

COVID-19 Community of Practice for Ontario Family Physicians – September 16, 2022, Long COVID

**Resources are current as of September 16, 2022 - subject to change due to frequent updated guidance. Any updates to resource list, along with the session recording, slides and Q&A can be found here - <https://www.dfc.utoronto.ca/covid-19-community-practice/past-sessions>*

COVID-19 CoP Resources

- **COVID 19 CoP resources and past session recordings** - <https://www.dfc.utoronto.ca/covid-19-community-practice/past-sessions>
- **Confused about COVID? Series** <https://dfcm.utoronto.ca/confused-about-covid>. Downloadable PDFs that address the most common questions from the public about symptoms, safety, testing and more.
- **COVID-19 CoP self-learning program** - <https://dfcm.utoronto.ca/covid-19-community-practice/past-sessions>
- **COVID-19 Vaccination in Canada**: An educational series for primary care professionals - Self-learning E-modules - <https://www.dfc.utoronto.ca/covid19-vaccination-modules>

General Vaccine Resources:

COVID-19 Community of Practice for Ontario Family Physicians - <https://www.dfc.utoronto.ca/covid-19-community-practice>

Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/covid-19>

Centre for Effective Practice - <https://cep.health/clinical-products/covid-19-vaccines/>

Shared Resources

AAPM&R: CDC Announces Approval of ICD-10 Code for Post-Acute Sequelae of COVID-19

<https://www.aapmr.org/members-publications/member-news/member-news-details/2021/07/20/cdc-announces-approval-of-icd-10-code-for-post-acute-sequelae-of-covid-19>

WHO: Clinical management of COVID-19: Living guideline, 15 September 2022

<https://www.who.int/publications/i/item/WHO-2019-nCoV-Clinical-2022.2>

Scientific Reports (12, 11252 (2022)): Hyperbaric oxygen therapy improves neurocognitive functions and symptoms of post-COVID condition: randomized controlled trial: <https://www.nature.com/articles/s41598-022-15565-0>

The Canadian COVID-19 Prospective Cohort Study <https://cancov.net/>

Science Table: Understanding the Post COVID-19 Condition (Long COVID) in Adults and the Expected Burden for Ontario

https://covid19-sciencetable.ca/wp-content/uploads/2022/09/Understanding-the-Post-COVID-19-Condition-Long-COVID-and-the-Expected-Burden-for-Ontario_20220915_published.pdf

The Atlantic: Long COVID and brain fog <https://www.theatlantic.com/health/archive/2022/09/long-covid-brain-fog-symptom-executive-function/671393/>

CMAJ (March 14, 2022): Diagnosis and management of postural orthostatic tachycardia syndrome

<https://www.cmaj.ca/content/194/10/E378>

Ontario Health: Ontario Post COVID-19 Condition: Guidance for Primary Care

https://www.ontariohealth.ca/sites/ontariohealth/files/2021-12/PostCovidConditionsClinicalGuidance_EN.pdf

Advanced Wellbeing Research Centre (AWRC): Fatigue Video 1 <https://www.youtube.com/watch?v=ClpXGB-8DWI>

Long COVID Physio: Resources: <https://longcovid.physio/resources>

Cornerstone Physiotherapy: Treatment for Long COVID Patients: <https://cornerstonephysio.com/services/covid-rehabilitation/>

Post COVID-19 Rehabilitation and Recovery Program <https://www.lifemark.ca/services/post-covid-19-rehab-recovery>

Ontario Health: Dr. Vanichkachorn from Mayo Clinic's COVID Activity Rehabilitation Program (20 min mark)

https://zoom.us/rec/play/N7Lfg3zYsL1F-MaaqM6Jo54SMcSU_XJ-QfvXsiLYCZevfkG57tr-8u_exa-vndta2OjEHGnfGmjEwys.uRyuqJXGWJn2N0SR?continueMode=true&x_zm_rtaid=l4cTmQNcR4-CmOiAEXhNFw.1663331959618.f18f5025c383bd2188091eca6ecea346&x_zm_rhtaid=473

List of OHIP covered programs: <https://rehabcareontario.ca/>

Patient Resources for Self-Management

- BC Health Authority: <http://www.phsa.ca/health-info/post-covid-19-care-recovery>
- University Health Network: COVID-19 Resources for Patients and Families <https://guides.hsict.library.utoronto.ca/covid19patientlibrary>
- Ottawa Hospital: Post-COVID Rehabilitation Self-Management: <https://sway.office.com/ftjIGXmmpt0WLTox?ref=email>
- World Health Organization (WHO): Support for rehabilitation: self-management after COVID-19-related illness <https://apps.who.int/iris/bitstream/handle/10665/344472/WHO-EURO-2021-855-40590-59892-eng.pdf?sequence=1&isAllowed=y>
- COVID Long-Haulers Canada (Patient support and advocacy group) <https://www.covidlonghaulcanada.com/>

Outpatient Post-COVID Condition rehabilitation programs in Ontario

North Ontario

- Health Sciences North –Community Care & Rehabilitation - <https://hsnsudbury.ca/en/Services-and-Specialties/Community-Care-Rehabilitation>
- St. Joseph's Care Group (Thunder Bay) – Post-COVID-19 Outpatient Clinic - <https://sjcg.net/services/complex-physical-rehab/covid-19-outpatient-clinic.aspx>

West Ontario

- Halton Healthcare: Post COVID-19 Syndrome Clinic - https://www.haltonhealthcare.on.ca/services_/28763/s29703-outpatient-rehabilitation/t80512-post-covid-19-syndrome-clinic
- Hamilton Health Sciences Centre – Regional Rehabilitation Centre - <https://www.hamiltonhealthsciences.ca/areas-of-care/rehabilitation/>
- Hôtel-Dieu Grace Healthcare – COVID Recovery Program - <https://www.hdgh.org/COVIDRecovery>
- Hotel Dieu Shaver Health and Rehabilitation Centre - <https://www.hoteldieushaver.org/site/home>
- St. Joseph's Health Care London – Post-acute COVID-19 Program - <https://www.sjhc.london.on.ca/>

East Ontario

- Providence Care Hospital (Kingston) - <https://providencecare.ca/>
- The Ottawa Hospital – Rehabilitation Centre - <https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/rehabilitation-centre/>

South Ontario

- Runnymede Healthcare Centre - <https://runnymedehc.ca/front-content>
- Sinai Health System – Hennick Bridgepoint Hospital - <https://www.hennickbridgepointhospital.ca/en/what-we-do/Outpatient-Care.asp>
- Toronto Grace Health Centre: Pulmonary Rehabilitation Clinic - <https://www.torontograce.org/programs-services/respirology-clinic-and-pulmonary-function-testing-lab/>
- UHN – Toronto Rehabilitation Institute (TRI) - <https://www.uhn.ca/TorontoRehab>
- Unity Health Toronto – Providence Healthcare: Outpatient Post-COVID Condition Rehabilitation Program - <https://unityhealth.to/areas-of-care/programs-and-clinics/rehabilitation/#location-tab-providence-healthcare-2>

Disability Income Support Programs

- Prosper Benefits Wayfinder: <https://benefitswayfinder.org/>
- Steps to Justice: <https://www.cleo.on.ca/en/resources-and-publications?legalTopic=1215&language=&format=>
- EI sickness benefits: <https://www.canada.ca/en/services/benefits/ei/ei-sickness/qualify.html>
- Workplace transmission: <https://www.wsib.ca/en>
- Canada Pension Plan disability benefits: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>
- Ontario Disability Support Program: <https://www.ontario.ca/page/ontario-disability-support-program>
- Ontario Works: <https://www.ontario.ca/page/ontario-works>
- 2-1-1 Ontario: <https://211ontario.ca/>

MOH COVID-19 Vaccine Guidance (Sept. 9, 2022):

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_vaccine_administration.pdf

MOH COVID-19 Vaccines webpage: <https://www.ontario.ca/page/covid-19-vaccines#Bivalent-vaccines>

Scarborough Health Network's VaxFacts Clinic: <shn.ca/VaxFacts>

<https://www.publichealthontario.ca/en/About/External-Advisory-Committees/OPHESAC/Call-for-Members>

<https://www.science.org/content/article/rare-cases-coronavirus-vaccines-may-cause-long-covid-symptoms>

Ministry of Health: Bivalent vaccines <https://www.ontario.ca/page/covid-19-vaccines#Bivalent-vaccines>

Member shared resources:

<https://recoverfromlongcovid.com/>

<https://www.oakvalleyhealth.ca/clinics-departments/clinical-assessment-centre>

<https://care-clinics.ca/>

<https://covid-19.ontario.ca/assessment-centre-locations>

<https://www.ontariomd.ca/documents/covaxon/guidance%20for%20health%20care%20providers%20-%20access%20to%20paxlovid%20-%20en.pdf>

<https://www.ontariomd.ca/documents/covaxon/paxlovid-patientfactsheet.pdf>

Resources from Dr. Jennifer Hulme:

Dr. Weil's Anti-Inflammatory Food Pyramid: <https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>

Molecules (2021 Feb 6;26(4):856): Therapeutic Potential of Resveratrol in COVID-19-Associated Hemostatic Disorders: <https://pubmed.ncbi.nlm.nih.gov/33562030/>

Stasis: Breathing Training: <https://www.stasis.life/join>

Qigong For Vitality: Gathering the Qi - Qigong for Qi depletion, fatigue, and energy w/ Jeff Chand https://www.youtube.com/watch?v=zfRA2_068HY

Dr. Tine Peers: Mast Cell Activation Syndrome (MCAS) <https://www.drinapeers.com/mcas>

Gez Medinger: The Evidence For Why Viral Persistence Might be Causing Long Covid | With Dr Amy Proal
<https://www.youtube.com/watch?v=8paiY-60118>

Eur Neuropsychopharmacol. (2022 Jan; 54: 1–6): Rapid response to selective serotonin reuptake inhibitors in post-COVID depression <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8500775/>

Medscape: Biological Evidence for Anxiety in Long COVID <https://www.medscape.com/viewarticle/969901>

Public Health Ontario: Post-Acute COVID-19 Syndrome (PACS) in Adults
https://www.publichealthontario.ca/-/media/Documents/nCoV/ipac/2022/04/post-acute-covid-syndrome-pacs.pdf?sc_lang=en

medRxiv: Long COVID is associated with extensive in-vivo neuroinflammation on [18F]DPA-714 PET
<https://www.medrxiv.org/content/10.1101/2022.06.02.22275916v1.full>

Body Politic: COVID-19 Support Group Sign-Up
https://docs.google.com/forms/d/e/1FAIpQLScM2EeJhgisTUdo5Op6euyx1PYu8O-aNeDVYhXuPFa_Gs9PnQ/viewform

Anisha Sekar: A Practical Guide to Long-Haul Covid <https://medium.com/@anisha.sekar/a-practical-guide-to-long-haul-covid-961707e79dba>

Resources from Mr. Adam Brown:

General Info <https://cornerstonephysio.com/resources/long-covid/>

Dyspnea <https://www.youtube.com/watch?v=5ux5rwDQT8U>

Sleep https://youtu.be/7K9BAO_dlgs

Pacing and Fatigue <https://youtu.be/j8McWrSUVAU>

<https://cornerstonephysio.com/resources/controlling-long-covid-symptoms-with-pacing/>

Anosmia (info and treatment) <https://cornerstonephysio.com/resources/covid-loss-of-sense-of-smell/>

Long Covid and Dizziness <https://cornerstonephysio.com/resources/long-covid-dizziness/>

POTS <https://cornerstonephysio.com/resources/pots-postural-orthostatic-tachycardia-syndrome/>

Brain Fog <https://cornerstonephysio.com/resources/long-covid-brain-fog/>

Resources from Dr. Gerald Evans:

<https://www.researchsquare.com/article/rs-1555201/v1>

<https://www.medrxiv.org/content/10.1101/2022.06.24.22276703v1>

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2794318>

<https://academic.oup.com/ofid/article/9/7/ofac228/6582238>

<https://www.nature.com/articles/s41541-022-00526-5>

Member shared resources:

<https://covid19-sciencetable.ca/sciencebrief/nirmatrelvir-ritonavir-paxlovid-what-prescribers-and-pharmacists-need-to-know-3-0/>

<https://covid19-druginteractions.org/checker>

Other Resources:

OCCP President Message: Monkeypox, children's boosters, new vaccines, treatments and more updates (September 7, 2022)

<https://www.ontariofamilyphysicians.ca/news-features/family-medicine-news/~257-Monkeypox-children-s-boosters-new-vaccines-treatments-and-more-updates>

OCFP: Even short appointments can help with substance use disorders (Sept. 28, 7:30 a.m.)
<https://www.ontariofamilyphysicians.ca/education-practice-supports/events?&eventID=48>

Ministry of Health: COVID-19 Vaccine Booster Recommendations (Version 9.0, August 31, 2022)
https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_vaccine_third_dose_recommendations.pdf

CEP: PHU vaccine contacts for primary care
<https://tools.cep.health/wp-content/uploads/2022/07/Copy-of-2022.07.22-list-MOHs-and-Vax-Designates.pdf>

NACI: Recommendations on the use of bivalent Omicron-containing mRNA COVID-19 vaccines (September 1, 2022)
<https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-bivalent-Omicron-containing-mrna-covid-19-vaccines.pdf>