

AAPM&R'S LONG COVID/PASC CALL TO ACTION: A SUMMARY



In March 2021, AAPM&R called on President Joe Biden and Congress to gear up for the next coronavirus crisis, by preparing and implementing a comprehensive national plan focused on the needs of millions of individuals suffering from the long-term symptoms of COVID-19.

Specifically, our call to action includes:

- ☑ Resources to support necessary rehabilitation care infrastructure to address the needs of individuals with Long COVID, including support for multidisciplinary Long COVID clinics and local health systems.
- ☑ Equitable access to care for all individuals affected by Long COVID, including access to safety-net care such as disability evaluations, protections and benefits.
- ☑ Continued funding for research that advances a fundamental understanding of Long COVID and rapid dissemination of best practices to mitigate its effects.

Since our initial call to action announcement in March, we have:

- ☑ Crafted an advocacy sign-on statement, which was shared with federal offices to demonstrate the vast support for the Long COVID national crisis plan. We've received more than 80 signatures on the letter so far.
- ☑ Collaborated with Rep. Mike Doyle's (D-PA) office to lead a Congressional letter to President Biden, urging him to develop and implement a comprehensive national plan to address the needs of individuals with Long COVID.
- ☑ Created a Multi-Disciplinary Post-Acute Sequelae of SARS-CoV-2 infection (PASC) Collaborative of experts who have been hard at work developing clinical guidance to improve quality-of-care, formal education and resources to improve experience-of-care and health equity as well as clinical infrastructure guidance.
 - ✓ 30+ Post COVID clinics from across the country are participants in this collaborative, which includes practitioners from multiple medical specialties and healthcare disciplines, as well as federal representation and patient organization representation.
 - ✓ We worked with this collaborative to publish the first Long COVID guidance statement on fatigue. This statement is published in the *PM&R Journal* and is intended to help physicians make clinical decisions concerning treatment of PASC.
 - ✓ Connected with the Centers for Disease Control and Prevention (CDC) to have three of our collaborative leaders present the fatigue guidance statement during their Clinician Outreach and Communication Activity (COCA) call on September 30.
 - ✓ We're also working with the collaborative on future guidance statements, including cognitive impairment, breathing discomfort, cardiac and autonomic issues, neuropsychology and pediatrics. These statements will be published on a rolling basis.
- ☑ Released the first Long COVID dashboard at pascdashboard.aapmr.org, which shows how many millions of Americans are estimated to be experiencing Long COVID symptoms by state, county and nationally. The dashboard is an important tool to help estimate and assess the growing population of people with Long COVID and help hospitals, clinics and healthcare professionals across the country prepare and plan for their care.

Learn more about our efforts at aapmr.org/longcovid and share our call to action with your colleagues and community to bring more voices into the conversation.