POST ACUTE COVID-19 SYNDROME INFO FOR HEALTH DIRECTORS

How to categorize (1, 2)

- Normally people fall into 1 of 2 groups:
  1. About 80% of people with COVID-19 have mild symptoms and recover in about 2 weeks
  2. About 10% will have severe symptoms and recover in about 3-6 weeks
- About the last 10% do not fall into either of the 2 as they have lingering symptoms= Long Haulers

Typical Characteristics (1,3)

- Duration: experience symptoms months later
- Who: young, old, those with underlying conditions, those that are healthy... Anyone with a past COVID infection
- Common Symptoms: coughing, tightness in the chest, shortness of breath, headaches, muscle aches, diarrhea, brain fog and fatigue

Less Common but Severe Complications (4)

- Cardiovascular: myocardial inflammation, ventricular dysfunction
- Respiratory: pulmonary function abnormalities
- Renal: acute kidney injury
- Dermatologic: rash, alopecia
- Neurological: olfactory and gustatory dysfunction, sleep dysregulation, altered cognition, memory impairment
- Psychiatric: depression, anxiety, changes in mood

Recruitment of Healthcare Workers (5)

*It is crucial to recruit healthcare workers into the Tribal communities so adequate care is available.

*Some incentives include:

- Increased benefits
- Telehealth options
- Loan Repayment
- Sign on Bonuses
- Daycare options
- Increased paid/ sick time off

SOURCE:

1. HTTPS://HEALTH.CLEVELANDCLINIC.ORG/WHAT-IT-MEANS-TO-BE-A-CORONAVIRUS-LONG-HAULER/HTTPS://WWW.WHO.INT/DOCS/DEFAULT-SOURCE/CORONAVIRUSE/COPING-WITH-STRESS.PDF
2. LADDS, EMMA, ALEX RUSHFORTH, SIETSE, WIERINGA, SHARON TAYLOR, CLARE RAYNER, LAIBA HUSAIN, AND TRISHA GREENHALGH PERSISTENT SYMPTOMS AFTER COVID-19: QUALITATIVE STUDY OF 114 'LONG COVID' PATIENTS AND DRAFT QUALITY PRINCIPLES FOR SERVICES." BMC HEALTH SERVICES RESEARCH 20, NO. 1 (DECEMBER 20, 2020): 1144. HTTPS://DOI.ORG/10.1186/S12913-020-06001-Y
3. HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/INDEX.HTML
4. HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/CLINICAL-CARE/LATE-SEQUELAE.HTML
5. HTTPS://WWW.RURALHEALTHINFO.ORG/TOPICS/RURAL-HEALTH-RECRUITMENT-RETENTION

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