

Video-Audio Transcript

Dr. Mark Meeker, vice president of physician services for OSF HealthCare

The clinic for long-haulers will start at the primary care level.

“This touches so many different organ systems and the severity can be so different and the consequences so different that it’s really best to have your primary care team navigate you through the system. So we have set up a long hauler clinic, so to speak, that’s virtual.” (:18)

E-consults can help people with multiple symptoms.

The consultant can review the record, review the test results, review the symptoms primary care is reporting and give advice on how to address that situation. Or they (the specialist) may see that person virtually and do a virtual consult. Or, if we feel it’s appropriate, we may say, ‘You need to go see doctor X, who is in this specialty to help us manage this.’” (:21)

Blood clots pose a threat to some long COVID patients.

“We’ve had some young people, for example, with significant blood clot issues that appear to be induced by circulation problems induced by COVID because we had no other explanation for that person to have that problem.” (:15)

Rehab is a pillar of most treatment approaches for long-haulers.

“Physical rehab, pulmonary rehab, cardiac rehab and now we’re starting to talk about brain rehab, which is really more along the lines of cognitive rehab. How do we get the brain rehabbed to clear up (the brain fog) and to be able to think more clearly? Those are all emerging issues that our therapists are working on.” (:21)