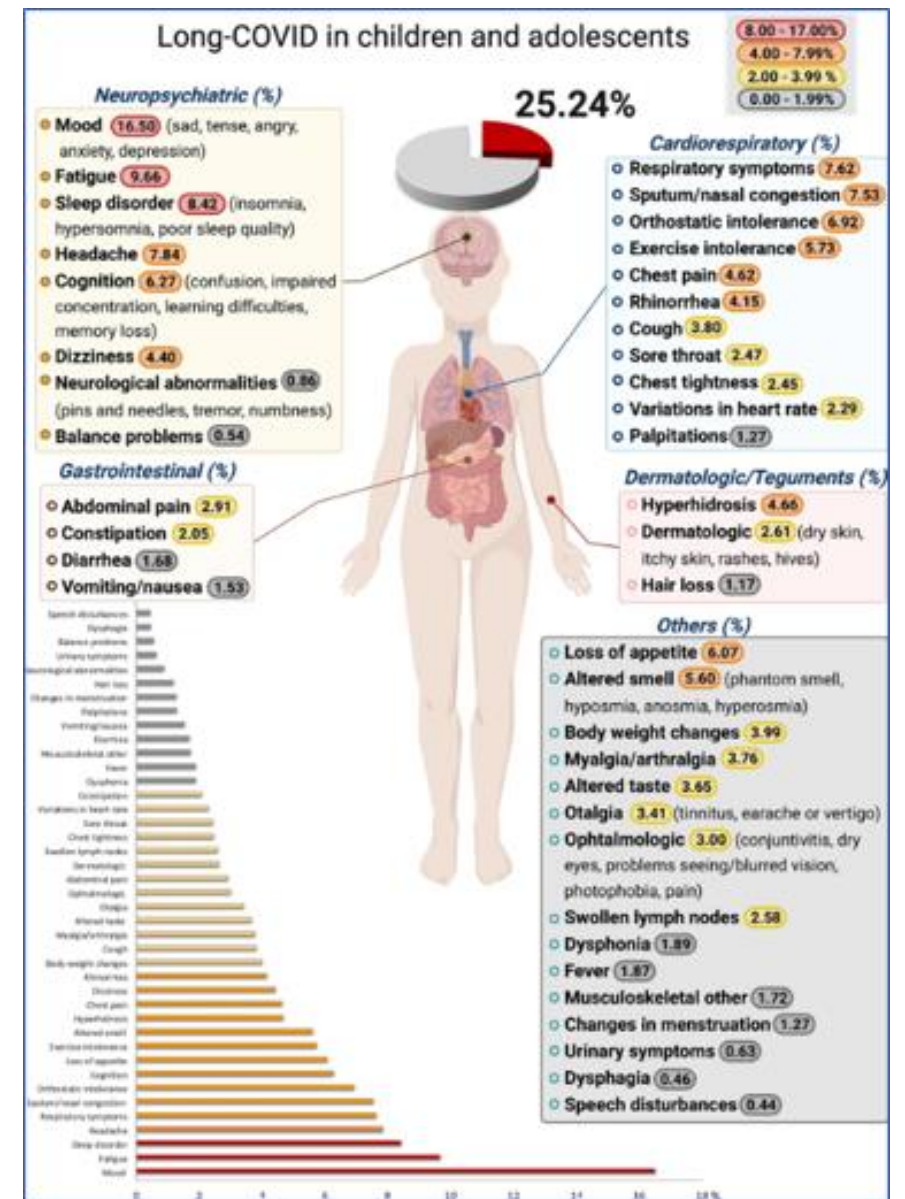
Potential PCC conditions with the highest excess burden in the **65 years of age and older** age group included

- dyspnea, malaise, fatigue, edema, diabetes, anemia, cognitive problems, joint pain, malnutrition, and abdominal pain



Long COVID in Children

- Children have reported ongoing respiratory, cardiac, neurologic, and other symptoms following COVID-19 infection.
- A recent meta-analysis, which evaluated 21 studies and over 80,000 children, determined that 25% of SARS-CoV-2-positive children had persistent symptoms at 4 weeks after acute COVID-19.



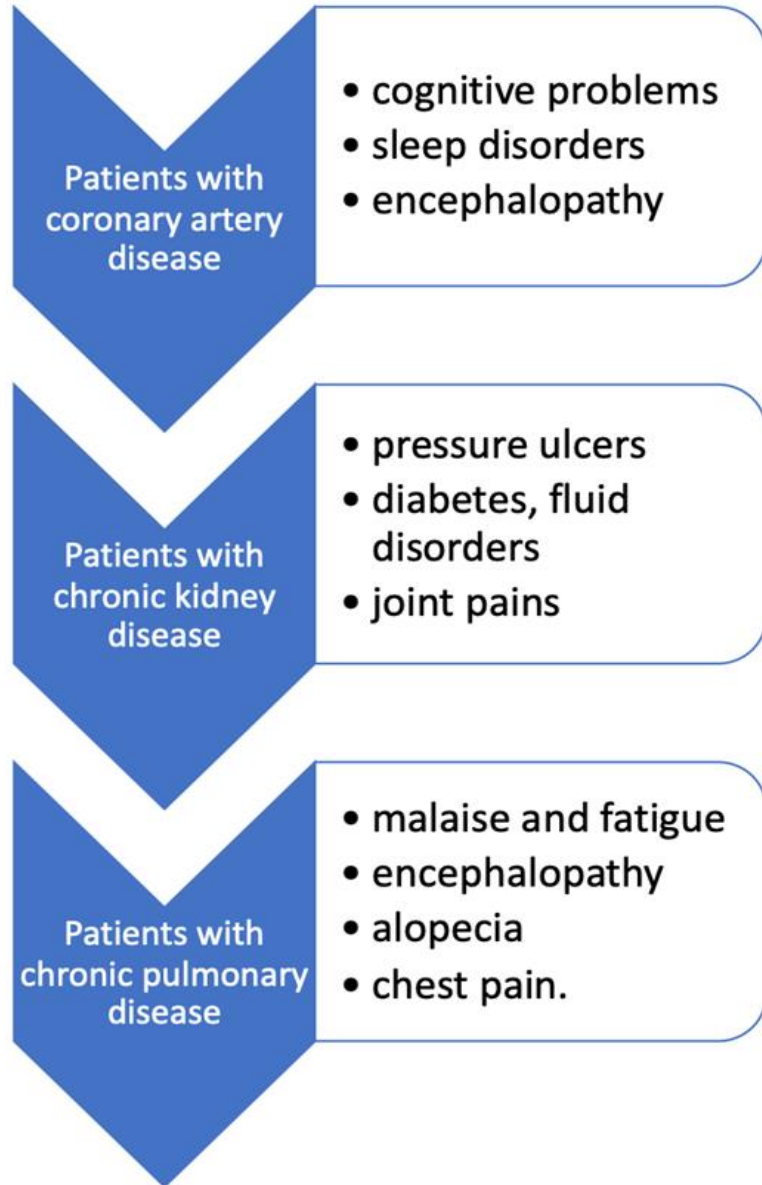
Who is at Risk? SEX

Higher excess burdens in male patients:

- Dyspnea
- Sleep disorders
- Malnutrition
- Joint pain

Higher excess burden in female patients:

- Hair loss
- Anemia



Persistence of somatic symptoms after COVID-19 in the Netherlands: an observational cohort study

[Aranka V Ballering, MSc](#) • [Sander K R van Zon, PhD](#) • [Tim C olde Hartman, PhD](#) • [Prof Judith G M Rosmalen, PhD](#)  

for the Lifelines Corona Research Initiative [†] • [Show footnotes](#)

This is the first study to report the nature and prevalence of post-COVID-19 condition, while correcting for individual symptoms present before COVID-19 and the symptom dynamics in the population without SARS-CoV-2 infection during the pandemic.

Implications:

1 in 8 people = 12 million individuals in U.S. of about 90 million infections

COVID-19 May Raise Risk of Long-Term Brain Injury

Large U.S. study in Nature Medicine found that people infected with COVID-19 were:

- **77%** more likely to develop memory problems.
- **50%** more likely to have an ischemic stroke, which is caused by blood clots, compared with the never infected group.
- **80%** more likely to have seizures
- **43%** more likely to have mental health issues, such as anxiety or depression
- **35%** more likely to have headaches and
- **42%** more likely to suffer movement disorders, such as tremors, compared with the control groups.



The Mental Health Impacts of Long COVID

Scientific American Article:

[People of Color with Long COVID Face Long Uphill Battle to be Heard](#)

THE MENTAL HEALTH IMPACTS OF SURVIVING COVID-19: IMPLICATIONS FOR SCHOOL MENTAL HEALTH SYSTEMS LEADERS AND PROVIDERS

MUST HONOR AND TAKE SERIOUSLY

LONG HAUL

- EMOTIONAL
- PHYSICAL
- COGNITIVE
- BEHAVIORAL


WE CAN'T PRODUCE, PERFORM, ENGAGE IN WAY WE DID PRE-PANDEMIC... MUST RESPECT AND ACKNOWLEDGE NEW WAYS PEOPLE PARTICIPATE

4 INGREDIENTS OF RESILIENCE

- CONNECTIONS: WHAT DO YOU NEED?
- HOPE
- PURPOSE: IDENTITIES + MOTIVATIONS ARE DIFFERENT
- FLEXIBILITY + ADAPTABILITY: SHIFT THINKING FROM THREAT TO CHALLENGE

RIGHT-SIZE OUR GOALS

MOST COMMON OUTCOME OF NATURAL DISASTER IS RESILIENCE



WEIGHT FATIGUE

BREATH

RACIALIZED EXPERIENCE OF NOT BEING BELIEVED

DETERIORATION OF ALL MY BASIC ABILITIES TAKEN AWAY

ENTIRE LIFE, IDENTITY + RELATIONSHIP TO SELF CHANGED

LACK OF TRUST

"THIS MIGHT BE MY LIFE NOW"

LONG HAUL IDENTITY

STUDENTS OF COLOR MAY FEEL LIKE THEY HAVE TO MINIMIZE GRIEF AND FEAR

SANCTUARY TRAUMA

ISOLATION

FAMILIES HAVE PTSD

LAYERS OF GRIEF AND LOSS

GUN + RACIALIZED VIOLENCE

BELIEVE THEM

STUDENTS

FROM HOSPITALS → EXPECT HEALING → EXPERIENCE DISENFRANCHISEMENT → SCHOOLS MAY BE ASSOCIATED WITH TRAUMA

ADULTS: PLEASE MODEL NOT KNOWING A LOT ABOUT LONG HAUL AND MODEL COLLECTIVE CARE

HAVE HONEST CONVERSATIONS WITH YOUNG PEOPLE

WHAT FACED | HOW OVERCAME | RESOURCES NEEDED

IF WE WAIT FOR PEOPLE TO SPEAK UP TO OFFER THEM HELP, WE WILL MISS THOSE MOST DEEPLY IMPACTED


LONG HAULERS WHO ARE SCHOOL MENTAL HEALTH LEADERS: TAKE CARE OF YOURSELF

PATHWAYS TO RECONNECT

MAY FEEL OTHERED

LONG HAUL SURVIVOR

- ALLIES: FACILITATE + TEACH OTHERS
- INTERCESSION WITH DISCIPLINE



KIRA MAUSETH **MIEKA TENNANT** **KARLA MONTERROSO** **DEREK CANTY** **JESSICA GONZALEZ**

JUNE 25, 2021
 LIVE RECORDING CAPTURE OF MHITC SPECIAL EVENT

GRAPHIC RECORDING © BY RIO HOLADAY SAMHSA Funding for this publication was made possible by SAMHSA. The views expressed in this publication are those of the authors and do not necessarily reflect the official policies of the Department of Health and Human Services, or any agency thereof.

In Conclusion

Hope
Community and Communication
Science and Research
Innovation and Creativity
Empathy and Respect



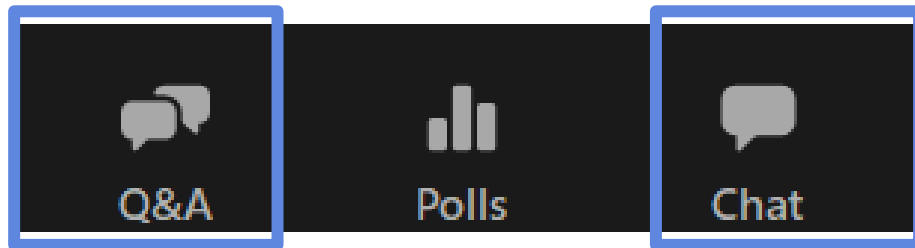
Thank you for joining us today
and feel free to stay in touch

- Sharon Goldfarb, DNP, RN, FNP-BC
Sharon@healthimpact.org



Questions & Answers

During today's session, please use the Q&A panel to ask your questions.



Please use the “Chat” panel for discussion

Poll & Resources

Rachel Jacobs, CDPH

Poll: CDPH appreciates your feedback!

Following this webinar, how confident are you in your ability to effectively discuss Long COVID?

- Very confident
- Confident
- Somewhat confident
- Slightly confident
- Not confident



Communication Resources

- [What is Long COVID? Fliers in English and Spanish](#)
- [Voices of Long COVID Toolkit](#)

What is Long COVID?

Long COVID is defined as the presence of a wide range of new, returning, or ongoing health problems experienced by people 4 or more weeks after first being infected with COVID-19 and can remain for 6 months or more.

Many people living with the disease were previously fit & healthy.

Children experience long COVID symptoms similar to adults.

Long COVID is a multi-system disease; there are over 200 listed symptoms which can change, come and go, or fluctuate over time and generally have an impact on everyday functioning.

Best ways to prevent long COVID

- getting vaccinated and boosted
- wearing a mask that has a good fit and filtration

Long COVID can affect people who have experienced mild, severe or even symptom-free COVID-19 infections.

Most common symptoms persisting 6 months

- extreme exhaustion (fatigue)
- problems with memory and concentration (brain fog)

Other common symptoms

- high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- ringing ears, earaches
- feeling sick, diarrhea, stomach aches, loss of appetite
- shortness of breath
- fast heart rate or palpitations
- chest pain or tightness
- dizziness
- joint or muscle pain
- rashes
- depression and anxiety
- difficulty sleeping (insomnia)

Ready to get your child vaccinated?

Please discuss any lingering questions or concerns about the vaccine with your child's pediatrician. Visit myturn.ca.gov or call 1 (833) 422-4255 to find a vaccination location near you.

¿Qué es el COVID prolongado?

El COVID prolongado se define como la presencia de una amplia gama de problemas de salud nuevos, recurrentes o continuos experimentados por las personas que se han infectado por primera vez con el virus del COVID-19 y pueden durar 4 o más semanas después de haberse contagiado.

Las mejores formas de prevenir el COVID prolongado

- vacunarte y reforzar tus vacunas
- usar una máscara que tenga un buen ajuste y filtración

El COVID prolongado puede afectar a las personas que han experimentado infecciones de COVID-19 leves, graves o asintomáticas.

Los síntomas más comunes después de 6 meses

- agotamiento extremo (fatiga)
- problemas de memoria y concentración (pesadez mental)

El COVID prolongado es una enfermedad de múltiples sistemas; hay más de 200 síntomas que pueden cambiar, aparecer y desaparecer con el tiempo y, en general, tienen un impacto en el funcionamiento diario.

Los síntomas más comunes que persisten después de 6 meses

- dolor u opresión en el pecho
- mareos
- dolor en las articulaciones o muscular
- sarpullidos
- depresión y ansiedad
- dificultad para dormir (insomnio)

¿Listo para vacunar a tus hijos?

Hable con el pediatra de tus hijos para aclarar cualquier pregunta o duda que tengas sobre la vacuna. Visita myturn.ca.gov o llama al 1 (833) 422-4255 para encontrar el punto de vacunación más cercano.

For Patients: Resources for Post-COVID Conditions

- [Where to get care for a post-COVID condition](#)
- [Planning for your appointment with a medical provider](#)
- [Tools for recovery and rehabilitation](#)
- [Finding support groups for post-COVID conditions](#)
- [Resources regarding disability benefits and accommodations](#)
- [More helpful resources](#)



Toolkits, Fliers, Conversation Guides, and Videos

#ThisIsOurShot Toolkit COVID-19 Crucial Conversations Campaign

#THIS IS OUR SHOT
VACU NATE YA
COVID-19 VACCINE CONVERSATIONS

TOP 5 MESSAGES

SAFETY
The vaccine will protect you from getting very sick from COVID. Over 150 million Americans have been safely vaccinated and are now protected.

SIDE EFFECTS
Side effects are common. They are a sign your body is building up its defenses to protect you. Many people temporarily feel:

1. Sore arm (near site of vaccination)
2. Fatigue
3. Headache
4. Muscle pain
5. Joint pain

EFFECTIVENESS AND VARIANTS
Each vaccine is nearly 100% effective at preventing hospitalization and death from COVID and its variants! It will allow us to do the things we love and miss most. Vaccinated individuals can get a mild COVID infection.

SPEED
It's good to be careful when new things come along. Health experts took all the necessary steps to produce a safe vaccine, and it was built on 20 years of research and science.

QUESTIONS?
I'm glad you want to know more. Ultimately, the choice is yours. If you have questions, talk with your doctor or healthcare provider soon. Text your zip code to **GETVAX (438829)** to get your free vaccine today.

Help spread the truth about COVID vaccines.

#ThisIsOurShot | f ThisIsOurShot2021 | ThisIsOurShot | www.thisisourshot.info

#THIS IS OUR SHOT
VACU NATE YA

LANGUAGE DO'S & DON'TS

Do Say	Don't Say
Vaccination	Injection or shot
A safe and effective vaccine	A vaccine developed quickly
Authorized by FDA based on clinical testing	Approved by FDA, Operation Warp Speed, Emergency Use Authorization!
Get the latest information	There are things we still don't know
Keep your family safe; keep those most vulnerable safe	Keep your country safe
Public Health	Government
Health / medical experts and doctors	Scientists
People who have questions	People who are hesitant, skeptical, resistant, or 'anti-vaxxers'

1. The perceived speed of vaccine development is a current barrier among many audiences.
These recommendations are based partly on research conducted by the de Beaumont Foundation.

Messaging Elements That Resonate	Messaging Elements That DON'T Resonate
<p>Validate Concerns & Answer Questions Acknowledge people's hesitancy rather than challenge it. Provide scientifically-based plain language answers.</p> <p>Moments Missed Reference things the people miss most. With many feeling COVID-19 fatigue, missed moments (especially human connections that we took for granted like visiting family and friends) serve as a powerful reminder of the ultimate end goal: vaccination as a pathway to the possibility of regaining these moments.</p> <p>Protection Emphasize "protecting myself, loved ones, and those in my community" (rather than "coming together as a nation").</p> <p>Positive Tone Be inviting and respectful as opposed to demanding. Acknowledge that the "choice is yours to make," which connects with the deeply rooted American value of liberty.</p>	<p>Negativity & Fear People push back when reminded of how difficult a year it's been—it tends to put them in a pessimistic, hopeless or frustrated frame of mind. Fear tactics are likely to backfire because this does little to generate trust or answer people's questions about vaccines.</p> <p>Guilt References to "many people already stepping up" can come off as pushy or accusatory. Those who are hesitant do not see themselves as "free riders" letting others take risks first, rather, they are worried about being "guinea pigs" for new COVID-19 vaccines.</p> <p>Overpromising Avoid claims that are unproven. Being overly rosy may cause concern. Be clear about the facts without any sugarcoating. Most people understand that mass vaccination is a long-term process. Avoid messages that inadvertently imply that vaccine availability will "flip the switch."</p> <p>"Back to Normal" Some just want things to "get back to normal," but for others, post-pandemic life will never be "the way it was." It's more about getting back to life rather than back to normal. Messages that focus on economic recovery—rather than public health—do not perform well.</p>

Research, insights, & content provided by Kaiser Family Foundation, AdCouncil, & COVID Collaborative

#ThisIsOurShot | f ThisIsOurShot2021 | ThisIsOurShot | www.thisisourshot.info

TOP 5 REASONS

Your Kids Should Get the COVID-19 Vaccine

With students heading back to in-person instruction, here are some things you need to know about protecting your children with the COVID-19 vaccine.

Unvaccinated children are at risk of getting COVID-19, and can suffer very serious complications, and potential long-term impacts that we are still learning about. The vaccine is safe and effective, and no long-term problems have been seen for any vaccine.

The science behind the vaccine has been under development and studied by The U.S. Department of Health and Human Services for over 20 years.

Getting those who are eligible vaccinated can help keep school communities safe.

Kids have missed critical social and emotional milestones with their school community. Getting them safely back to the classroom and their favorite afterschool activities helps support their mental health and wellness.

Vaccines are safe, effective, and free, regardless of insurance or immigration status.

Get your children back to school safely. Get them vaccinated against COVID-19 today! Learn more at [VaccinateALL58.com](https://www.vaccinateall58.com).

VaccinateALL58.com

#THISISOURSHOT
VACCINATE FOR A COVID FREE WORLD

#VACUNATEYA

**Help Us Determine The Future
of TIOS and VY!**

Take Our Survey [Here!](#)



Next Crucial Conversations Webinar: Talking with Patients about Flu and COVID-19 Vaccines

Please join Karina Miranda, MSN, RN and #VacunateYa, to discuss what your patients need to know about flu & COVID-19 vaccines.

When: Thursday, October 12th at 12:00PM-1:00PM

[Register here!](#)

Upcoming Opportunities



Monday

My Turn and myCAvax Office Hours

Next session: Monday, October 3, 12PM

Friday

Provider Consolidated Webinar

Next session: Friday, September 23, 9AM

Note: New session length of 90-minutes to include COVID-19 Vaccine, COVID-19 Therapeutics, MPX Vaccine, and MPX Therapeutics



Additional Support

Type of Support

Description

Updated 6.6.22



COVID-19 Provider Call Center

The COVID-19 Call Center for Providers and Local Health Departments is dedicated to medical providers in California and their COVID-19 response, specifically addressing questions about State program requirements, enrollment, and vaccine distribution, including the Vaccine Marketplace.

- Email: covidcallcenter@cdph.ca.gov
- Phone: (833) 502-1245, Monday through Friday from 8AM–6PM



Enrollment Support

For Provider enrollment support, please contact myCAvax Clinic Operations at

- Email: myCAvaxinfo@cdph.ca.gov

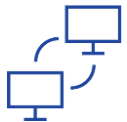


myCAvax Help Desk

Dedicated staff provide up-to-date information and technical support on the myCAvax system.

- Email: myCAvax.HD@Accenture.com
- Phone: (833)-502-1245, option 3, Monday through Friday 8AM–6PM

For training opportunities: <https://eziz.org/covid/education/>



My Turn Clinic Help Desk

For **onboarding support** (those in the process of onboarding): myturnonboarding@cdph.ca.gov

For **technical support** with My Turn Clinic for COVID-19 and flu vaccines: MyTurn.Clinic.HD@Accenture.com or (833) 502-1245, option 4: Monday through Friday 8AM–6PM

For job aids, demos, and training opportunities: flu at <https://eziz.org/covid/myturn/flu/> and COVID at <https://eziz.org/covid/myturn/>



Archived Communications

For archived communications from the COVID-19 Provider Call Center about the California COVID-19 Vaccination Program visit

- Website: [EZIZ Archived Communications](#)

Special Thanks to Today's Presenter:

Sharon Goldfarb, DNP, RN, FNP-BC

Webinar Planning & Support:

Rachel Jacobs, Cheri Banks, Charles Roberts,
Michael Fortunka, and Blanca Corona

