

**Appendix A. Long COVID Models of Care – Grey literature sources**

Source	Program name	Resource type	Description	Link
AAPM&R	Multi-Disciplinary PASC Collaborative	White paper series	<p>Long COVID (PASC) Clinical Guidance Statements covering screening and treatment strategies for:</p> <ul style="list-style-type: none"> <li>• Children/adolescents</li> <li>• Autonomic dysfunction</li> <li>• CV complications</li> <li>• Breathing discomfort</li> <li>• Cognitive symptoms</li> <li>• Fatigue</li> </ul>	<a href="https://onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1934-1563.LongCOVID">https://onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1934-1563.LongCOVID</a>
CADTH	Specialized Clinics and Health Care Professional Resources for Post-COVID-19 Condition in Canada	Health technology review (pdf)	<p>Purpose: This Environmental Scan aims to provide an overview of the current range and scope of both specialty clinics and available resources for health care professionals about post-COVID-19 condition in Canada.</p>	<a href="https://canjhealthtechnol.ca/index.php/cjht/article/view/ES0372/ES0372">https://canjhealthtechnol.ca/index.php/cjht/article/view/ES0372/ES0372</a>
CDC	Long COVID and Fatiguing Illness Recovery Program	Ongoing clinical trial	<p>Brief Summary: The primary objective of the present research is to determine the effectiveness of Family Health Center of San Diego's Long COVID and Fatiguing Illness Recovery Program (LC&amp;FIRP) on clinician- and patient-level outcomes. LC&amp;FIRP is comprised of a teleECHO program focused on multi-specialty case-consultation and peer-to-peer sharing of emerging best practices to support management of complex cases associated with PASC, ME/CFS, and OPIFI. Our secondary objective is to determine the feasibility, acceptability, and sustainability of LC&amp;FIRP. Our findings should provide a fuller understanding of the potential impact of innovative technology enabled multi-disciplinary team-based care models in low-resource, community-based primary care settings.</p>	<a href="https://www.clinicaltrials.gov/ct2/show/record/NCT05167227">https://www.clinicaltrials.gov/ct2/show/record/NCT05167227</a>

Source	Program name	Resource type	Description	Link
Health Information and Quality Authority (Ireland)	COVID-19 Topics	Health technology assessment (pdf)	International review of guidelines and models of care for long COVID (Dec 2022).	<a href="https://www.hiqa.ie/sites/default/files/2022-12/Long-COVID-guidelines.pdf">https://www.hiqa.ie/sites/default/files/2022-12/Long-COVID-guidelines.pdf</a>
National Clinical Evidence Taskforce – COVID-19 (Australia)	Australian Guidelines for the Clinical Care of People with COVID-19	Online report; summary flowchart (pdf)	<p>Care after COVID-19: applies to adults, adolescents and children with signs and symptoms that continue, or develop, after acute COVID-19. These signs and symptoms are commonly referred to as 'long COVID'.</p> <p>A range of symptoms have been reported in both adults and children, with variation in the duration of symptoms and clinical sequelae</p> <p>Growing evidence shows that these symptoms are driven by underlying immunological and biological changes. Symptoms may be experienced by people who had either mild, moderate or severe COVID-19. Some symptoms subside gradually with self-directed care alone, while other symptoms may require care from a health professional, and new symptoms may arise over time.</p>	<a href="https://app.magicapp.org/#/guideline/L4Q5An/section/jDJJJQ">https://app.magicapp.org/#/guideline/L4Q5An/section/jDJJJQ</a> <a href="https://clinicalevidence.net.au/wp-content/uploads/FLOWCHART-CARE-AFTER-COVID.pdf?e=230522-34113">https://clinicalevidence.net.au/wp-content/uploads/FLOWCHART-CARE-AFTER-COVID.pdf?e=230522-34113</a>
NICE UK	NICE, the Scottish Intercollegiate Guidelines Network (SIGN) and the Royal College of General Practitioners Collaboration	Rapid guideline (pdf)	<p>COVID-19 rapid guideline: managing long-term effects of COVID-19</p> <p>Description: This new and emerging condition, which has been described using a variety of terms including 'long COVID', can have a significant effect on people's quality of life. It also presents many challenges when trying to determine the best-practice standards of care based on the current evidence. There is no internationally agreed clinical definition or clear treatment pathway, and there is an evolving, evidence base. This guideline provides clinical definitions of the effects of COVID-19 at different times (see below). It also provides advice on diagnosis and management based both on the best available evidence and the knowledge and experience of the expert panel.</p>	<a href="https://www.ncbi.nlm.nih.gov/books/NBK567261/pdf/Bookshelf_NBK567261.pdf">https://www.ncbi.nlm.nih.gov/books/NBK567261/pdf/Bookshelf_NBK567261.pdf</a>
Project ECHO	Long COVID and Fatiguing Illness Recovery Program	Webinar resource list; only relevant resources listed	2022 ACC Expert Consensus Decision Pathway on Cardiovascular Sequelae of COVID-19 in Adults: Myocarditis and Other Myocardial Involvement, Post-Acute Sequelae of SARS-CoV-2 Infection, and Return to Play (no abstract; includes expert consensus care pathway).	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8926109/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8926109/</a>
Provincial Health Services	Post-COVID-19 Interdisciplinary	Website	Describes various ongoing programs and initiatives for management of long COVID including:	<a href="http://www.phsa.ca/our-services/programs-">http://www.phsa.ca/our-services/programs-</a>

Source	Program name	Resource type	Description	Link
Authority (Canada)	Clinical Care Network		<ul style="list-style-type: none"> <li>A model of care description for patients (<a href="http://www.phsa.ca/our-services/programs-services/post-covid-19-care-network/evolving-the-model-of-care-to-meet-patient-needs">http://www.phsa.ca/our-services/programs-services/post-covid-19-care-network/evolving-the-model-of-care-to-meet-patient-needs</a>)</li> <li>A link to one relevant published paper (also captured in literature searches; <a href="https://onlinelibrary.wiley.com/doi/10.1002/lrh2.10316">https://onlinelibrary.wiley.com/doi/10.1002/lrh2.10316</a>)</li> </ul>	<a href="https://services.post-covid-19-care-network">services/post-covid-19-care-network</a>
SPOR Evidence Alliance	COVID-19 Evidence Synthesis	Rapid review (pdf)	Care models for long COVID – initial report (Jun 2021) and 1 update (Dec 2021).	<a href="https://www.medrxiv.org/content/10.1101/2021.11.17.21266404v1.full.pdf">https://www.medrxiv.org/content/10.1101/2021.11.17.21266404v1.full.pdf</a>
VA	VA Patient Aligned Care Team	Report (pdf)	Purpose: Guide for health care providers to better facilitate defining, assessing, referring, and managing common Long COVID signs, symptoms, and potential subsequent conditions using a Whole Health System approach.	<a href="https://jamanetwork.com/journals/jama/article-abstract/2797585">https://jamanetwork.com/journals/jama/article-abstract/2797585</a>

**Abbreviations:** AAPM&R = American Academy of Physical Medicine & Rehabilitation; ACC = American College of Cardiology; CADTH = Canadian Agency for Drugs and Technologies in Health; CDC = Centers for Disease Control and Prevention; COVID-19 = acute coronavirus disease 2019; CV = cardiovascular; ECHO = Extension for Community Healthcare Outcomes; LC&FIRP = Long COVID and Fatiguing Illness Recovery Program; ME/CFS = myalgic encephalomyelitis/chronic fatigue syndrome; NICE = National Institute for Health and Care Excellence; OPIFI = other post-infectious fatiguing illnesses; PASC = post-acute sequelae of COVID-19; SARS-CoV-2 = severe acute respiratory syndrome coronavirus 2; SIGN = Scottish Intercollegiate Guidelines Network; SPOR = Strategy for Patient Oriented Research; VA = Veterans Affairs.

#### ME/CFS models of care links:

##### Published studies

- <https://pubmed.ncbi.nlm.nih.gov/25056488/>
- <https://pubmed.ncbi.nlm.nih.gov/30859928/>
- <https://pubmed.ncbi.nlm.nih.gov/28576141/>

##### Grey literature

- Australian ME/CFS/FMS Best Practice Primary Care Service Models: <https://bridgesandpathways.org.au/service/me-cfs-service-models/>
- Ontario (CA) Ministry of Health, Task Force report *An Action Plan to Improve Care for People with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS)*: <https://www.ontario.ca/page/final-report-task-force-environmental-health>
- NICE UK ME/CFS management (includes initial management and multidisciplinary care): <https://www.nice.org.uk/guidance/ng206/evidence>