



CASE PRESENTATION FORM

LONG COVID ECHO

Submit form to: christine.chan@uhn.ca

Initial Presentation:

Follow-up Presentation:

ECHO Community Member name:

Submitted on:

For ECHO session scheduled on:

CASE SUMMARY:	
<p>e.g. 38 yr o F who has Long COVID symptoms including extreme tiredness and brain fog for 7 months post COVID-19 infection. In addition to these symptoms, she also has multi-site joint pain and muscle aches in the right arm, shoulder, leg, and low and mid-back pain. Seen by multiple providers and given various diagnoses including perimenopause, hypochondriasis and hypermobility. Care provider is seeking diagnostic clarification and plan for management.</p>	
<p>After review of information provided & discussion of this patient's case, the following recommendations have been made:</p>	
DIAGNOSES	
<p>List any confirmed or potential diagnoses</p>	<ul style="list-style-type: none"> • E.g. • Chronic back pain with • Arthritis • Bruxism • Hypermobility syndrome (?Ehlers Danlos) w multiple joint injuries • ?illness anxiety /somatic disorder
MANAGEMENT & RECOMMENDATIONS	
<p>Referrals</p>	<ul style="list-style-type: none"> • E.g. • Physiotherapy
<p>Investigations</p>	<ul style="list-style-type: none"> • E.g. • Bone scan • PHQ-9, GAD-7 • STOP BANG or sleep assessment
<p>Pharmacological Opioids</p>	<ul style="list-style-type: none"> • E.g. • Consider CR tramadol overnight if it is working to improve pain/function •
<p>Pharmacological Non Opioid</p>	<ul style="list-style-type: none"> • ...

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Psycho social	<ul style="list-style-type: none">• E.g.• Mental health assessment
Physical modalities, manual therapies or CAM	<ul style="list-style-type: none">• E.g.• Water therapy• Mobility aids
Documentation	<ul style="list-style-type: none">• E.g.• SMART goals•
Other	<ul style="list-style-type: none">• E.g.• The Way Out (book)• EDS Canada Foundation for support, if appropriate

Please note that Project ECHO® case consultations do **not** create or otherwise establish a patient relationship between any ECHO Hub clinician and any patient whose case is being presented in a Project ECHO setting.