

**Session Title:****Interdisciplinary Management of Long COVID: Considerations for the Hospital and the Clinic**

**Speakers:** Chandler McDonald, PT, DPT, CSCS, Clayton Powers, PT, DPT, Jaime Booz, MS, CCC-SLP, Dallin Sudbury, MOT, OTR/L

**Session Description:** Post-acute sequelae of COVID-19, colloquially called “long COVID,” takes an individualized and specialized multi-disciplinary approach to improve patient outcomes and quality of life. Long COVID patients often stump their physicians with their abundance of symptoms and lack of definitive testing to confirm a diagnosis. Further, clinicians may note poor tolerance to graded exercise therapy even at light intensities with only modest to no improvements in functional or quality of life outcomes. This session aims to explore several pathophysiological, examination, interventional, and interdisciplinary-care approaches to long COVID management for both the inpatient and outpatient therapy teams to improve functional and quality of life outcomes for this often challenging diagnosis.

**Objectives:**

- Understand long COVID syndrome pathophysiological phenotypes and specialized examination techniques
- Provide a customized intervention plan for patients with Long COVID suffering from symptoms of dysautonomia, connective tissue disorders, immune reactivity, metabolic responses, and exercise/activity intolerance
- Learn strategies to support optimal cognitive and occupational function in patients with Long COVID throughout the treatment course
- Identify the roles of Occupational Therapy and Speech Therapy in a multi-disciplinary post-acute sequela of COVID-19 clinic

**What will be the clinician/educator takeaways/skills that can be utilized immediately?**

- Perform examination techniques including evidence-based screening tools, patient-reported outcomes measures, and tests & measures to effectively identify long COVID syndrome
- Provide individualized interventions to patients with Long COVID to reduce symptoms of post-exertional malaise, orthostatic intolerance, and co-morbidities that limit their activity and exercise tolerance
- Implement strategies and support to reduce cognitive exertion, recognize nutritional and safety concerns related to dysphagia, and implement support to reduce vocal exertion in patients with long COVID
- Educate patients on effective pacing techniques, activity modifications, and available AE/DME to improve the individual's ability to perform desired occupations

**Speakers Bio:**

Chandler McDonald, PT, DPT, CSCS is a physical therapist specialized in cardiopulmonary physical therapy. He received his Doctor of Physical Therapy degree and completed a cardiopulmonary residency at the University of Utah. He teaches cardiopulmonary-related material at the University of Utah's residential and Baylor University's Hybrid Doctor of Physical Therapy programs. He is involved in long COVID and Parkinson's disease research performing cardiopulmonary rehabilitation and CPETs, respectively. He has spoken at CSM 2023 alongside colleagues on safe implementation of high intensity gait training in neurologic populations.

Clayton Powers, PT, DPT is a physical therapist who specializes in rehabilitation of myalgic encephalomyelitis (ME/CFS), postural orthostatic tachycardia syndrome (POTS), and post-acute sequelae of COVID-19 (PASC). He received his Doctor of Physical Therapy degree from the University of Utah where he established the vestibular, autonomic, and post-COVID clinic at the South Jordan location. He also works for the Bateman Horne Center to create clinician and patient ME/CFS, POTS, and PASC educational content. He was awarded the 2024 Physical Therapist of the Year in the state of Utah for his work related to ME/CFS and Long COVID. Dr. Powers has spoken at several state, national, and international conferences on ME/CFS, POTS, and PASC rehabilitation and is involved in research trials to find more effective strategies for helping these populations.

Jaime Booz, MS, CCC-SLP is a speech language pathologist working at the Comprehensive COVID clinic at the University of Utah. He has been working with this population since 2022 and has neuro rehabilitation experience in multiple inpatient and outpatient settings.

Dallin Sudbury, MOT, OTR/L, received his master's degree in occupational therapy from St. Louis University in 2015. He has worked at the University of Utah in several clinics including the Comprehensive Covid Clinic, ALS, Muscular Dystrophy and Facial Nerve Rehab clinics and inpatient orthopedics.

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