

### What is long COVID? [1,2]



### What are the symptoms? [1]

VERY FREQUENT	FREQUENT	INFREQUENT
<ul style="list-style-type: none"> <li>Fatigue</li> <li>Dyspnea (rest – strain)</li> <li>Limited performance and/or activity</li> <li>Headache</li> <li>Smell and taste disorders</li> </ul>	<ul style="list-style-type: none"> <li>Cough</li> <li>Sleep disorders</li> <li>Depressive mood</li> <li>Anxiety symptoms</li> <li>PTSD symptoms</li> <li>General pain</li> <li>Changed breathing pattern</li> <li>Cognitive limitations</li> <li>Compulsive acts</li> <li>Hair loss</li> <li>Stress</li> </ul>	<ul style="list-style-type: none"> <li>Paralysis and sensory disorders</li> <li>Dizziness</li> <li>Nausea</li> <li>Diarrhoea</li> <li>Loss of appetite</li> <li>Tinnitus</li> <li>Earache</li> <li>Loss of voice</li> <li>Palpitations</li> <li>Tachycardia</li> </ul>

### What should be monitored at primary care level?

While considering the known comorbidities, the following monitorings are recommended for basic diagnostics: [1,3]

- temperature; heart rate and rhythm; blood pressure; respiratory examination; functional status; pulse oximetry
- clinical testing (if necessary): full blood count; electrolytes; liver and renal function; troponin; C reactive protein; creatine kinase; D-dimer; brain natriuretic peptides; ferritin
- other investigations: chest x-ray; urine tests; ECG
- screening questions: pain, breathlessness, fatigue, physical exhaustion, post-exertional malaise, cognitive disorders, depression, anxiety

Make your patient interview faster and easier! Create a long COVID protocol in the **MESI mTABLET**, guiding you step by step:

- automated questions
- oximetry, spirometry, blood pressure, ECG, ABI and TBI on one device.



See how our Protocol app is saving you additional time.



## Patient questionnaire [4]

Since falling ill with COVID-19, do you:	NEVER	SOMETIMES	OFTEN	VERY FREQUENTLY
experience weakness and lethargy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel tired even after you rest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experience breathlessness during daily errands (e.g. climbing stairs)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experience breathlessness when exercising?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have a persistent cough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have feelings of having a fast-beating, fluttering or pounding heart?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have problems with the sense of smell and taste?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have balance or fine motor skills problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have concentration problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have problems finding the right words or speaking long sentences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experience depression?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experience anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have sleep disorders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
experience hair loss?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Measurement checklist

TEMPERATURE       BLOOD PRESSURE       OXIMETRY       SPIROMETRY       ECG

\_\_\_\_\_ °C      \_\_\_\_\_ / \_\_\_\_\_ mmHg      \_\_\_\_\_ %

### REFERENCES

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- Greenhalgh, T, Knight, M, A'Court, C, Buxton, M, Husain, L. 2020. Management of post-acute covid-19 in primary care. BMJ 2020;370:m3026. DOI: <https://doi.org/10.1136/bmj.m3026>
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