

Management of Post COVID Conditions

Many post-COVID conditions can be improved through already established symptom management approaches (e.g., breathing exercises to improve symptoms of dyspnea).

Creating a comprehensive rehabilitation plan may be helpful for some patients and might include physical and occupational therapy, speech and language therapy, vocational therapy, as well as neurologic rehabilitation for cognitive symptoms

Gradual return to exercise as tolerated could be helpful for most patients. Optimizing management of underlying medical conditions might include counseling on lifestyle components such as nutrition, sleep, and stress reduction (e.g., meditation).

Patient diaries and calendars might be useful to document changes in health conditions and symptom severity, especially in relation to potential triggers such as exertion (physical and cognitive), foods, menstruation, and treatments or medications.

Healthcare professionals should encourage patients to report any new or changing symptoms and to discuss any changes in activities or routines.

Approved or over the counter medications as well as vitamin or electrolyte supplements may be helpful for indicated illnesses (e.g., headache, anxiety) or documented deficiencies (e.g., vitamin deficiency) after carefully weighing the benefits and risks of pharmaceutical interventions.

Follow-up visits with a healthcare professional might be considered every 2–3 months, with frequency adjusted up or down depending on the patient's condition and illness progression.