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| Initial Presentation: [ ]  | Follow-up Presentation: [ ]  |
| ECHO Community Member name: | Submitted on:  |
| For ECHO session scheduled on:  |  |

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| **CASE SUMMARY:** |
| **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.**  |
| After review of information provided & discussion of this patient’s case, the following recommendations have been made: |
| **DIAGNOSES**  |
| List any confirmed or potential diagnoses | * E.g.
* Chronic back pain with
* Arthritis
* Bruxism
* Hypermobility syndrome (?Ehlers Danlos) w multiple joint injuries
* ?illness anxiety /somatic disorder
 |
| **MANAGEMENT & RECOMMENDATIONS** |
| Referrals | * E.g.
* Physiotherapy
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| Investigations | * E.g.
* Bone scan
* PHQ-9, GAD-7
* STOP BANG or sleep assessment
 |
| Pharmacological Opioids | * E.g.
* Consider CR tramadol overnight if it is working to improve pain/function
 |
| Pharmacological Non Opioid | * …
 |
| Psycho social | * E.g.
* Mental health assessment
 |
| Physical modalities, manual therapies or CAM | * E.g.
* Water therapy
* Mobility aids
 |
| Documentation | * E.g.
* SMART goals
 |
| Other | * E.g.
* The Way Out (book)
* [EDS Canada Foundation](http://ilcedscanada.org/) for support, if appropriate
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**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.