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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 |
| 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 |

**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.