

Welcome to Talking with Patients about Long COVID

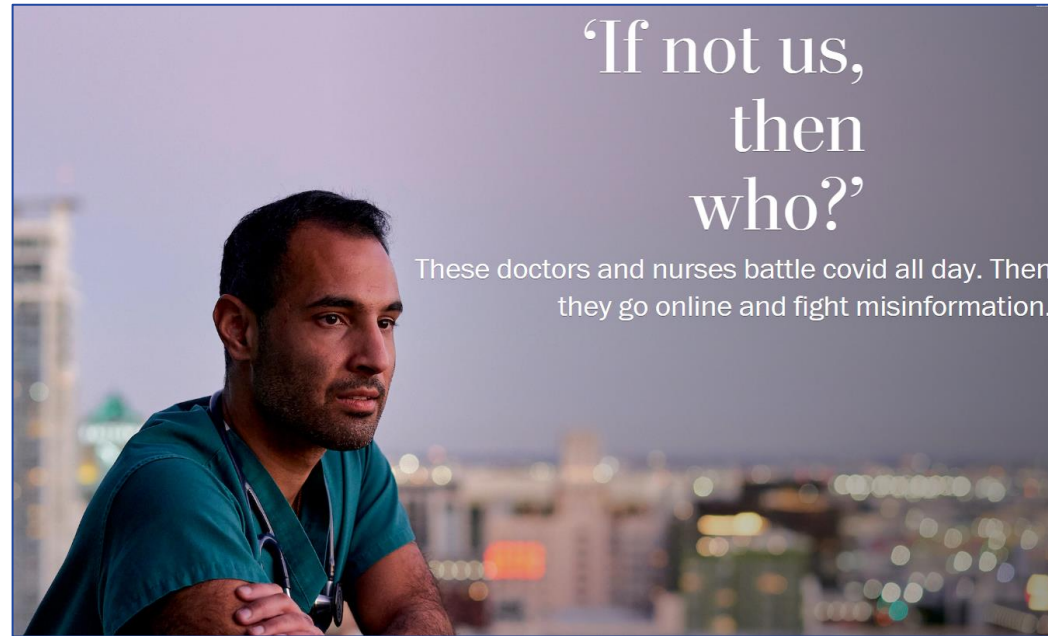


Photo courtesy of the [Washington Post](#)

October 27, 2022

12:00PM-1:00PM



Vaccinate ALL 58

Together we can end the pandemic.



Continuing Medical Education Disclosure

All planners, staff and others involved with this activity have reported no relevant financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

This activity has not received commercial support.

Housekeeping



For Panelists: Please remember to mute yourself when not speaking.



For Attendees: This session 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.

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.



Resource links will be dropped into the “Chat”

Webinar Objectives

Participants will learn:

- Definition, diagnosis, and manifestations of long COVID
- How to effectively talk with patients about long COVID
- Resources to use when talking with patients



Agenda: Thursday, October 27, 2022

No.	Item	Speaker(s)	Time (PM)
1	Welcome	Rachel Jacobs (CDPH)	12:00 – 12:05
2	Talking with Patients about Long COVID	Atul Nakhasi, M.D., M.P.P	12:05 – 12:40
Questions & Answers			12:40 – 12:55
3	Resources, Poll, and Wrap-Up	Rachel Jacobs (CDPH)	12:55 – 1:00

Poll: CPDH appreciates your feedback

How confident are you in your ability to effectively talk with patients about long COVID?

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



Talking with Patients about Long COVID

Atul Nakhasi, M.D., M.P.P.

Senior Advisor, Office of the U.S. Surgeon General
Co-founder, #ThisIsOurShot



Long COVID Definition

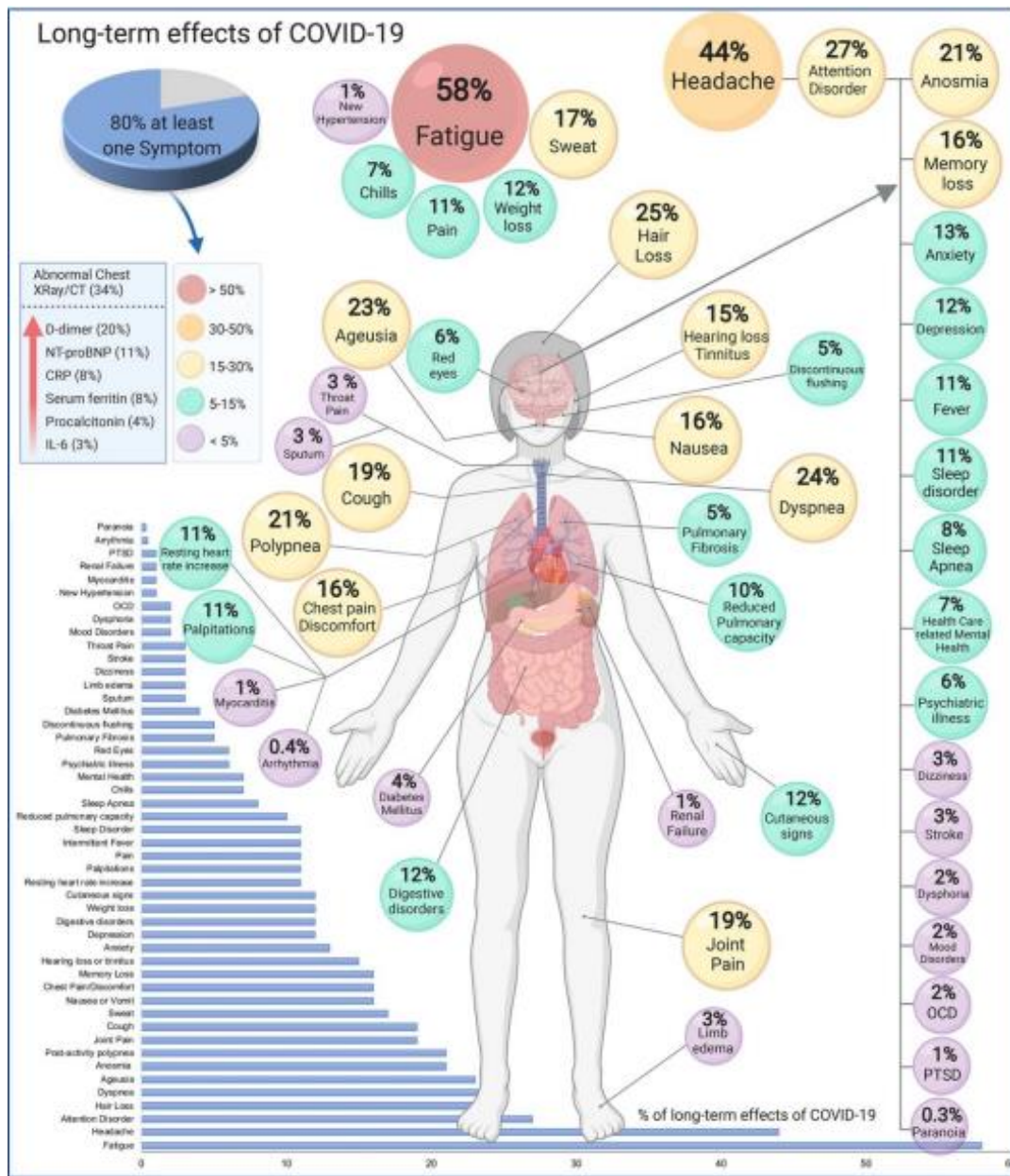
Many Names

- 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

Although standardized case definitions are still being developed, in the broadest sense, **post-COVID conditions can be considered a lack of return to a usual state of health following acute COVID-19 illness.** (CDC)

- CDC considers post-COVID conditions to be present **if recovery does not occur after the 4-week acute phase.**
- Many patients continue to recover between 4 and 12 weeks; however, persistent illness becomes more likely after 12 weeks.

Long-term effects of COVID-19



Long COVID Symptoms

- Dyspnea or increased respiratory effort
- Fatigue
- Post-exertional malaise* and/or poor endurance
- Cognitive impairment or "brain fog"
- Cough
- Chest pain
- Headache
- Palpitations and tachycardia
- Arthralgia
- Myalgia
- Paresthesia
- Abdominal pain
- Diarrhea
- Insomnia and other sleep difficulties
- Fever
- Lightheadedness
- Impaired daily function and mobility
- Pain
- Rash (e.g., urticaria)
- Mood changes
- Anosmia or dysgeusia
- Menstrual cycle irregularities
- Erectile dysfunction



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

THE LANCET

Published: August 06, 2022 • DOI: [https://doi.org/10.1016/S0140-6736\(22\)01214-4](https://doi.org/10.1016/S0140-6736(22)01214-4)

Methods:

- Longitudinal dynamics of 23 symptoms assessed using 24 repeated measurements March 2020 – August 2021
- Symptom severity before & after in participants with COVID compared to COVID-19-negative matched controls

Results:

- 76,422 participants (mean age 54 years, 61% female) completed a total of 883,973 questionnaires
- 4,231 participants had COVID-19 (positive test or diagnosis) and were matched to 8,462 controls
- 21.4% of COVID-19-positive participants versus 8.7% of COVID-19-negative controls had at least one core COVID symptom substantially increase 90-150 days after COVID-19 diagnosis or matched timepoint

Conclusion: In 12.7% of patients, these symptoms could be attributed to COVID-19

Research Letter

FREE

July 1, 2022

Association Between BNT162b2 Vaccination and Long COVID After Infections Not Requiring Hospitalization in Health Care Workers

Elena Azzolini, MD, PhD¹; Riccardo Levi, MSc²; Riccardo Sarti, MSc²; [et al](#)

» [Author Affiliations](#) | [Article Information](#)

JAMA. 2022;328(7):676-678. doi:10.1001/jama.2022.11691

Observational cohort study from March 2020 to April 2022 in individuals working in 9 Italian health care facilities

The number of vaccine doses was associated with lower long COVID prevalence: **41.8%** (95% CI, 37.0%-46.7%) in unvaccinated patients, **30.0%** (95% CI, 6.7%-65.2%) with 1 dose, **17.4%** (95% CI, 7.8%-31.4%) with 2 doses, and **16.0%** (95% CI, 11.8%-21.0%) with 3 doses

What 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

What we still don't know:

- The pathophysiology
- The constellation of symptoms, clinical manifestations, and duration of symptoms
- A deeper understanding of the risk factors
- The availability of treatments

Discussing Long COVID: Five Key Messages



Key Messages: Long COVID

1

The term “post-COVID conditions” is an umbrella term for a wide range of physical and mental health consequences experienced by some patients that are present four or more weeks after SARS-CoV-2 infection, including by patients who had initial mild or asymptomatic acute infections.



Key Messages: Long COVID

2

Based on current information, many post-COVID conditions can be managed by primary care providers, using patient-centered approaches to optimize the quality of life and function of affected patients.



Key Messages: Long COVID

3

Objective laboratory or imaging findings should not be used as the only measure or assessment of a patient's well-being; normal laboratory or imaging findings do not invalidate the existence, severity, or importance of a patient's post-COVID symptoms or conditions.



Key Messages: Long COVID

4

Healthcare providers and patients are encouraged to set achievable goals through shared decision-making and to approach treatment by focusing on specific symptoms (e.g., headache) or conditions (e.g., dysautonomia).



Key Messages: Long COVID

5

Understanding of post-COVID conditions remains incomplete. The approach to caring for patients with post-COVID conditions will likely change over time as evidence accumulates.

“We don’t fully understand what causes long COVID, why it happens, and how to treat it at this time but what we can do is focus on the symptoms you’re experiencing right now and put a plan together to get you to start feeling better.”



Long COVID: Three Tips for Symptom Management Approach

Tip 1 for Symptom Management Approach

- Many post-COVID conditions can be improved through already established symptom management approaches (e.g., **breathing exercises to improve symptoms of dyspnea**).
- Creating a comprehensive rehabilitation plan may be helpful for some patients, and might include **physical and occupational therapy, speech and language therapy, or vocational therapy, as well as neurologic rehabilitation** for cognitive symptoms.
- A **conservative physical rehabilitation plan** might be indicated for some patients (e.g., persons with post-exertional malaise). **Gradual return to activity as tolerated** could be helpful for most patients.

Tip 2 for Symptom Management Approach

Optimizing management of underlying medical conditions might include counseling on lifestyle components **such as nutrition, sleep, and stress reduction (e.g., meditation)**. COVID-19 vaccination should be offered to all eligible people, regardless of their history of SARS-CoV-2 infection.

Tip 3 for Symptom Management Approach

- **Patient diaries and calendars** might be useful to document changes in health conditions and symptom severity—especially in relation to potential triggers such as exertion (physical and cognitive), foods, menstruation, and treatments or medications.
- Such diaries and calendars can **provide greater insight into patients' symptoms and lived experience** for healthcare providers.
- Healthcare providers should encourage patients to report **any new or changing symptoms** and to discuss any changes in activities or routines.

TRIALS TAKE OFF

At least 26 randomized trials are under way to test therapies for long COVID. Many candidates target symptoms such as inflammation or clots. Some, such as the antidepressant fluvoxamine, act on different symptoms. Some researchers are repurposing drugs already approved for other conditions.

- Anti-inflammatory
- Dietary supplement
- Cell-based therapy
- Steroid
- Antithrombotic
- Other



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Source: Airfinity

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#VACUNATEYA

Help us determine the future of #ThisIsOurShot and #VacunateYa

Take our survey [here!](#)



Q&A, Poll, and Resources

Rachel Jacobs, CDPH

Questions & Answers

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



Resource links will be dropped into the “Chat”

Poll: CPDH appreciates your feedback

Following this webinar, how confident are you in your ability to effectively talk with patients about long COVID?

- Very confident
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- Not confident



Additional Resources

- [What is Long COVID? Fliers in English and Spanish](#)
- [Resources for People with Post-COVID Conditions \(Long COVID\)](#)
- [Post-COVID Conditions \(Long COVID\)](#)
- [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.

Best ways to prevent long COVID

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

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

Children experience long COVID symptoms similar to adults.

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

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.

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

Muchas de las personas que experimentan el COVID prolongado no presentaban problemas de salud antes de estar infectadas.

Los niños experimentan los síntomas del COVID prolongado de forma similar a los adultos.

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

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 después de 6 meses

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

Otros síntomas

- fiebre, tos, dolor de cabeza, dolor de garganta, alteraciones en el sentido del olfato y del gusto
- ojos rojos, lagrimeo, dolor en los ojos
- diarrea, dolor de estómago, pérdida de apetito
- dificultad para respirar
- palpitaciones
- 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.

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.

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LANGUAGE DO'S & DON'TS **#THIS IS OUR SHOT** **VACU NATE YA**

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 ¹
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

Validate Concerns & Answer Questions
Acknowledge people's hesitancy rather than challenge it. Provide scientifically-based plain language answers.

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.

Protection
Emphasize "protecting myself, loved ones, and those in my community" (rather than "coming together as a nation").

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.

Messaging Elements That DON'T Resonate

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.

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.

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."

"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.

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

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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.

1. **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.
2. **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.
3. **Getting those who are eligible vaccinated** can help keep school communities safe.
4. **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.
5. **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).

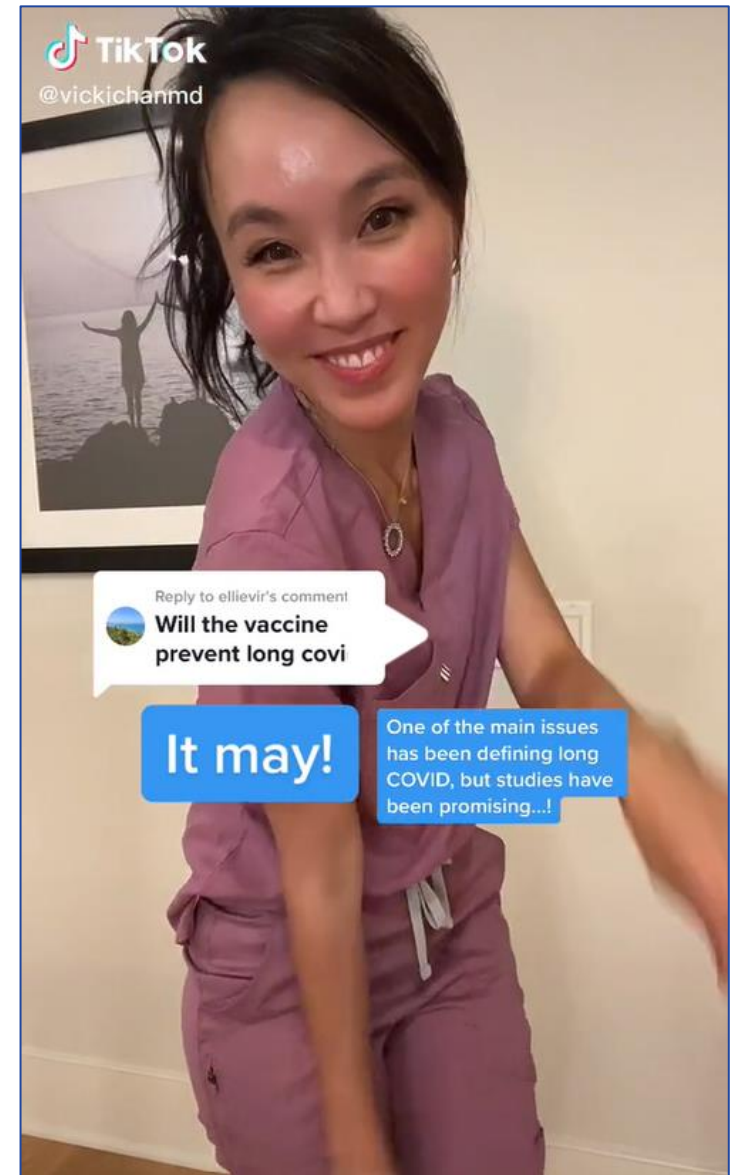
VaccinateALL58.com

Next Crucial Conversations Webinar: Safely Combatting Misinformation on Social Media

Please join Vicki Chan, MD, [#ThisIsOurShot](#), and the CDPH Trust & Safety Team to discuss current COVID-19 misinformation trends and safely combating misinformation on social media.

When: Thursday, November 3 at 12:00PM-1:00PM

[Register here!](#)



Upcoming Opportunities



Monday

My Turn and myCAvax Office Hours

Next session: Monday, October 31, 12PM

Friday

Provider Consolidated Webinar

Next session: Friday, October 28, 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:**

Atul Nakhasi, M.D., M.P.P.

Webinar Planning & Support:

Rachel Jacobs, Tyler Janzen, Blanca Corona,
Charles Roberts

