

# Post-acute COVID Syndrome: Origins and lessons learned so far

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**Mount  
Sinai**

## Our Mission

Advance medicine through unrivaled education, research and clinical care in order to provide exceptional experiences and outcomes for all patients.



# March 2020: Mount Sinai in crisis



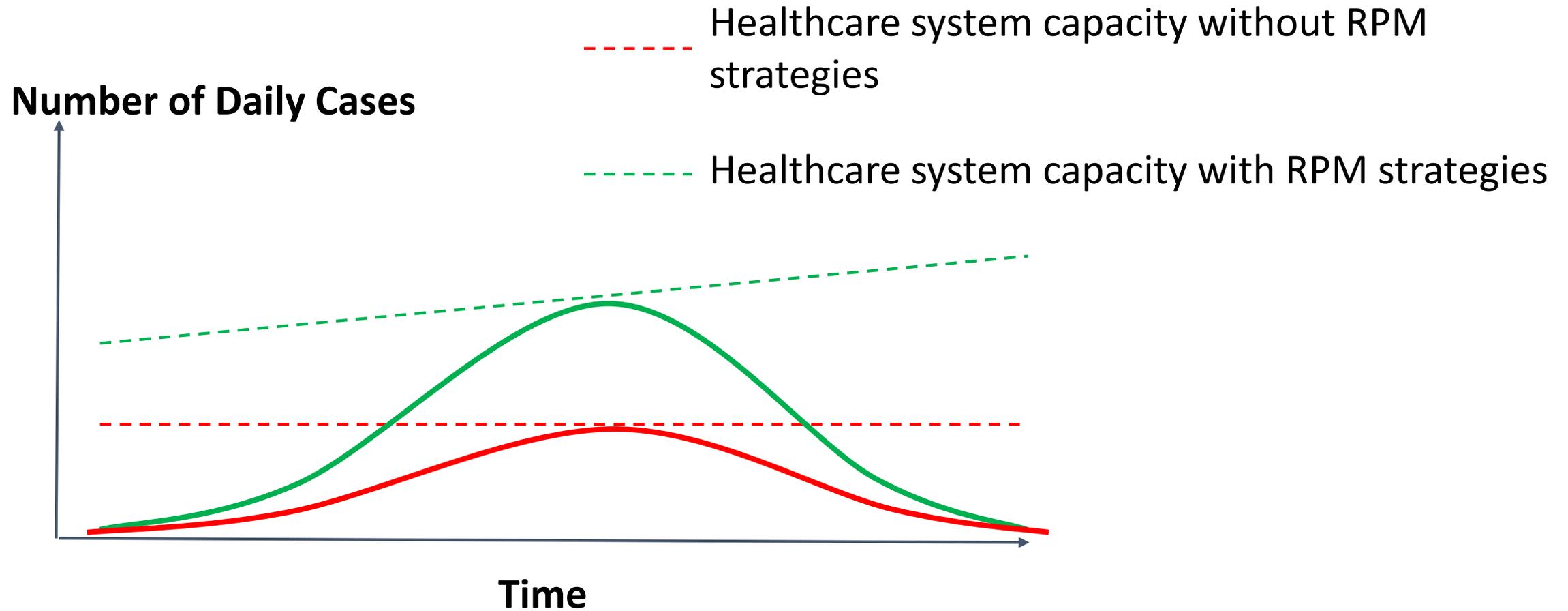


# The unhappy COVID choice

**Too sick for home**

**Not sick enough for  
hospital**

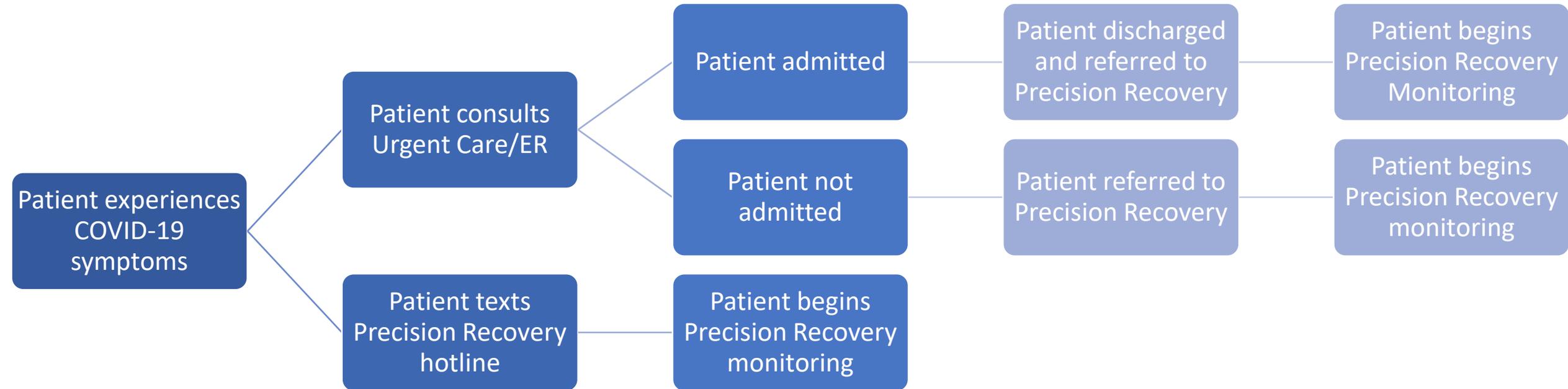
# Increasing Healthcare System Efficiency



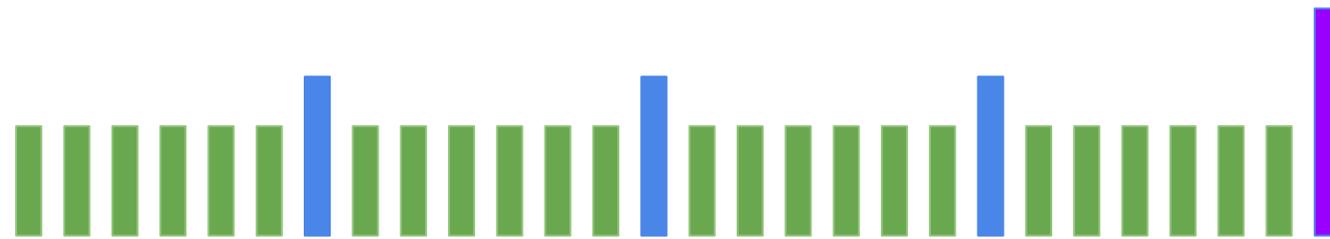
# Precision Recovery: The early rollout technology



# Acute COVID care pathway



# The Precision Recovery Protocol



3 minutes



Daily physiologic monitoring and brief survey of symptoms.

10 minutes



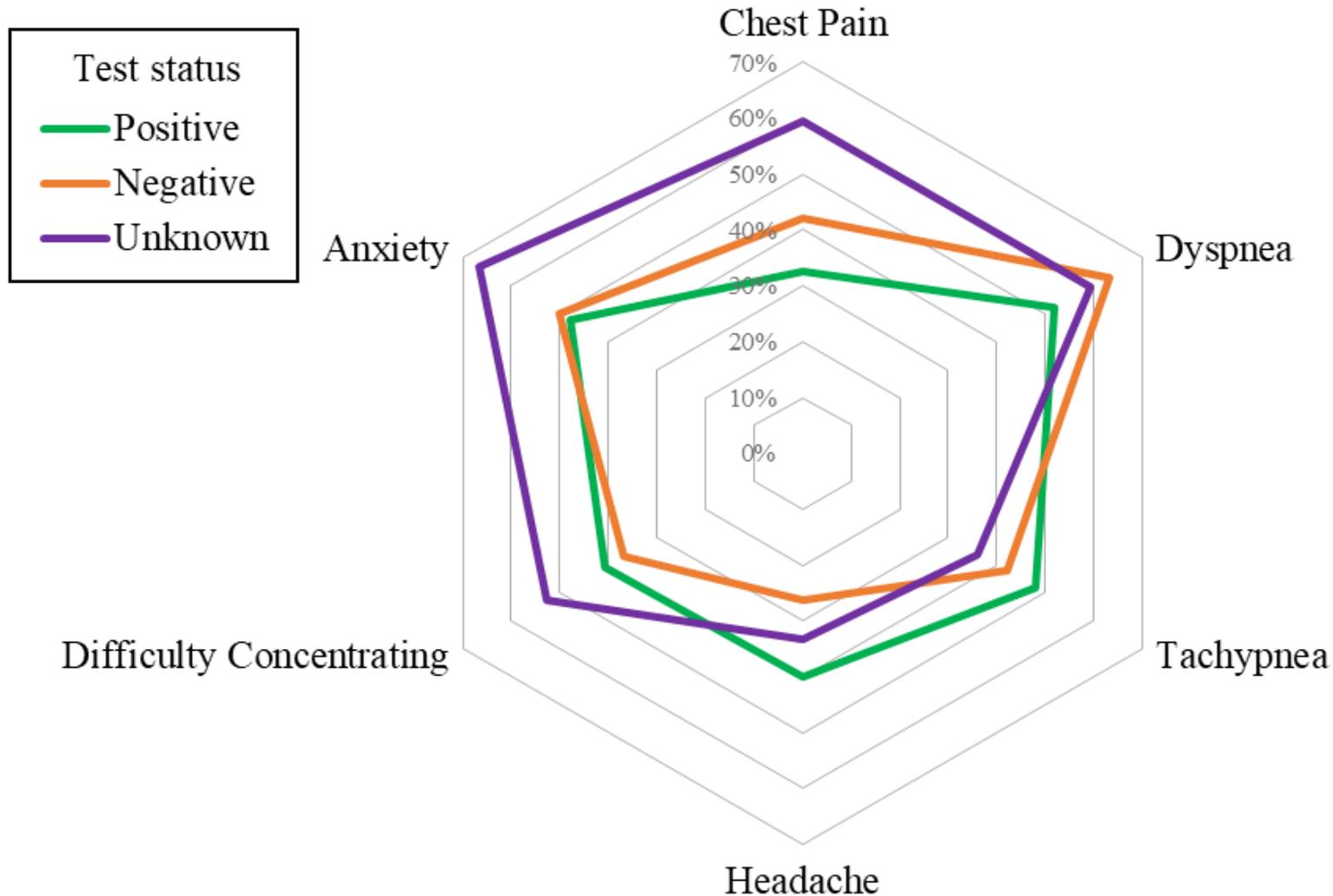
Weekly video visit and data review.

30 minutes



Monthly video visit, data review, curricular self-management education.

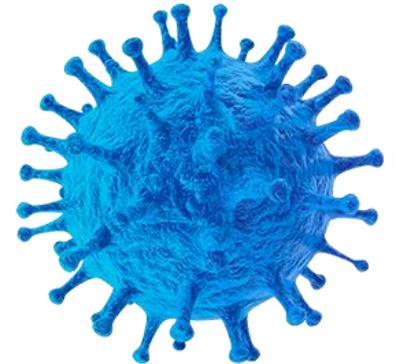
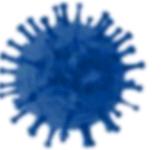
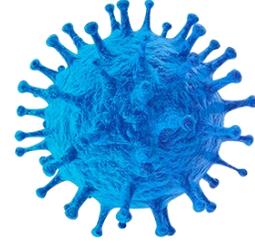
# Precision Recovery: Insights from 60,000+ d



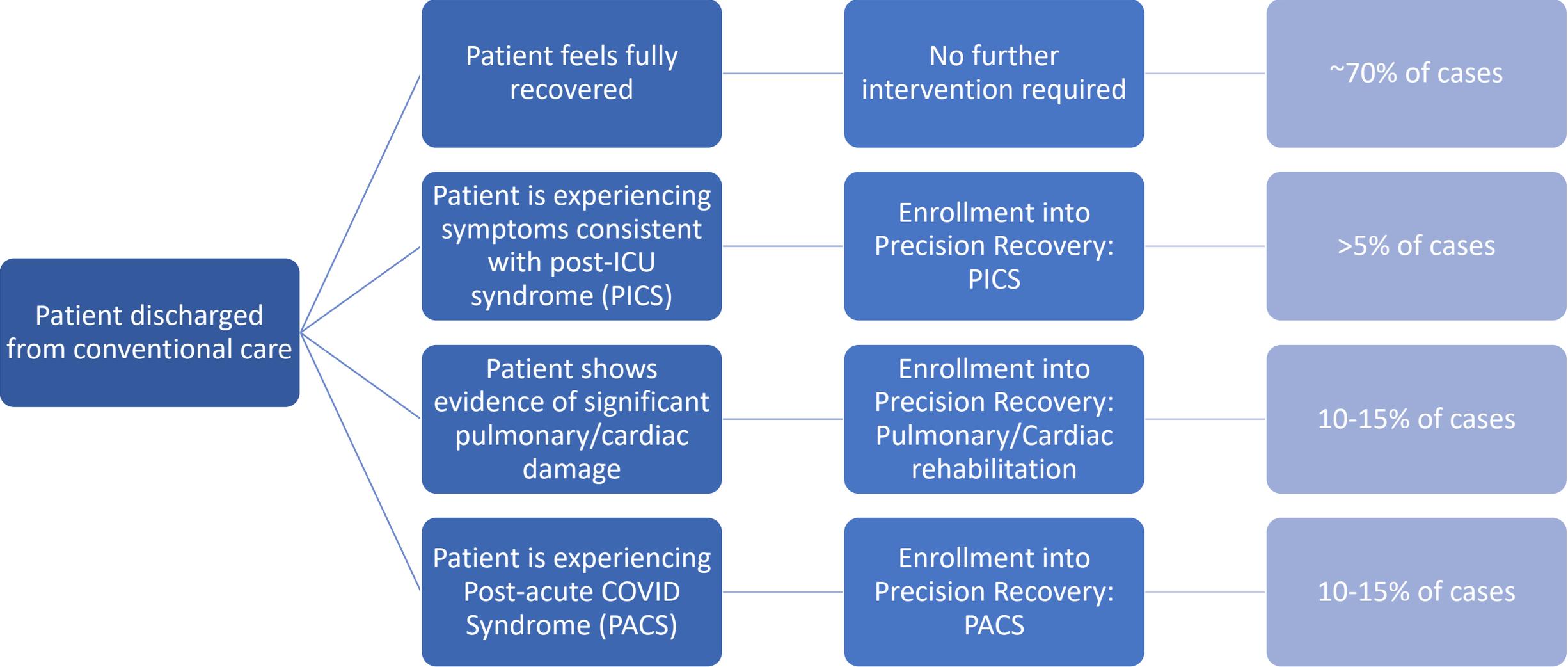
Patients that sought out the Precision Recovery program self-reported the same symptomology regardless of PCR-test status.

*Tabacof et al, 2020a*

*Fast forward to May 2020...*



# Not everyone recovers “within two weeks”



# “Post-acute COVID Syndrome” – Demographics (from 1200 observed cases)

## Gender

- Female: 82%
- Male: 17%
- Non-binary: 1%

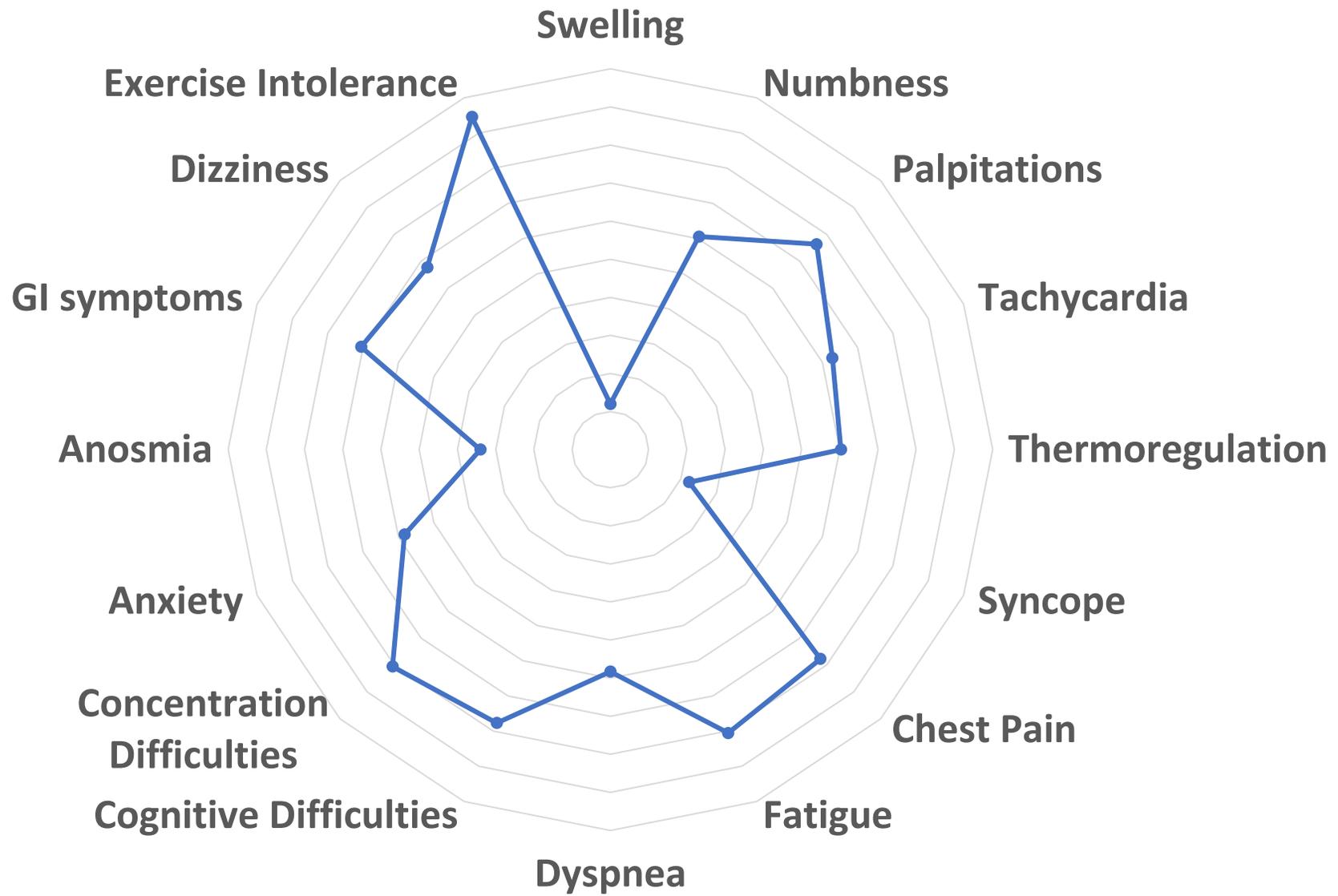
**Median age: 42**

## COVID testing status

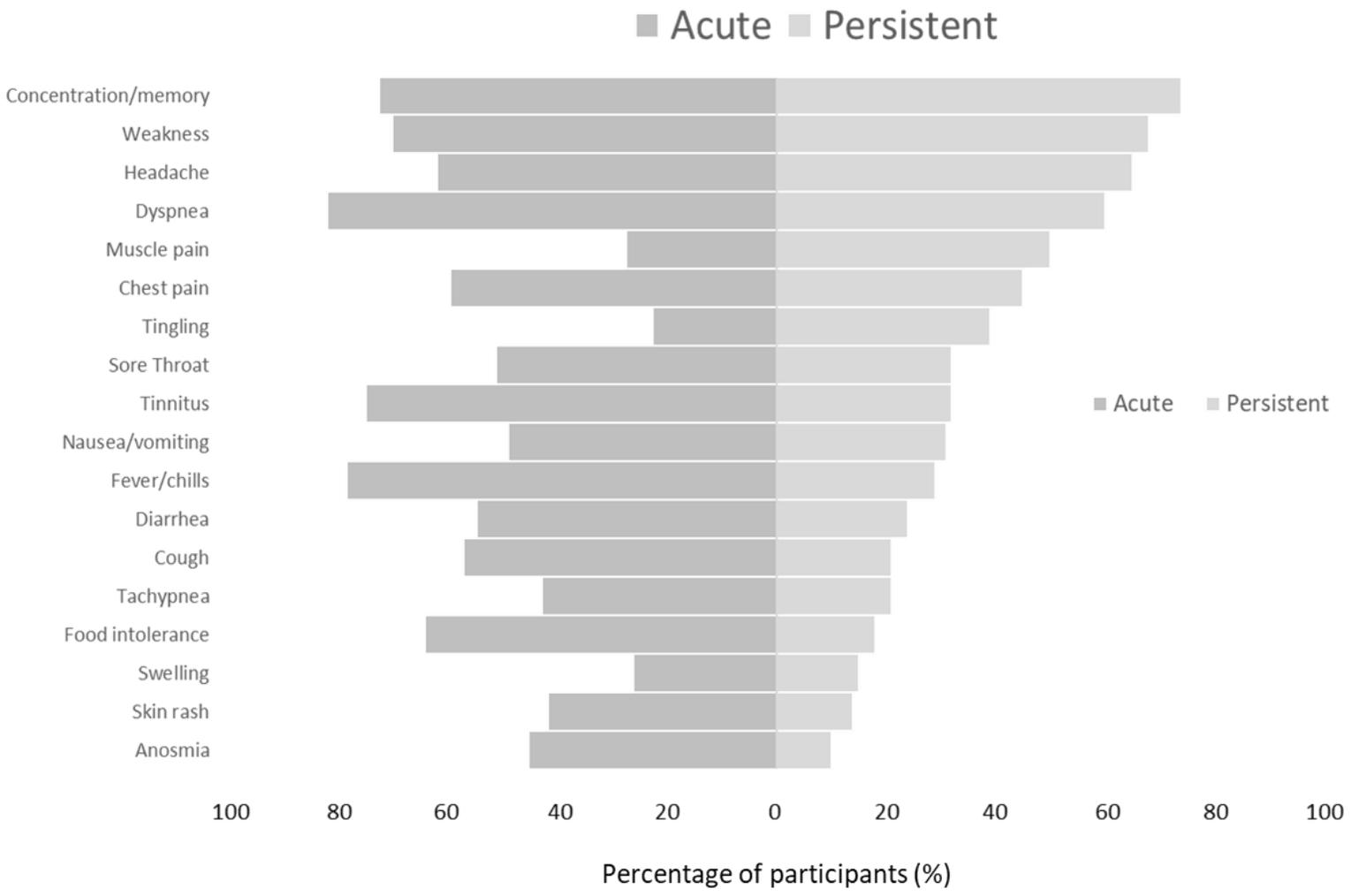
- Positive: 16%
- Negative: 51%
- Unknown: 33%

## Antibody testing status

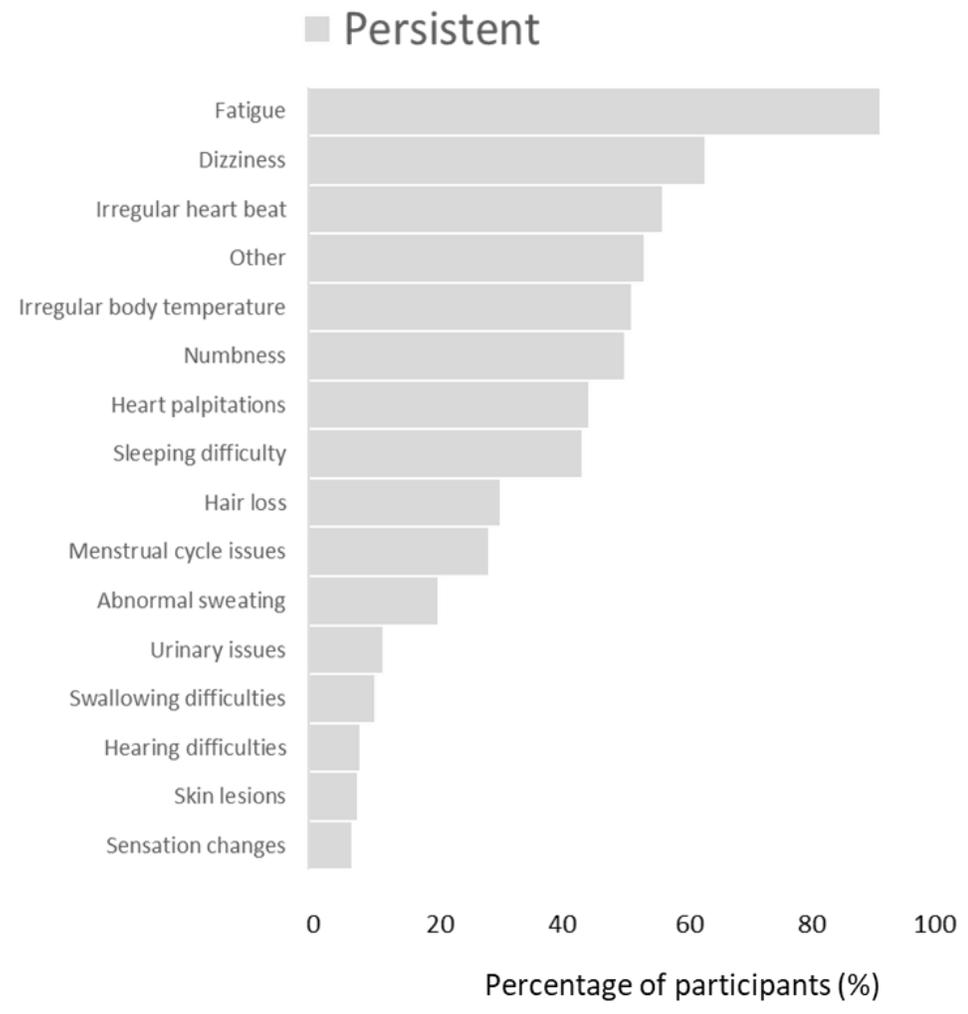
- Positive: 11%
- Negative: 32%
- Unknown: 56%

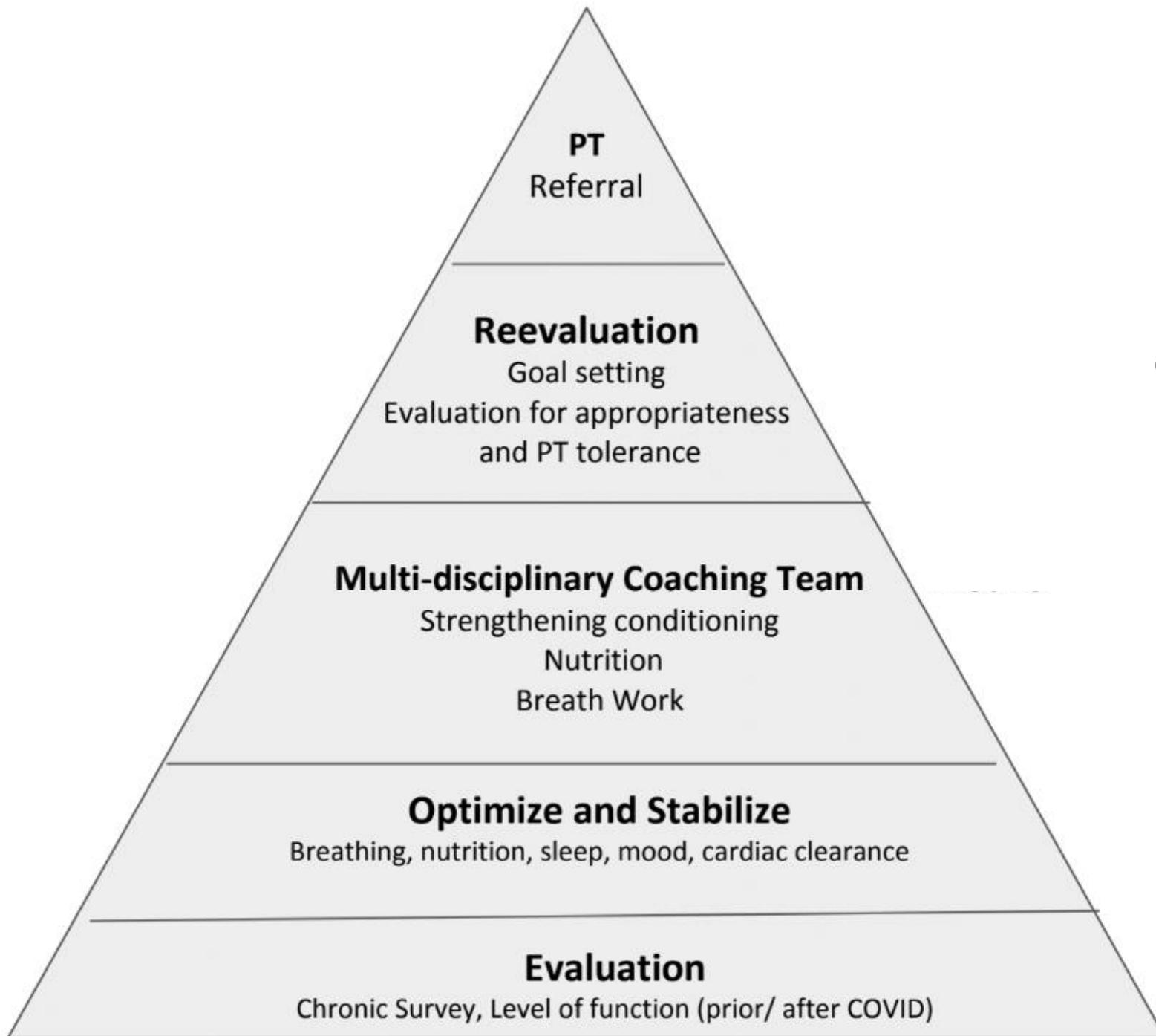


a)



b)

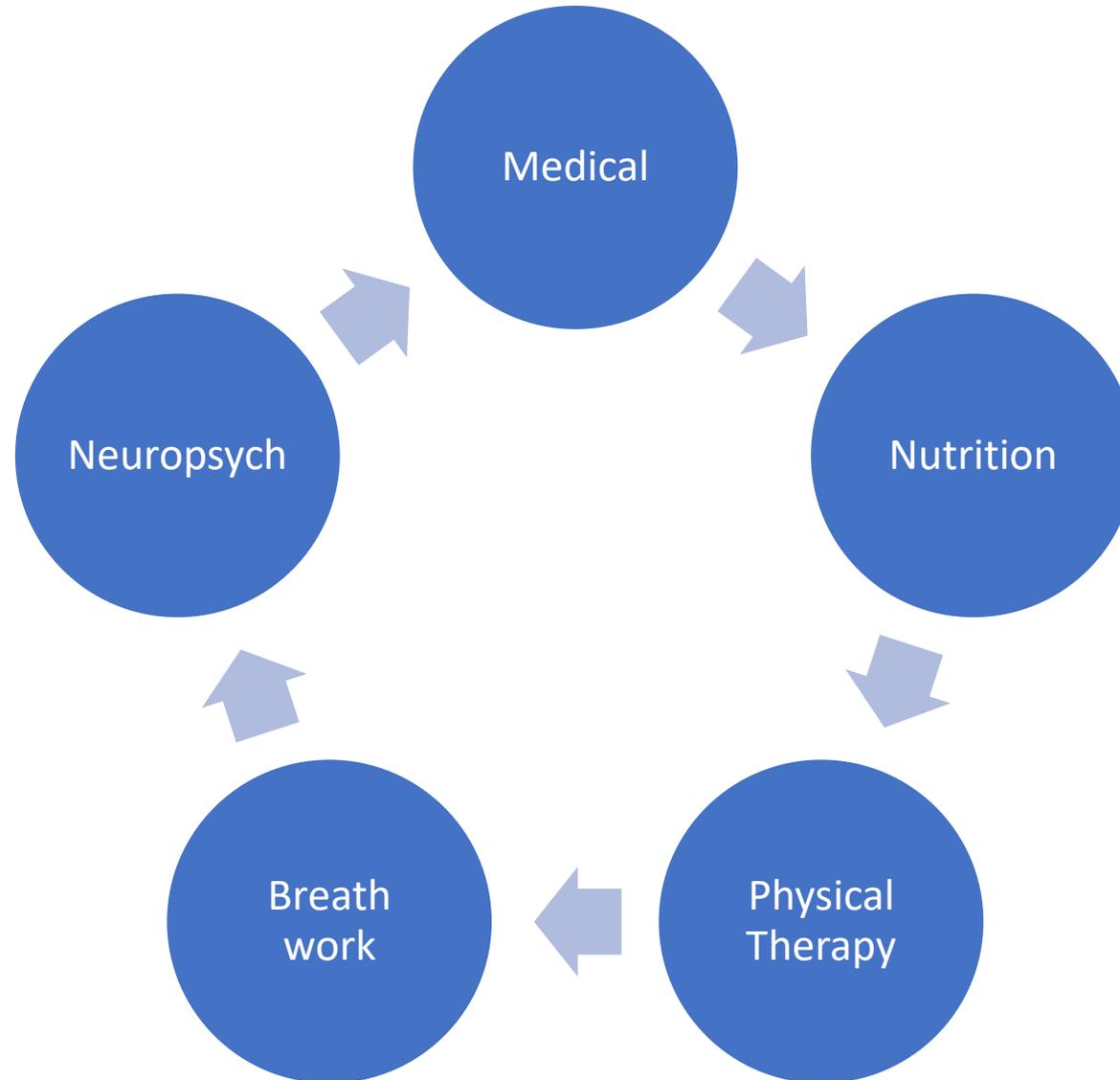




Creation of an entirely novel approach to managing a debilitating post-viral syndrome.

*Tosto et al (in prep)*

# Multidisciplinary care is *\*crucial\**



Please reach out for further information:  
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# Acknowledgements: Clinical Team



Not Pictured: Khiara Scolari PA-C, Melissa Dickey RN, FNP, Alex Ruvinsky PT, Ariana Gluck MD, Tina Bijlani DO, Emma Keppel RN, ANP, Evelyn Dier PA-C, Meinar Chou PT, John Angeles PT, DPT, Daidre Rowe, MD



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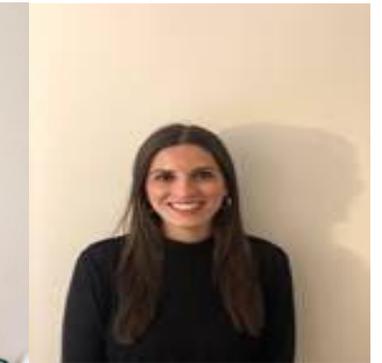
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From Left to Right

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(Bottom) Dr. Kirk Lercher, Dr. Eliana Cardozo, Dr. Vincent Huang

Not Pictured: Dr. Johanna FiFi, Dr. Christopher Kellner, Dr Zijian Chen



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