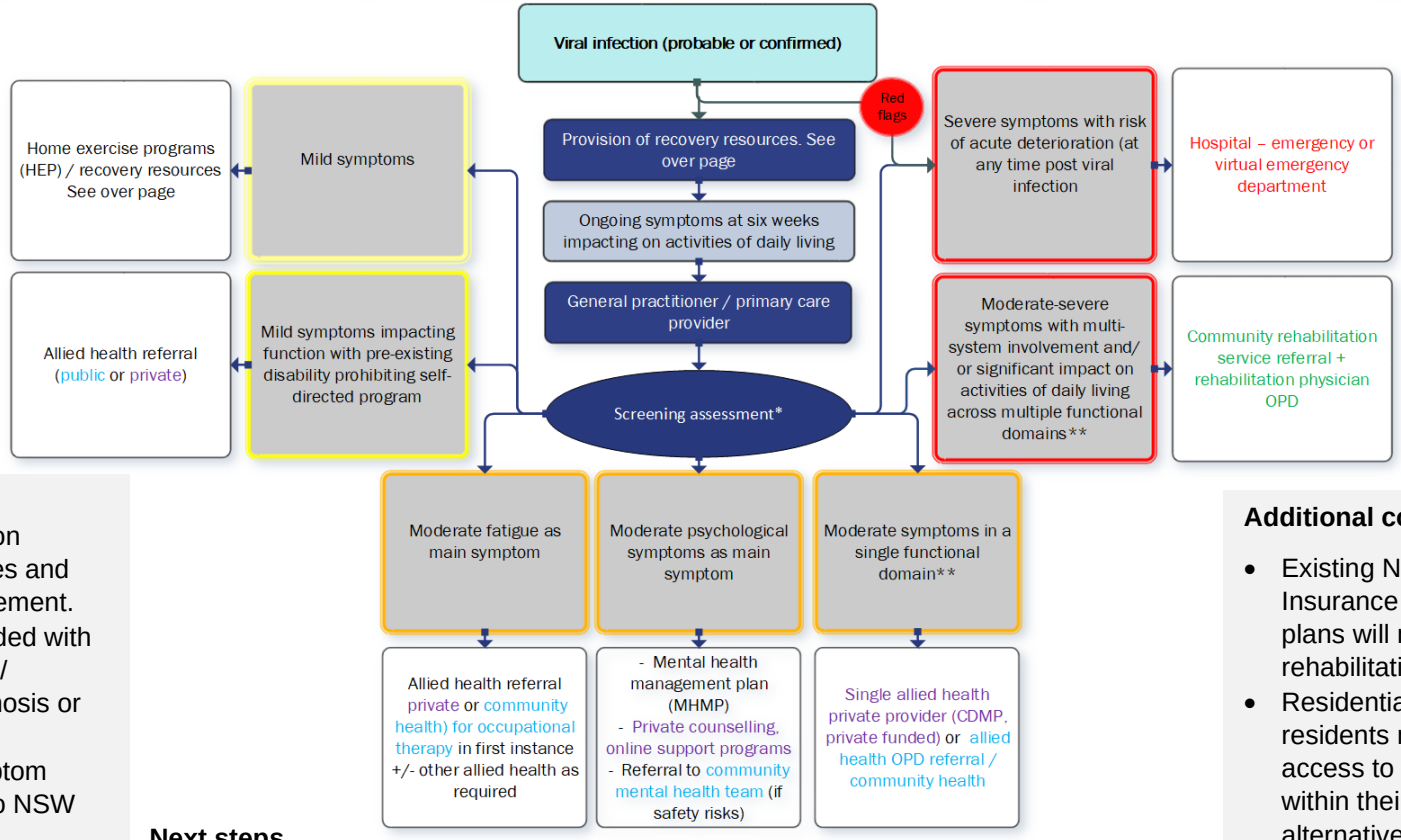
Post-viral illness recovery (including COVID-19) – community-based clinical decision support tool



Notes:

- Severity ratings are based on functional impact on life roles and activities using clinical judgement.
- All patients should be provided with access to self-management/ recovery resources at diagnosis or first consultation.
- For additional specific symptom management details refer to NSW Health Agency for Clinical Innovation (see over page).
- For all public HHS-based outpatient referrals check your local Health Pathways (allied health and medical).
- Everyone recovers differently. A longer recovery can happen for some, and the most likely outcome is full recovery.

Next steps

- Monitor progress of intervention at 2-4 week intervals dependent on symptom impact/severity and intervention.
- Repeat screening after 6 weeks of intervention and if ongoing symptoms consider referral to community rehabilitation. If significant ongoing symptoms impacting function (precluding returning to life roles such as work & driving), reassess and refer to rehabilitation physician outpatients clinic.

*Tools available through HealthPathways.
**Functional domains for COVID-19 include physical, cognitive, swallow, taste/olfactory, speech and language, ADLs, psychological (NB separate pathway for predominant psychological symptoms).

Additional considerations:

- Existing National Disability Insurance Scheme (NDIS) plans will not provide rehabilitation post-COVID-19.
- Residential Aged Care Facility residents may have limited access to allied health services within their facility. Consider alternative or additional services.

This decision support tool was developed to provide specialised guidance to clinicians regarding allied health and multidisciplinary rehabilitation service utilisation for patients recovering from respiratory viral illnesses, including COVID-19. Following are a number of resources that were initially developed for COVID-19 (including post COVID-19 condition management) that are appropriate to aid recovery following similar viral infections.

Long COVID Resources

Self-management

- Your Recovery from COVID Queensland Health
- Managing post-COVID-19 symptoms.Royal Australian College of General Practitioner's Patient resource, includes a daily symptom diary
- Support for rehabilitation: self-management after COVID-19-related illness World Health Organisation
- Your COVID Recovery NHS see "Your Road to Recovery" for symptom management
- Recovering from COVID-19: Post viral-fatigue and conserving energy Royal College of Occupational Therapists, site contains practical advice to support:
  - post-viral fatigue for people treated in hospital
  - post-viral fatigue for people who recovered at home
  - conserving energy during and after COVID-19.

Screening for impacts

- Post COVID Symptom map (modified from Dunford, F. in Ministry of Health. 2022. Clinical Rehabilitation Guideline for People with Long COVID (Coronavirus Disease) in Aotearoa New Zealand: Revised December 2022.)
- Post COVID Functional Status (PCFS) Scale (functional impacts)
- Yorkshire Screening Tool (C19-YRS) compares pre- and post-COVID symptoms
- Symptom Burden Questionnaire for Long COVID (free but need to register)

Clinical Advice and Management Guides

- Qld Health Clinician Advice Queensland Health
- Post-COVID-19 Conditions HealthPathways
- Long COVID NSW Agency for Clinical Innovation Model of Care
- Post-Acute Phase NSW Agency for Clinical Innovation Model of Care
- Clinical practice guide for assessment and management of adults with post-acute sequelae of COVID-19 NSW Agency for Clinical Innovation
- Caring for patients with post-COVID-19 conditions Royal Australian College of General Practitioners
- Care of people after COVID-19 National COVID-19 Clinical Evidence Taskforce

Overviews of Long COVID

- Living Evidence Summary Queensland Health
- Living Evidence Summary NSW Agency for Clinical Innovation (includes management advice)
- Living Guidelines and FAQs National COVID-19 Clinical Evidence Taskforce

This tool was developed by the Qld Rehabilitation Clinical Network, Clinical Excellence Queensland. Queensland Health. To provide feedback please contact QldRehabilitationNetwork@health.qld.gov.au