LONG COVID IN KIDS

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POST COVID SYNDROME CLINIC
C.S. MOTT CHILDREN’S HOSPITAL
MICHIGAN MEDICINE
LEARNING OBJECTIVES

• Understand common presentations of post COVID syndrome

• Understand the spectrum of post COVID syndrome

• Know your local resources
LEARNING OBJECTIVES

• Knowing the spectrum of symptoms, where and how to get consultation is key to helping our patients.

• We will discuss the literature in COVID in children, the experiences of patients who have been evaluated in our post COVID syndrome clinic and help to provide local resources.
DEFINITIONS

• Acute COVID-19:
  • signs and symptoms of COVID-19 for up to 4 weeks

• Ongoing symptomatic COVID-19:
  • signs and symptoms of COVID-19 from 4 to 12 weeks

• Post-COVID-19 syndrome:
  • signs and symptoms that develop during or after an infection consistent with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis
POST- COVID TERMINOLOGY

• Long COVID-19
• Post-Acute Sequelae of COVID-19 (PASC)
• Persistent COVID-19
• Post-COVID19 Syndrome
• COVID Long Haulers
• Post COVID-19 Condition
PEDIATRIC POST COVID SYNDROME CLINIC

• Started taking referrals on May 1, 2021

• Referral Criteria
  • PCP or specialist referral
  • Under the age of 21
  • Documented COVID-19 infection by PCR
  • New or worsening symptoms that persist more than 8 weeks after the initial COVID-19 infection
  • No other exposures or explanations for the new symptoms
OUR TEAM

• Pulmonology
• Cardiology
• Otolaryngology and Speech Pathology
• Physical Medicine and Rehabilitation
• Child and Adolescent Psychology
SYMPTOMS

- **Cough & Breathing**: 65% Dyspnea
- **Fatigue & Sleep**: 40% Fatigue
- **Pain & Tingling Sensations**: 17% Chest pain
- **Taste & Smell**: 35% Loss of Taste/Smell

Michigan Medicine PASC Guide
https://www.pascguide.com/
OUR WORKUP

• Pulmonology
  • Pulmonary function testing, 6 years old and above
  • 6 minute walk
  • Labwork

• Cardiology
  • Stress testing
  • Orthostatic vital signs (POTS)

• ENT/Speech
  • Laryngoscopy
  • Paradoxical vocal cord dysfunction evaluation

• Physical Medicine and Rehabilitation

• Psychology/Psychiatry
TREATMENTS

• No specific treatments are available for post COVID Syndrome
• Symptomatic management
• Optimize function and quality of life
OUR INTERVENTIONS

• Pulmonology
  • Bronchodilators
  • Inhaled steroids
  • Systemic steroids

• Cardiology

• Physical Medicine and Rehabilitation
  • Pain management
  • Physical Therapy

• Otolaryngology
  • Olfactory retraining
  • Speech
    • Breathing retraining

• Psychology/Psychiatry
  • Pain management
  • Anxiety medications
PATIENT EXPERIENCES
SUPPORTING PEOPLE WITH POST COVID CONDITIONS

Listen with compassion

The unknown and long-term nature of a post-COVID condition can create stress. Taking steps to understand the person’s experiences might make them feel less isolated.

What to do:

• When listening, give feedback that acknowledges and validates what they are going through.
• For tips on how to communicate compassionately while listening to their experiences, visit the CDC’s suggestions for listening with compassion.
Start a conversation to gain understanding

Support can look different to different people. To best understand what type of support a person needs, start by asking them to talk and ask questions about their experiences.

What to do:

- When having these conversations, start with an open-ended question, like “How’s it going for you these days?” Then, work to narrow down what you can do to help.
- After taking time to compassionately listen to their responses, directly ask what they need or what you can do to help.
- Learn more about CDC’s tips on how to start these types of meaningful conversations.
3 Determine how you can help with what they need

After you have listened and worked to understand what support looks like for the person, determine your role in that support.

- Some people may want someone to listen to their experiences more frequently.
- Others may need more physical support (help with household chores, running errands).

There will be times where you may not be able to support a person exactly as they need, and it’s ok to acknowledge that. Just be direct in saying what you can and can’t do.

For example:

- “I understand that you need help getting groceries because you are not feeling up to grocery shopping. I don’t have a car, but I can recommend the delivery service I use.”
SELF CARE TREATMENTS

- Acupressure
- Cognitive and Speech Rehab
- Goal Setting
- Managing emotions
- Nutrition
- Pacing
- Physical Activity
- Relaxation
- Scent training
- Sleep
- Spirituality
- Yoga

Michigan Medicine PASC Guide
https://www.pascguide.com/
RESOURCES

• Role of Adolescent Medicine
• MiPAIN Clinic
  • Michigan Pediatric Adolescent Interdisciplinary Network
• Postural Orthostatic Tachycardia Syndrome (POTS) exercise programs
• Vocal cord dysfunction exercises
• Breath: The New Science of a Lost Art by James Nestor
RESOURCES

MiPAIN Clinic
Michigan Pediatric Adolescent Interdisciplinary Network

- Art therapy, PM&R, PT, Psychology, Therapeutic Recreation, OT
- Multidisciplinary approach to coping/managing pain
OTHER MULTIDISCIPLINARY CLINICS

Aerodigestive Clinic
- Pulmonary, Otolaryngology, Gastroenterology, Speech Therapy
- 1 hour concurrent visit with all specialists

Exercise Induced Laryngeal Obstruction Clinic
- Pulmonary, Otolaryngology, Speech
- TBD
THANK YOU