



CANADIAN GUIDELINES FOR
POST COVID-19 CONDITION



LONG COVID WEB

Canadian Guidelines for Post COVID-19 Condition (CAN-PCC)

Long COVID Web webinar

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McMaster University, Hamilton, Canada

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Disclosures

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CANADIAN GUIDELINES FOR
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CAN-PCC: Three Main Components



Guideline Development



Knowledge Mobilization



Evaluation

Overall Project Timeframe – Jan 2023 to Mar 2025



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CAN-PCC Project Principles & Processes

- Development of evidence-based guidelines covering the full spectrum of PCC
- Balanced representation of interested participants in decision-making roles, including residents from different provinces and territories, people with lived experience, and equity-deserving groups
- Key groups and collaborators, including prominent guideline development organizations
- Transparent and systematic approach based on best practices for guideline development and informed by the best available evidence
- Independent management of conflicts of interest
- Standardized training with certification through international program



CAN-PCC

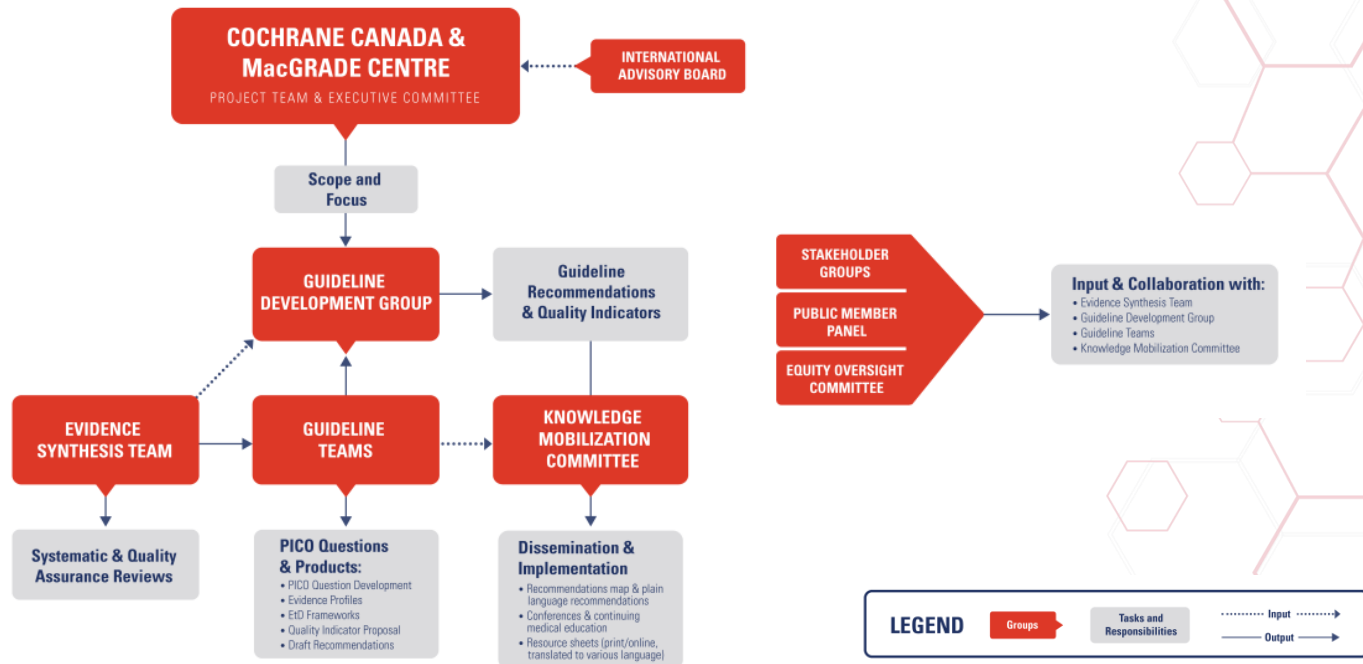


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CAN-PCC Project Groups

GROUPS, ROLES & RESPONSIBILITIES



Guideline Development Progress

Selecting Priority Topics



Complete

Developing Good Practice Statements



Complete

Prioritizing Guideline Questions & Health Outcomes



Ongoing

Evidence Synthesis



Started

Developing Recommendations



Coming



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COVERAGE OF SIX PCC GUIDELINE TOPICS

PREVENTION OF PCC

For example:

- Primordial prevention (of COVID-19)
- Primary prevention of PCC (incl. pharmacological interventions)
- Risk stratification, prognostic factors

TESTING, IDENTIFICATION & DIAGNOSIS RELATED TO PCC

For example:

- Medical examination
- Diagnostic and other tests

PHARMACOLOGICAL & NON-PHARMACOLOGICAL CLINICAL INTERVENTIONS FOR PCC

For example:

- Rehabilitation
- Antiviral therapy
- Anticoagulation, antiplatelets
- Traditional healing approaches, complementary, alternative, holistic treatments
- Interventions at population and individual levels

NEUROLOGICAL & PSYCHIATRIC TOPICS

For example:

- Screening
- Post exertional malaise
- Fatigue
- Brain fog
- Cognitive impairment

PEDIATRIC & ADOLESCENT TOPICS

For example:

- Special considerations
- Caregivers
- Schools

HEALTH CARE SERVICES & SYSTEMS, SOCIAL SUPPORT

For example:

- Primary care, virtual care, specialist referral
- PCC clinics
- Transitions in care
- Co-construction of treatment plans
- Social support
- Work accommodations and special considerations

MANAGEMENT

Holistic Healthcare Approaches, Multi-Modal Care

MONITORING, DISCHARGE, & FOLLOW-UP

PREVENTION OF OTHER HEALTH CONDITIONS RELATED TO PCC

RECOMMENDATIONS FOR CANADIAN RESIDENTS, WITH SPECIAL ATTENTION TO EQUITY-DESERVING POPULATIONS

Addressing distinct and diverse needs, with culturally sensitive approaches

Release of Good Practice Statements

11 Good Practice Statements were released on January 16

- To urgently address common challenges in PCC prevention and care
- We will add formal recommendations in the coming months

Visit canpcc.ca to view the Good Practice Statements!



The screenshot shows the website for the Canadian Guidelines for Post COVID-19 Condition (CAN-PCC). The header includes the CAN-PCC logo and the text "CANADIAN GUIDELINES FOR POST COVID-19 CONDITION". The navigation menu includes Home, Guidelines, Public comment, About us, News, Resources, and English. A search bar is present with the text "Enter the keyword to search in recommendations" and a search icon. Below the search bar, there are two Good Practice Statements listed. Each statement includes a title, a brief description, and a "See more" link.

Home Guidelines Public comment About us News Resources English

Enter the keyword to search in recommendations Glossary Read first about Good Practice Statements

Good Practice Statement [See more](#)

Public health officials and health care professionals should educate the public and patients on current ways to prevent infection or re-infection with COVID-19 (**ungraded good practice statement**). **Remarks:** This education should be informed by a focus on measures that are effective, accessible, appropriate and culturally responsive. Post COVID-19 condition (PCC) is caused by infection with SARS-CoV-2. Preventing infection will, thus, decrease the risk of PCC.

Good Practice Statement [See more](#)

Public health officials should monitor and communicate the risk of COVID-19 transmission in their communities to inform the public, allowing them to take measures to prevent infection and reinfection and reduce the risk of development of post COVID-19 condition (PCC) (**ungraded good practice statement**). **Remarks:** Communication should be done in an accessible, appropriate, and culturally responsive manner.



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Prioritizing Questions and Outcomes

Questions

- CAN-PCC collaborative is prioritizing **15 questions per topic**
- Input received from public, and Canadian and International interest groups

Outcomes

- Maximum of 7 health outcomes per selected question
- People-important outcomes – What matters, not what is reported
- Challenge: PCC is a broadly defined condition associated with many outcomes: find out **which outcomes are considered most important**
- We are following a Core Outcome Set and using Health Outcome Descriptors for a common understanding among recommendation developers, researchers, and guideline users



Example of Health Outcome Descriptor

Quality of Life Impairment

Population/context:

Background: Reduced Well-Being

Author: Holger Schunemann, Romina Brignardello-Petersen, Mikkael Sekeres, Mark Litzow

Date: 31.07.2018

Importance rating

Utility rating

Symptoms

Quality of life impairment indicates a reduced state of wellbeing related to a change in your health status. Many symptoms may cause a reduction in your quality of life. The more severe your symptoms, the more impaired will be your quality of life. Psychological impairment and symptoms will cause a reduction in quality of life, too.

Time horizon

Quality of life impairment will persist for the duration of symptoms, impairment or the condition.

Testing and treatment

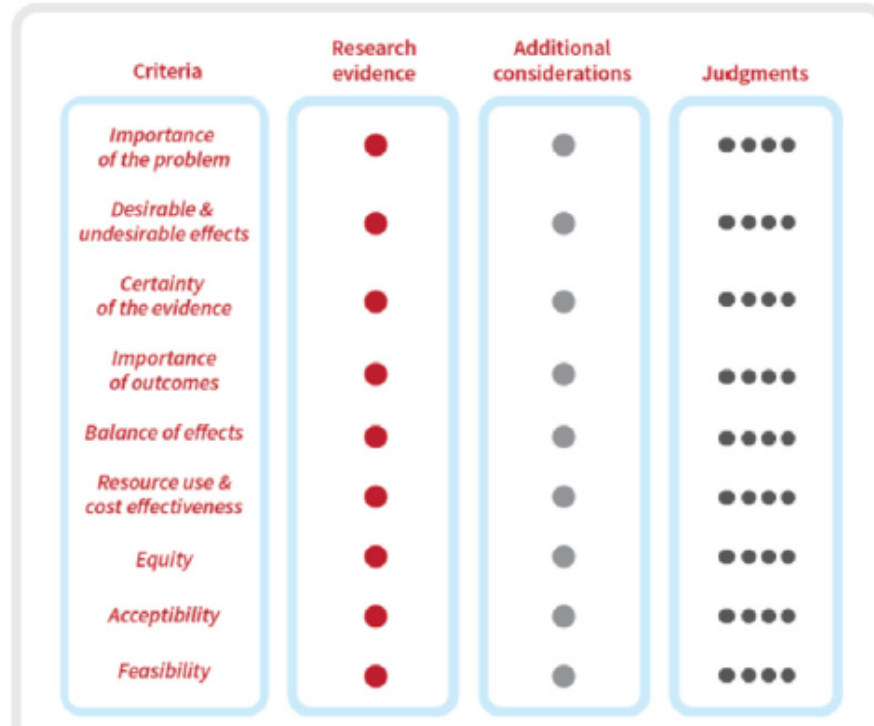
Depending on the condition, testing and treatment will be administered. Many tests and treatments may affect your quality of life. If your condition improves, your quality of life may improve. Quality of life can be measured with questionnaires.

Consequences

Depending on your condition and treatment your quality of life may improve or worsen.

Structured Consideration of Multiple Criteria

- Evidence-to-Decision Framework
- Structures the group consensus process to make judgments and recommendations



Equity Approach in CAN-PCC

First large guideline development project with an established **Equity Oversight Committee** that will work across guideline teams and oversee the development of recommendations and good practice statements



A 7-step framework will guide the CAN-PCC teams 



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Equity Framework¹



1. Dewidar, O, et al. Operationalizing the GRADE-Equity Criterion to Inform Guideline Recommendations: Application to a Medical Cannabis Guideline. <http://dx.doi.org/10.2139/ssrn.4401556>

CAN-PCC: Three Main Components



CAN-PCC



Guideline Development



Knowledge Mobilization



Evaluation



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Knowledge Mobilization: Overview of Projects

Geographical Reach

- **3 projects:** Aim to reach across Canada
- **1 project:** Saskatchewan
- **1 project:** Quebec
- **1 project:** Ontario + Quebec

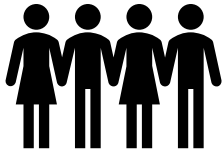
Equity

Indigenous, Migrants and Refugees, 2SLGBTQ+, Frail Elderly, Women, Pregnant, Incarcerated, Racialized and Homeless

- **2 projects:** All equity populations
- **3 project:** Some equity populations
- **1 project:** Migrant and Refugee focused

Examples of Activities

- Workshops
- Outreach Visits
- Online Resource Sheets
- Podcasts
- Policy Information Package
- Webinars
- EHR Integration
- Integration in care systems and processes



Knowledge Mobilization Update: KM Project Example

Enhancement of MyGuide Long COVID

An online resource in which a customized self-management guide for patients is created after they answer a series of initial questions.

- Will be enhanced based on the CAN-PCC guidelines
- Modifying MyGuide to make it more accessible to individuals from other provinces, non-English speakers, persons with impairments and caregivers
- Promoted to clinicians, participants with PCC, and caregivers

Post-COVID-19
Interdisciplinary Clinical Care Network

RECOMMENDED RESOURCES

MyGuide Long COVID



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Knowledge Mobilization: Communications Strategy



Email Communications

Using Mailchimp to send tailored emails to:

1. Federal, Provincial Organizations, and Long COVID Clinics
2. CAN-PCC project groups
3. People who agreed to be contacted for CAN-PCC



Social Media

Social media posts (videos, graphics, and text-based) on:

- **X (Twitter)**
- **Facebook**
- **LinkedIn**



Collaborations

Private messages and emails are sent to health organizations with a large audience to seek interest in resharing our guidelines/ collaborating

Thank you! Questions or comments?



CAN-PCC

Visit our **webpage** and sign up for our **newsletter**: <https://canpcc.ca>

Stay up to date by following @CochraneCanada on:



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