Long COVID- PASC

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New changes to the definition

• **Acute COVID-19** – Symptoms of COVID-19, up to four weeks following the onset of illness.

• **Post-COVID condition** – Broad range of symptoms (physical and mental) and symptom clusters that develop during or after COVID-19, continue for ≥2 months (i.e., three months from the onset of illness), have an impact on the patient's life, and are not explained by an alternative diagnosis.

SOURCE: Evaluating and Caring for Patients with Post-COVID Conditions: Interim Guidance
Two Cases:

• A 76 year old man with obesity, DM, HTN admitted to ICU with hypoxemic respiratory failure associated with his CoVID. Remained on mechanical ventilation for 50 days, hospitalized for 75. Now, 180 days after infection, has weakness, fatigue, depression, lethargy, SOB, decreased appetite, and extreme forgetfulness

• A 31 year old woman with no PMH develops acute CoVID. Now, 100 days from first symptoms, she has intermittent low grade fevers, DOE at 1 block, tachycardia, weakness, hair loss, fatigue, difficulty concentrating, and depression
Commonality

• Depression
• Anxiety
• Shortness of breath
• Chest pain
• Difficulty with concentration
• Fatigue
• Sleep disturbances
• What is Post ICU syndrome and what is PASC?
Where are we now?

• Cause is direct and indirect impact of virus
• Still challenging to clearly define what is PASC symptoms
• Incidence in unvaccinated is >50% of critically ill and 25% of non-hospitalized.
• Prevention is the only form of “treatment”- Avoid acute and chronic symptoms
  • Vaccination reduces disease and PASC- 42% to 16% (OR 0.16)
• Psychological symptoms highest in ICU group
  • Pre-existing diagnosis risk for post infection symptoms

Where are we now?

- The impact on return to work is profound
  - 60% of patients cannot complete all ADLs at 30 days
  - 60% of patients report limitations at 60 days (have not returned to norma)
- This is still a long process
  - 40% of outpatients still report symptoms at 9 months
  - Those diagnosed with PASC have symptoms at least 6 months.
- We work up the areas that have the biggest impact
  - Montreal Cognitive assessment
  - Cardiac and pulmonary testing
- 10-20% readmission rate for acute COVD

Impact for work and long term

• Rehabilitation
  • Minimum of 8 weeks appears best
  • TAKE IT SLOW (cardiac deficits)
  • Hard to improve cognitive aspect.

• Return to work
  • ???

• Future steps
  • Impact on health care system
  • Impact on workforce
  • Clearly defining research on this patient population (largely groups)