

## COVID-19's Lingering Tail: Long COVID's Symptom Burden and Treatment Options

The tale of havoc wrought by COVID-19 includes a tail — the persistent health effects of SARS-CoV-2 infection known collectively as Long COVID. Emerging research shows that up to [30% of people who survive COVID-19 infection](#) demonstrate lingering symptoms of the disease. That's tens of thousands of patients who will potentially be seen across healthcare settings — and who will need well-informed healthcare professionals to diagnose and treat their illness.

*This CE course is relevant to all healthcare professionals.*

### Episode 2 – Long COVID Symptoms and Treatment

As our society learns to live with potential COVID-19 infection, scores of Americans live with something else: Fatigue, dyspnea, headaches, insomnia, brain fog, and other debilitating symptoms of infection. How do healthcare professionals respond to the needs of so-called COVID long haulers? With validation of symptoms and clear understanding of treatment options.

#### Guest

Daniel Griffin, MD, PhD

- Physician-scientist, board certified in internal medicine and infectious disease
- Expertise in global health, tropical medicine, parasitology, virology (including SARS-CoV-2)
- Co-host of 5-star-rated podcasts, *The Week in Parasitism* and *This Week in Virology*
- Co-author of *Parasitic Diseases, 7<sup>th</sup> edition*, distributed to more than 100 countries

#### Host

Deborah Martin, DNP, MBA, RN, NE-BC, FACHE

- Director of Learning Innovation, Elite Learning
- Certified nurse executive and fellow of the American College of Healthcare Executives
- More than 25 years of experience in healthcare, including as system director of professional practice and development at a large healthcare system

#### Reviewer

Lisa Simani, APRN, MS, ACNP

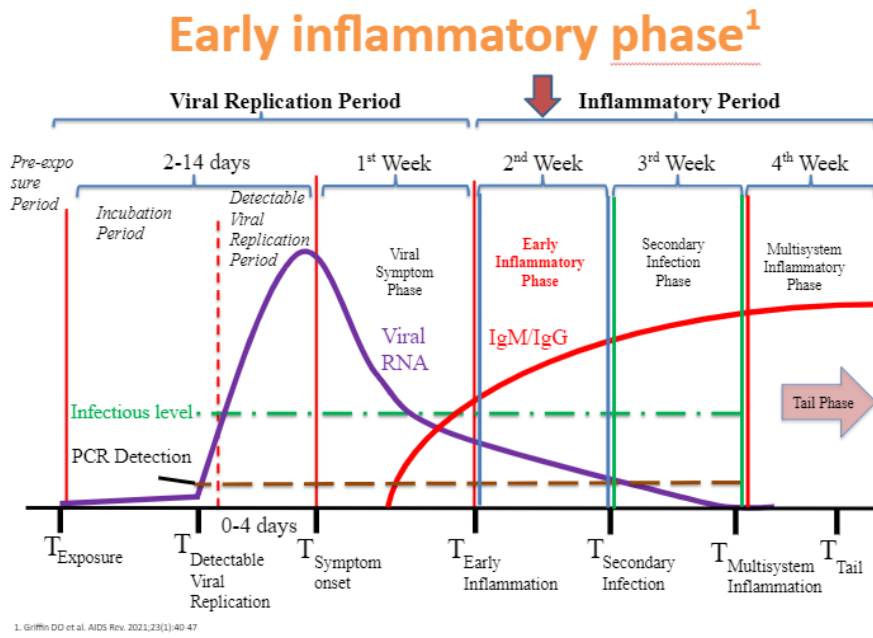
- Editor, Nurse Regulatory/Compliance Planner for Elite Learning
- 20 years of publishing experience

- Lead author of peer-reviewed articles for print- and web-based nursing continuing education provider companies

## Episode Key Points

### COVID-19 Early Inflammation Phase (2:20)

- Immune modulation
  - Steroids: Mortality benefit, unclear impact on PASC/Long COVID
  - IL-6 inhibitor: Only with progression (right time in the right patient); mortality benefit in authorized drug
- Anticoagulation: Mortality benefit in hospitalized patients (can prevent some long-term impacts)
- Pulmonary support (avoiding intubation, proning, NIV)
- Antiviral Rx: RNA-dependent RNA polymerase inhibitor; unclear impact on PASC/Long COVID

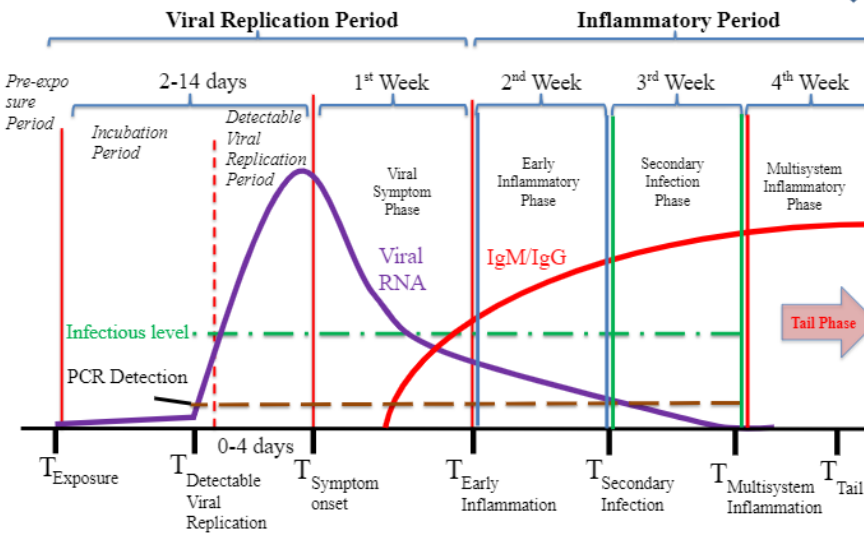


### COVID-19 Tail (Long COVID) Phase (6:15)

#### Long term care/issues

- Fatigue
- Cognitive impairment
- Pulmonary compromise
- Cardiac issues
- GERD/dyspepsia
- Insomnia
- Mental health (anxiety, depression, etc.)
- Headaches

## Tail phase<sup>1</sup>



1. Griffin DO et al. AIDS Rev. 2021;23(1):40-47

## References

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## Resources

[Voices of Long COVID](#)

[Parasites Without Borders](#)

[This Week in Virology](#)

[Email Daniel Griffin](#)

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