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Breathe. Speak. Pace.

Managing Long Covid Symptoms



syn·ap·tic
Spinal Cord Injury and Neuro Rehabilitation Centre

Charity No. 830838280RR001



Breathe Well Physio
Breathe Well Move Well Be Well

Breathe. Speak. Pace. THE COLLECTIVE NEED

A recovery path for people living with long term effects of Covid – 19 in the community.

A mandate to support people now facing complex health challenges.

A strategy to reduce the impact on our healthcare system



WHY

- Long Covid is a devastating consequence of Covid-19 (SARS -CoV2) infection.
- An estimated 10-30% of individuals infected will go on to have symptoms lasting greater than 12 weeks.
- Symptoms include fatigue, chest pain, shortness of breath and brain fog feature predominantly.
- Health care services for this population is currently limited and many are left without support from the medical community.
- Research is being conducted at higher levels; however, people need help now.

WHO

- Available to all Albertans with lingering symptoms of Covid 19 infection or suspected Covid19 infection (people sick in early spring 2020 have been denied a lot of coverage).
- 16 participants.
- 2 health care providers facilitating content delivery and break out rooms.

POSITIVE TESTS

1,211,083

AS OF
30/04/2021

10% OF PEOPLE WHO HAD
COVID-19 EXPERIENCE
PROLONGED SYMPTOMS

KNOWN IMPACT OF POST VIRAL ILLNESS

RELEVANT STUDIES INDICATE

- Collection of health problems persisting for months or years after Return to work not 100%
- Quality of life diminished
- Physical function diminished
- Diagnosed depression & anxiety

NEED TO KNOW

WHAT IT TAKES
TO REDUCE THE
SOCIETAL BURDEN OF CARE
& TO RETURN TO A
BETTER QUALITY OF LIFE

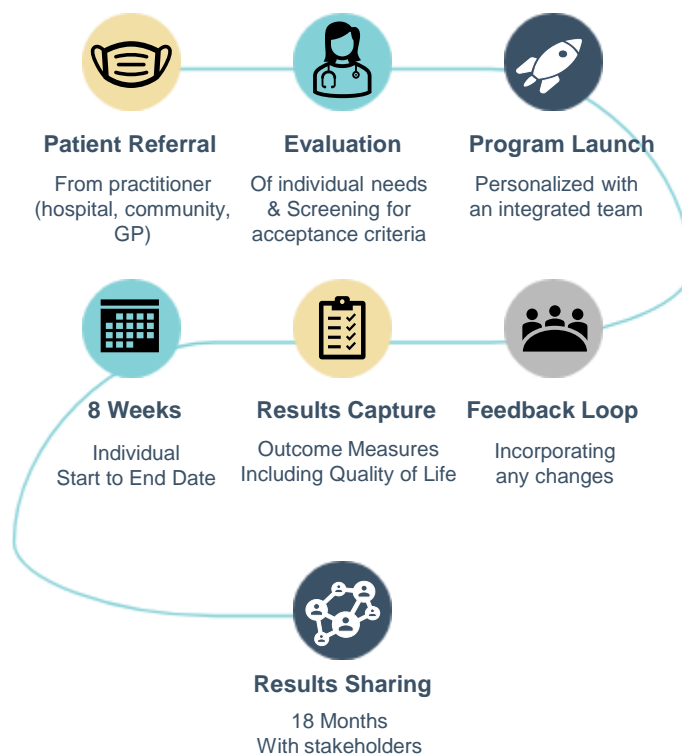
WHAT

- **PROJECT SCOPE:** Provincial
- **PROJECT TYPE:** New Initiative
- **WHO BENEFITS:** General Public
- **# OF PATIENTS:** 16 Clients; Funding Dependent
- **IMPLEMENTATION TIMEFRAME:** 8 weeks
- **Integrative Care**
- **Early Intervention Therapy**
- **Complex Patient Care Models**
- **Delivered by Multidisciplinary Team**
- **Data Capture and Concluding Report**

HOW

- Virtual 8-week education and self-management program aimed at addressing Long Covid symptoms of fatigue, breathlessness, dysautonomia, cough, hoarse voice, poor sleep and anxiety.
- Program also aims to act as a support group and a platform to participants to feel supported, believed and validated.
- Two one-hour sessions per week.
- Each participant undergoes a safety pre-screening with Physio Therapist prior to participating (15-20 min).

RECOVERY PROGRAM



THE ASK

PROGRAM REFERRALS

Open referral of a COVID-19 patient to Synaptic.

Program Delivery Cost: \$6,000 for 16 participants.

We are striving to reduce the financial barrier to accessing care.

With funding support, we aim to keep participant cost at \$80/person.

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