





# GOOD PRACTICE STATEMENTS:

## CANADIAN GUIDELINES FOR POST COVID-19 CONDITION

### WHAT IS A GOOD PRACTICE STATEMENT?

It is a statement that recommends a course of action. **This statement says that the benefits outweigh the potential harms** for the recommended action. Good practice statements are based on a documented, clear rationale from existing evidence. They can be thought of as a compass to help affected people, healthcare professionals, and policymakers **make decisions in the best interest of the affected people.**

TOPIC	GOOD PRACTICE STATEMENT
 <p>Prevention of Post COVID-19 Condition</p>	<p><b>1:</b> 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). <b>Remarks:</b> 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.</p> <p><b>2:</b> 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). <b>Remarks:</b> Communication should be done in an accessible, appropriate, and culturally responsive manner.</p>
 <p>Testing, Identification, &amp; Diagnosis of Post COVID-19 Condition</p>	<p><b>3:</b> Health care professionals should evaluate people for the possibility of post COVID-19 condition (PCC) if they have symptoms that have negative impact on daily activities or quality of life and persist beyond 12 weeks after the diagnosis of COVID-19 (ungraded good practice statement). <b>Remarks:</b> Symptoms can persist, be intermittent, or progressive. People may have different trajectories of disease over time and may seek care at different timepoints. Evaluation should be done in an accessible, appropriate, and culturally responsive manner.</p> <p><b>4:</b> Health care professionals should ensure a confirmed, suspected, or probable COVID-19 infection occurred before post COVID-19 condition (PCC) symptoms appeared in order to suspect the condition (ungraded good practice statement). <b>Remarks:</b> Suspected, probable, and confirmed COVID-19 are defined according to the WHO definition. Assessing whether a COVID-19 infection occurred should be done in an accessible, appropriate, and culturally responsive manner.</p>
 <p>Pharmacological &amp; non-pharmacological clinical interventions for post COVID-19 condition</p>	<p><b>5:</b> Health care professionals should actively listen to and validate the lived experiences of people with post COVID-19 condition (PCC) (ungraded good practice statement). <b>Remarks:</b> Interaction should take place in an accessible, appropriate and culturally responsive way.</p> <p><b>6:</b> Health care professionals should actively cultivate an accessible, appropriate and culturally responsive environment that fosters compassion and respect for identities, values and preferences of people with post COVID-19 condition (PCC) (ungraded good practice statement).</p>
 <p>Neurologic &amp; psychiatric topics for post COVID-19 condition</p>	<p><b>7:</b> Health care professionals should inquire about limitations in daily activity and quality of life, on an ongoing basis, for people with diagnosed or suspected post COVID-19 condition (PCC) who experience symptoms (ungraded good practice statement). <b>Remarks:</b> Inquiry should be accessible, appropriate, and culturally responsive.</p>
 <p>Pediatric &amp; adolescent topics for post COVID-19 condition</p>	<p><b>8:</b> Healthcare professionals' initial evaluation of children and adolescents presenting with persistent symptoms after COVID-19 infection should include a comprehensive clinical assessment (ungraded good practice statement). <b>Remarks:</b> The comprehensive clinical assessment should be accessible, appropriate, and culturally responsive and include consideration for pre-existing or concurrent physical, developmental, and mental health conditions that may be contributing to symptoms.</p>
 <p>Health care services &amp; system, social support for post COVID-19 condition</p>	<p><b>9:</b> Health care professionals should ensure that there is a plan of care decided with persons who present with symptoms associated with post COVID-19 condition (PCC), including options for follow-up or additional support for persisting or relapsing symptoms (ungraded good practice statement). <b>Remarks:</b> The plan of care should be accessible, appropriate, and culturally responsive. Both follow-up and additional support for persisting or relapsing symptoms can be part of this plan.</p> <p><b>10:</b> Health educators should provide training to health care professionals and trainees to build knowledge, skills, and competence to recognize and validate people's symptoms associated with post COVID-19 condition (PCC) (ungraded good practice statement). <b>Remarks:</b> Specific recommendations will be developed that address management of symptoms. Different methods of support could be made available depending on available resources, costs, effectiveness, and relevance, and should be accessible, appropriate, and culturally responsive.</p> <p><b>11:</b> All Canadian health care systems should ensure that there are health care professionals accessible to people who have concerns about symptoms potentially associated with post COVID-19 condition (PCC) (ungraded good practice statement). <b>Remarks:</b> Care could be provided using a variety of methods that are accessible, appropriate, and culturally responsive.</p>