

Long COVID

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Premier Recours



Hôpitaux
Universitaires
Genève

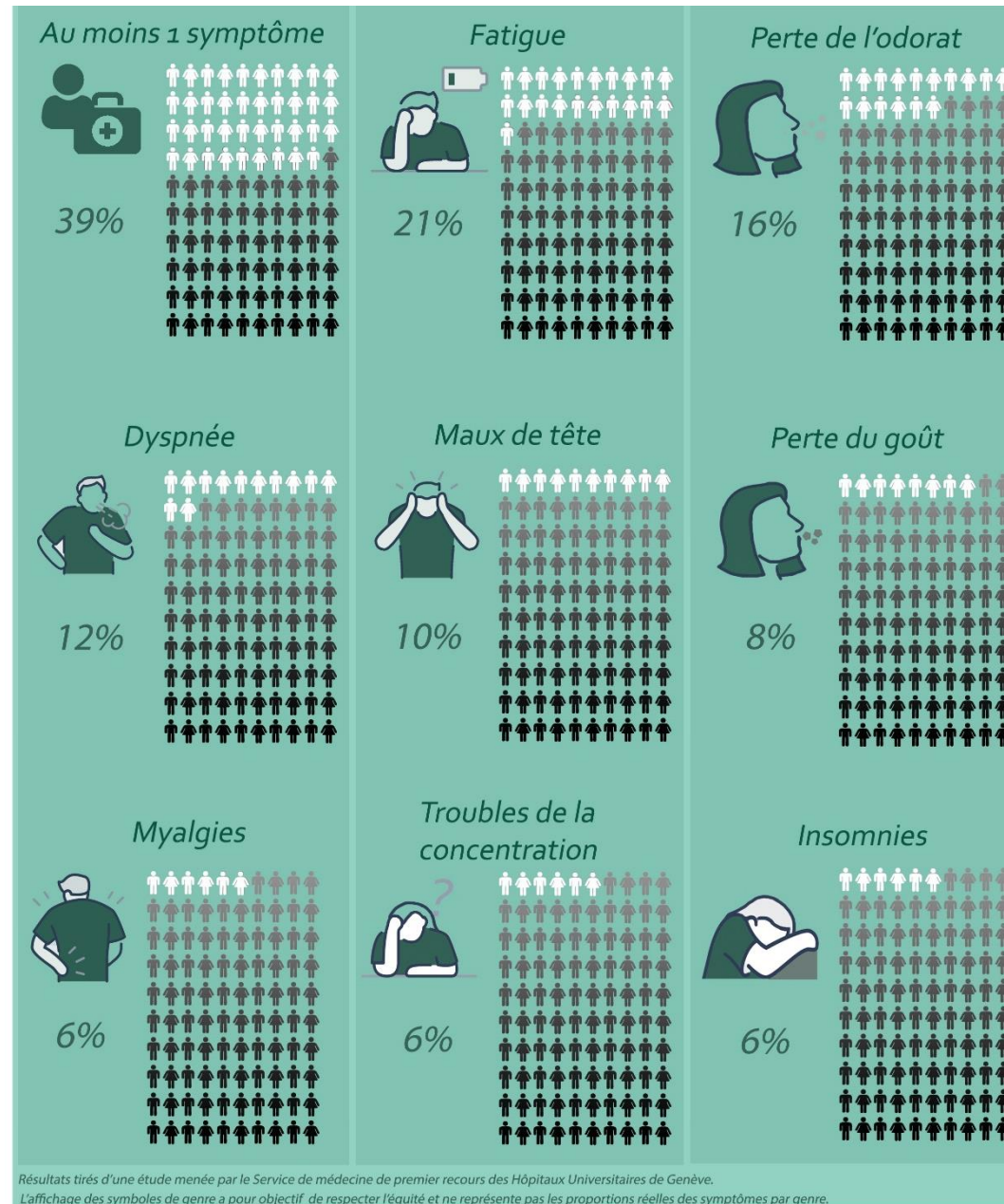
Définition et prévalence

Définition

“Although standardized case definitions are still being developed, in the broadest sense, post-COVID conditions can be considered a lack of return to a usual state of health following acute COVID-19 illness.”

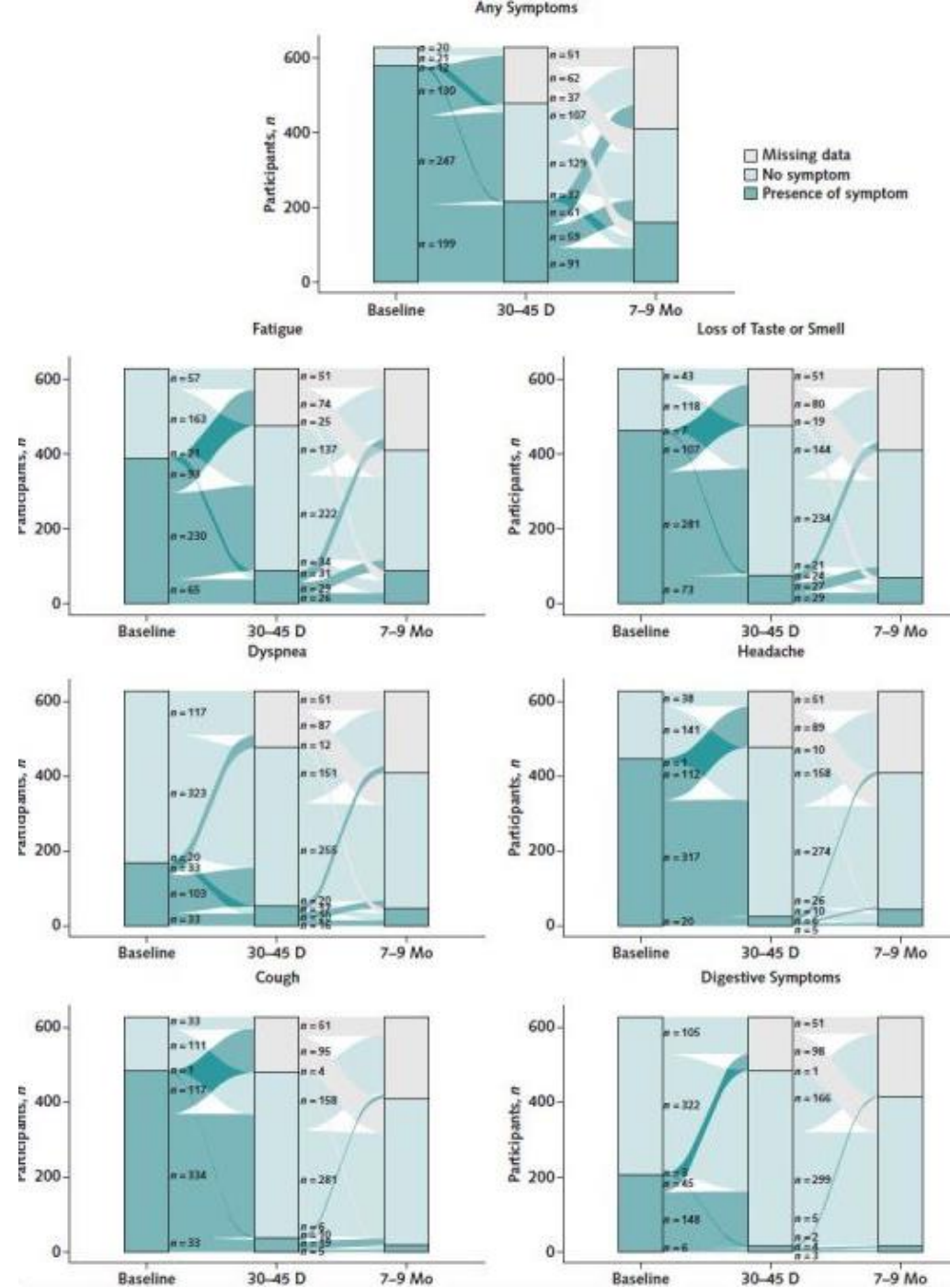
Center for Disease Control and Prevention

Symptômes à 7-9 mois de l'infection



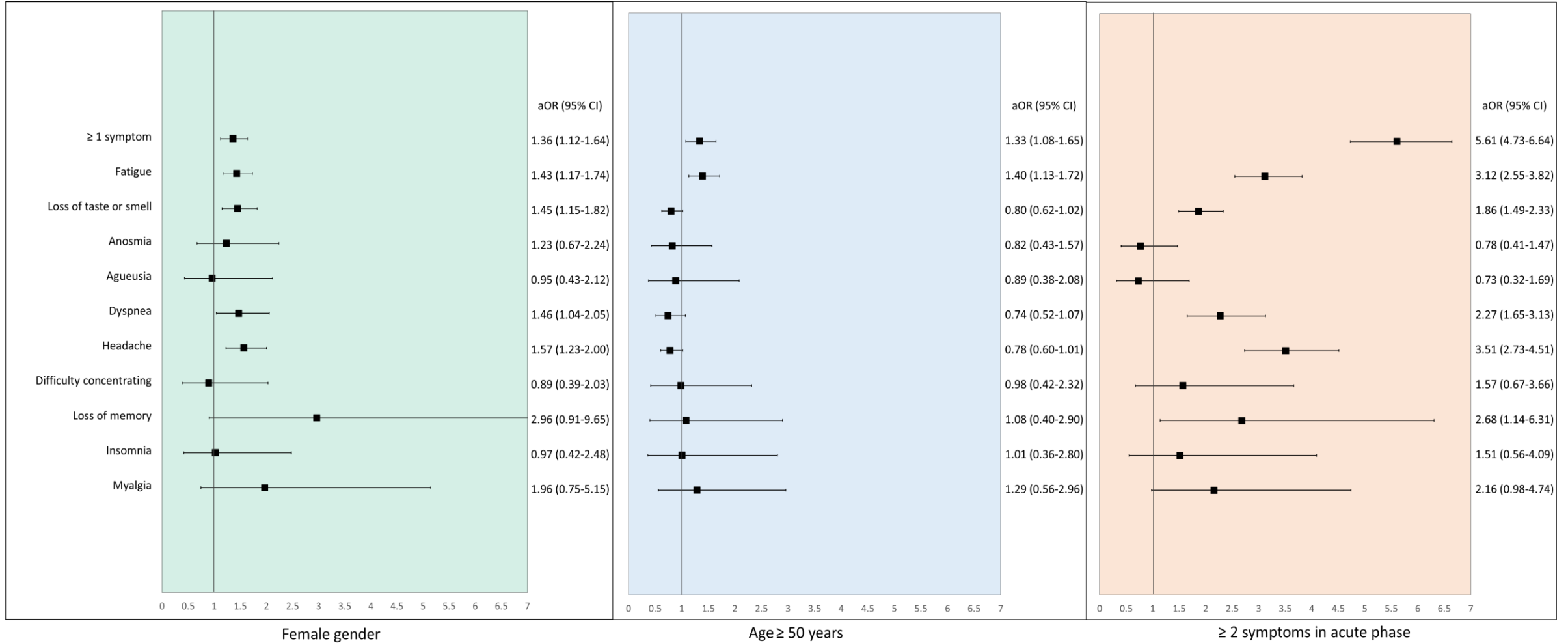
Résultats tirés d'une étude menée par le Service de médecine de premier recours des Hôpitaux Universitaires de Genève.
L'affichage des symboles de genre a pour objectif de respecter l'équité et ne représente pas les proportions réelles des symptômes par genre.

Evolution des symptômes



Covicare team: Prevalence of Symptoms More Than Seven Months After Diagnosis of Symptomatic COVID-19 in an Outpatient Setting. Ann Intern Med. 2021 Jul 6:M21-0878

Pour rappel- Déterminants



Mécanismes?

Que nous dit l'histoire?

JOURNAL OF THE ROYAL SOCIETY OF MEDICINE Volume 90 September 1997

What caused the 1918–30 epidemic of encephalitis lethargica?

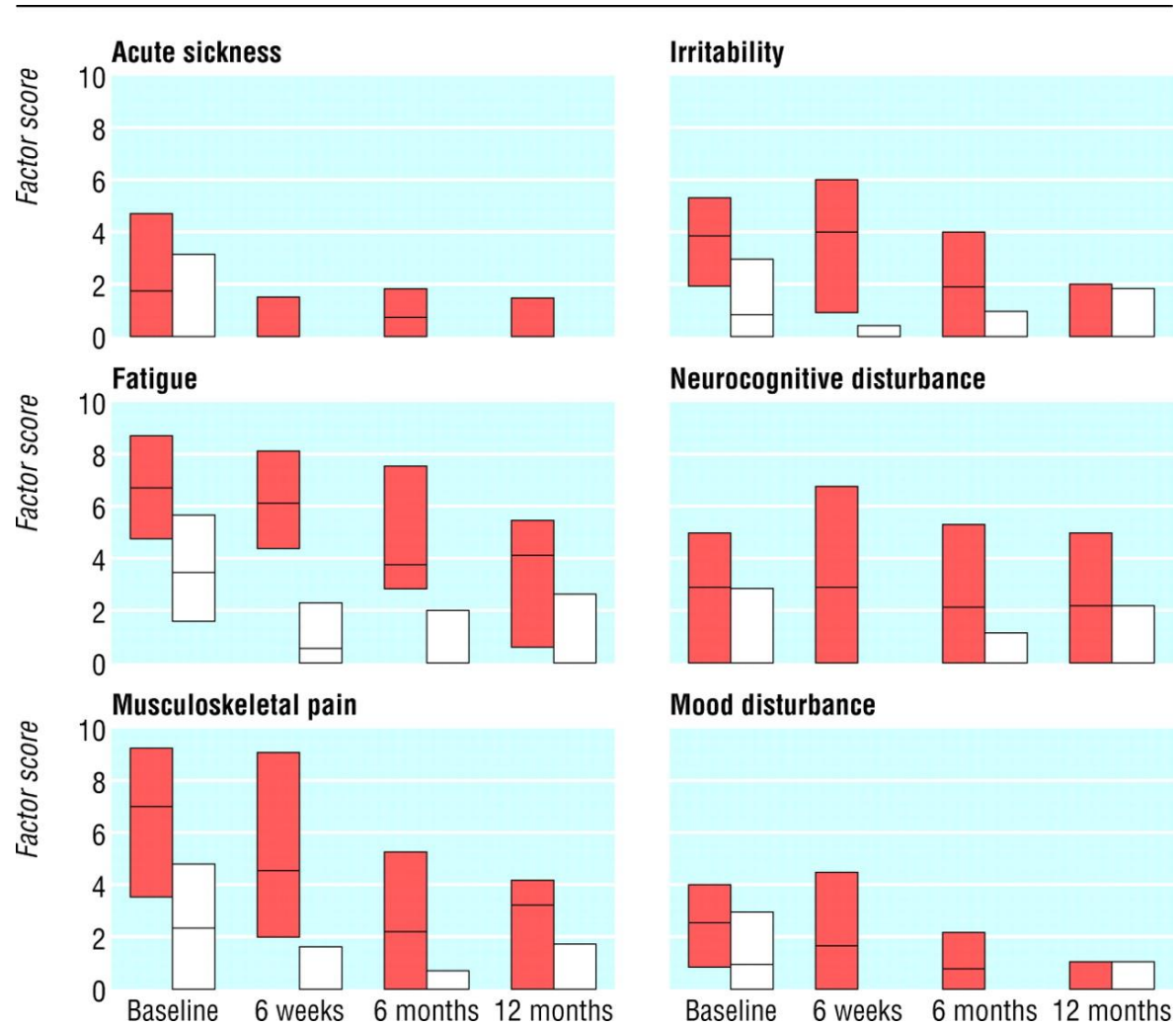
R R Dourmashkin MD

J R Soc Med 1997;**90**:515–520

Et les autres infections?



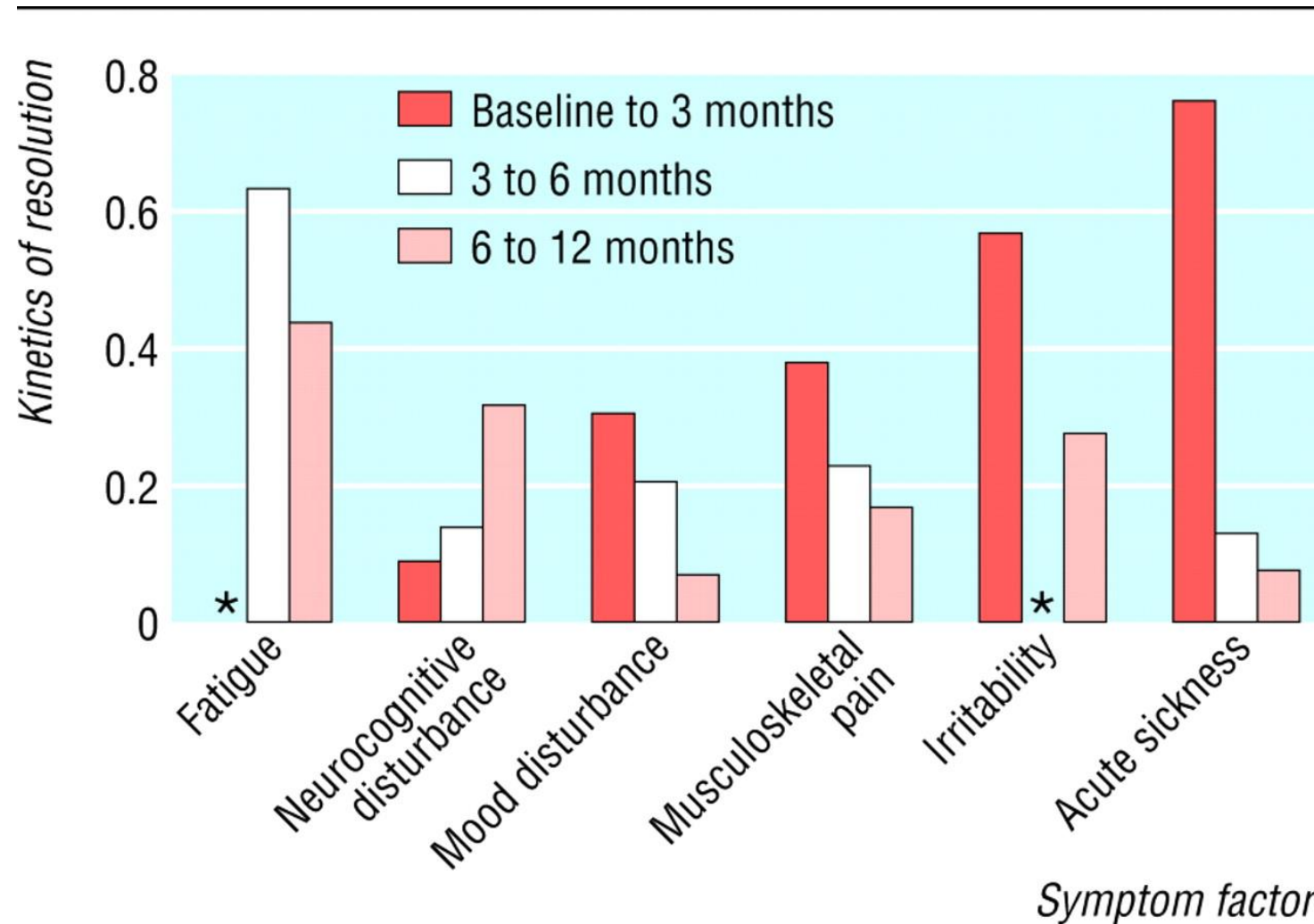
Pattern of change in individual symptom factors in participants with and without post-infective fatigue syndrome.



Ian Hickie et al. BMJ 2006;333:575



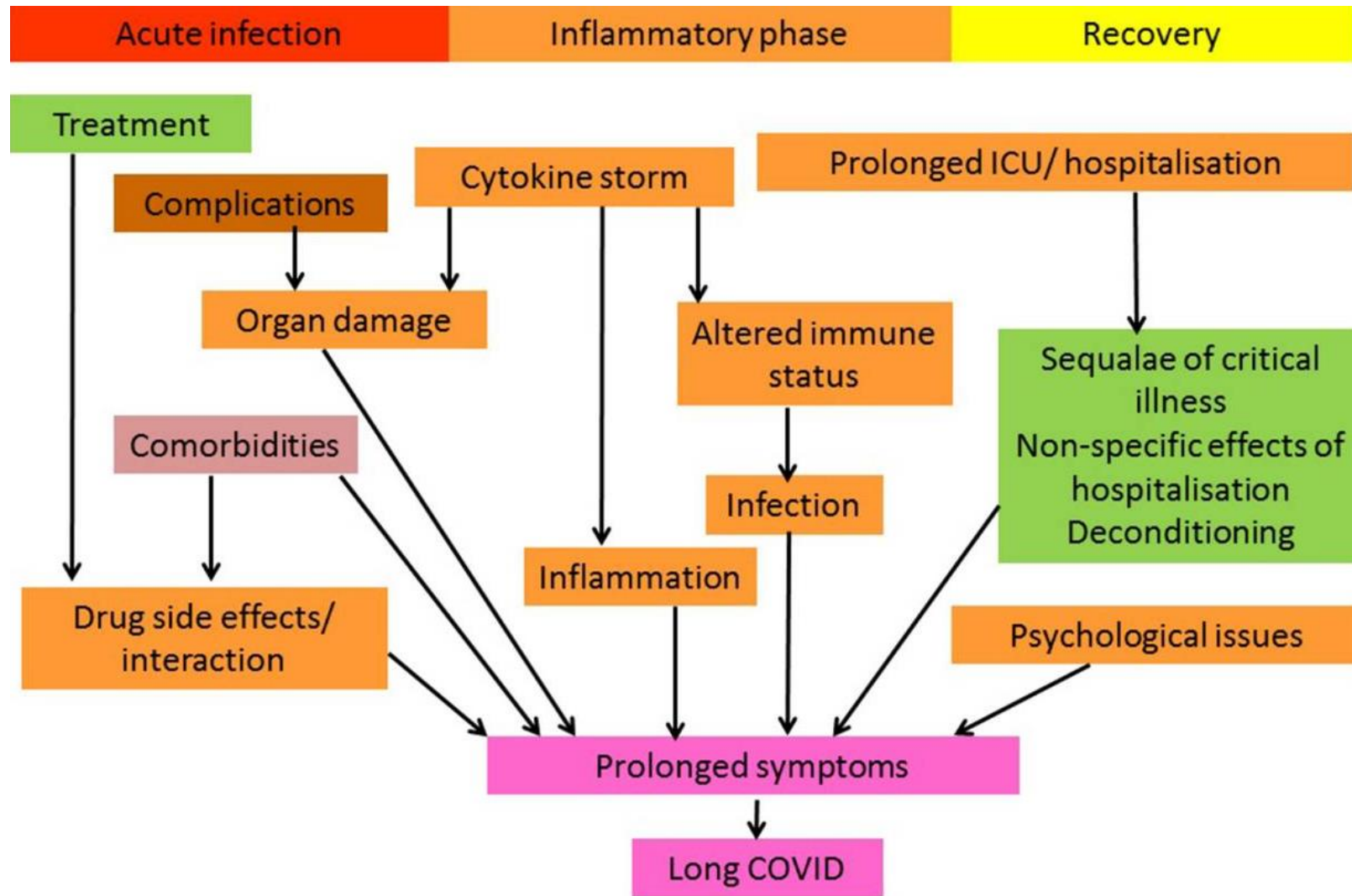
Differential rates of resolution of individual symptom factors after acute infection.



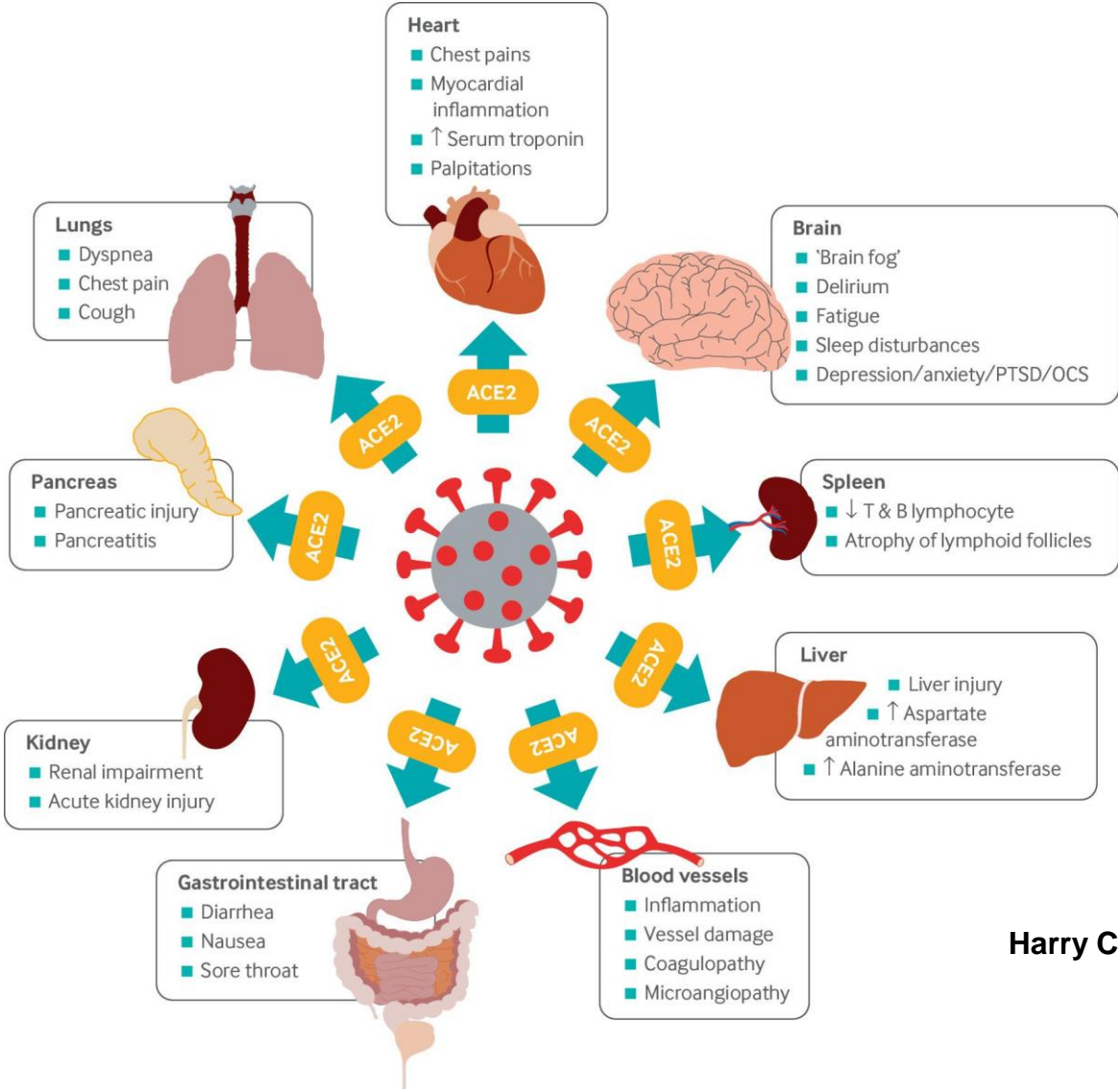
Ian Hickie et al. BMJ 2006;333:575



Multi-factorial?



Multi-organ complications of covid-19 and long covid.



Harry Crook et al. BMJ 2021;374:bmj.n1648



Traitement

Guidelines



POST COVID- PASC

Prise en charge des patients souffrant de séquelles à long terme d'une infection au SARS-CoV-2

Service de médecine de premier recours
Service de pneumologie
Service de neurologie
Service de psychiatrie de liaison
Service d'ORL/chirurgie cervico-faciale
Service de cardiologie
Service de médecine interne générale
Service des maladies infectieuses
Service de dermatologie et vénérologie

Hôpitaux Universitaires de Genève

<https://www.hug.ch/sites/interhug/files/structures/coronavirus/guidelines-postcovid-pourmedecintraitants.pdf>

Approche multidisciplinaire

Une consultation médicale dédiée aux patients souffrant de ces symptômes a donc été ouverte aux participants de l'étude. Elle s'élargit actuellement à la population générale et est accessible sur rendez-vous à toutes les personnes qui en font la demande, en coordination avec leur médecin traitant.

Les patients sont généralement reçus par un médecin du [Service de médecine de premier recours](#), qui coordonne leur suivi médical avec un groupe multidisciplinaire composé de médecins de plusieurs services des HUG dont :

- [Service de pneumologie](#)
- [Service des maladies infectieuses](#)
- [Service de psychiatrie de liaison](#)
- [Service de médecine interne générale](#)
- [Service de neurologie](#)
- [Service d'ORL/chirurgie cervico-faciale](#)
- [Service de dermatologie et vénéréologie](#)
- [Service de cardiologie](#)

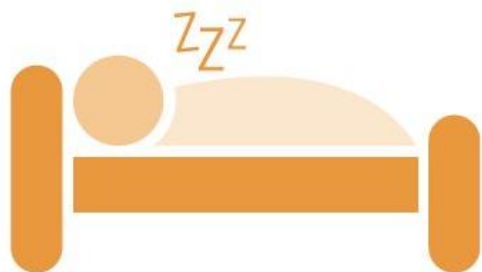
Prise de rendez-vous :

- Email : consultation.longcovid@hcuge.ch
- Téléphone : [+41 \(0\)79 553 08 69](tel:+4120795530869) du lundi au vendredi inclus, de 8h30 à 12h30 et de 13h30 à 17h30

Traitement



STOP trying to push your limits. Overexertion may be detrimental to your recovery.



REST is your most important management strategy. Do not wait until you feel symptoms to rest.



PACE your daily physical and cognitive activities. This is a safe approach to navigate triggers of symptoms.

Décary S, et al. Humility and Acceptance: Working Within Our Limits With Long COVID and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. J Orthop Sports Phys Ther. 2021 May;51(5):197-200

FIGURE. The “Stop. Rest. Pace” approach to safely manage physical and cognitive activities while recovering from long COVID.

Traitement - suite

Rôle des:

Antihistaminiques

Anticorps monoclonaux ([NCT04343651](#), [NCT04347239](#), [NCT04678830](#), [NCT04330638](#))

SSRIs

Réadaptation – Physique ([NCT04841759](#)) et Pulmonaire ([NCT04810065](#))

Phytothérapie ([NCT04795557](#))

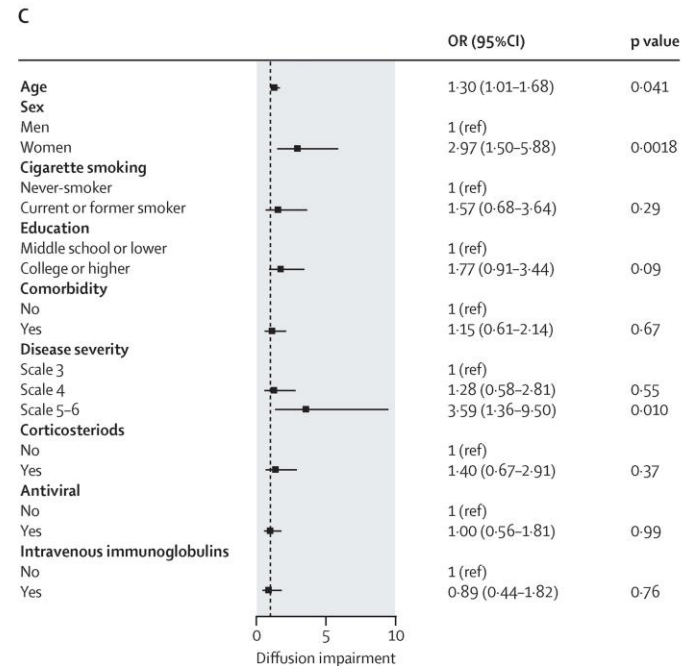
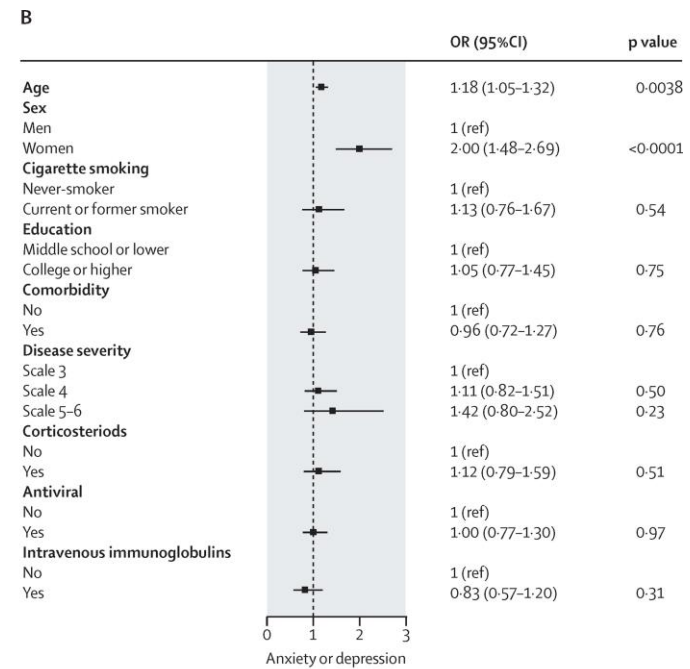
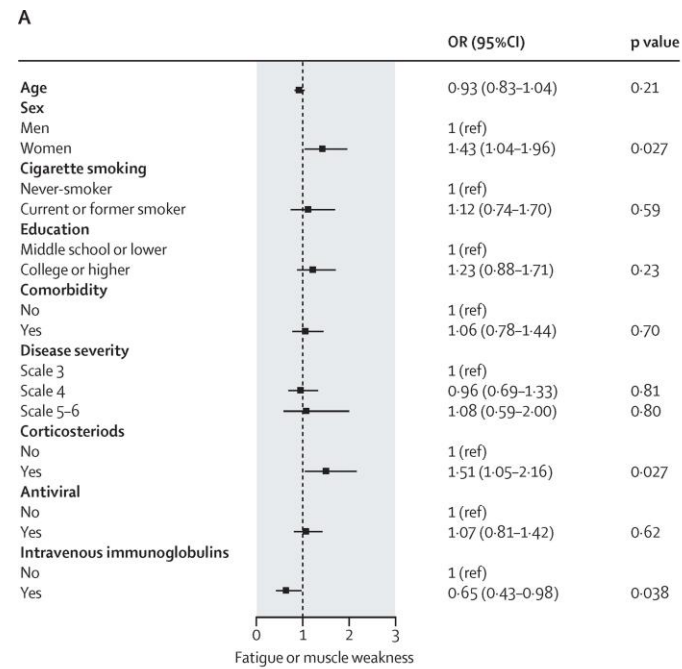
Vitamine C ([NCT04401150](#))

Nicotinamide riboside ([NCT04809974](#), [NCT04604704](#))

Probiotiques ([NCT04813718](#)).

Corticoïdes?

IVIG ou anticorps monoclonaux?

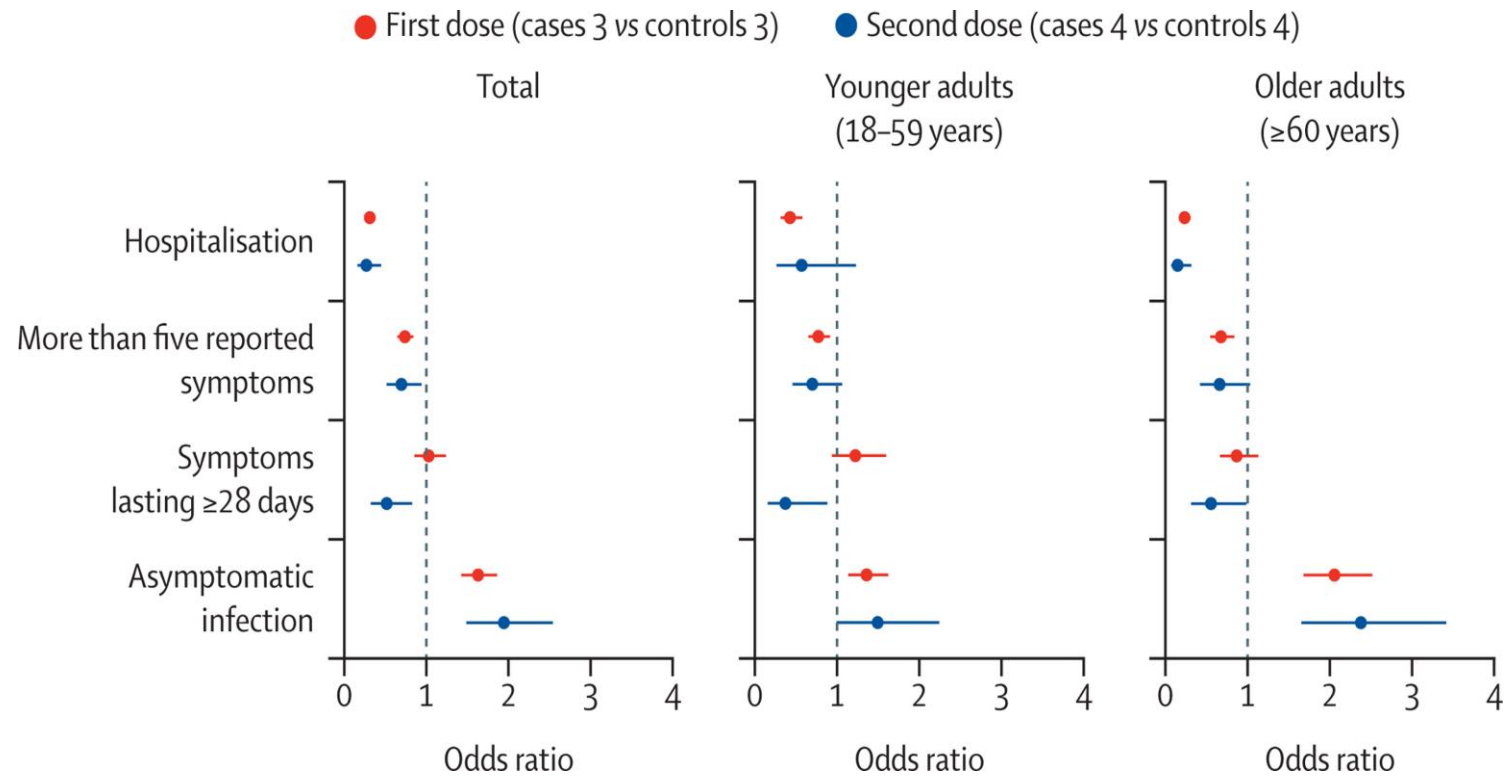


Huang L, et al. 1-year outcomes in hospital survivors with COVID-19: a longitudinal cohort study. *Lancet*. 2021 Aug 28;398(10302):747-758. doi: 10.1016/S0140-6736(21)01755-4



Vaccination

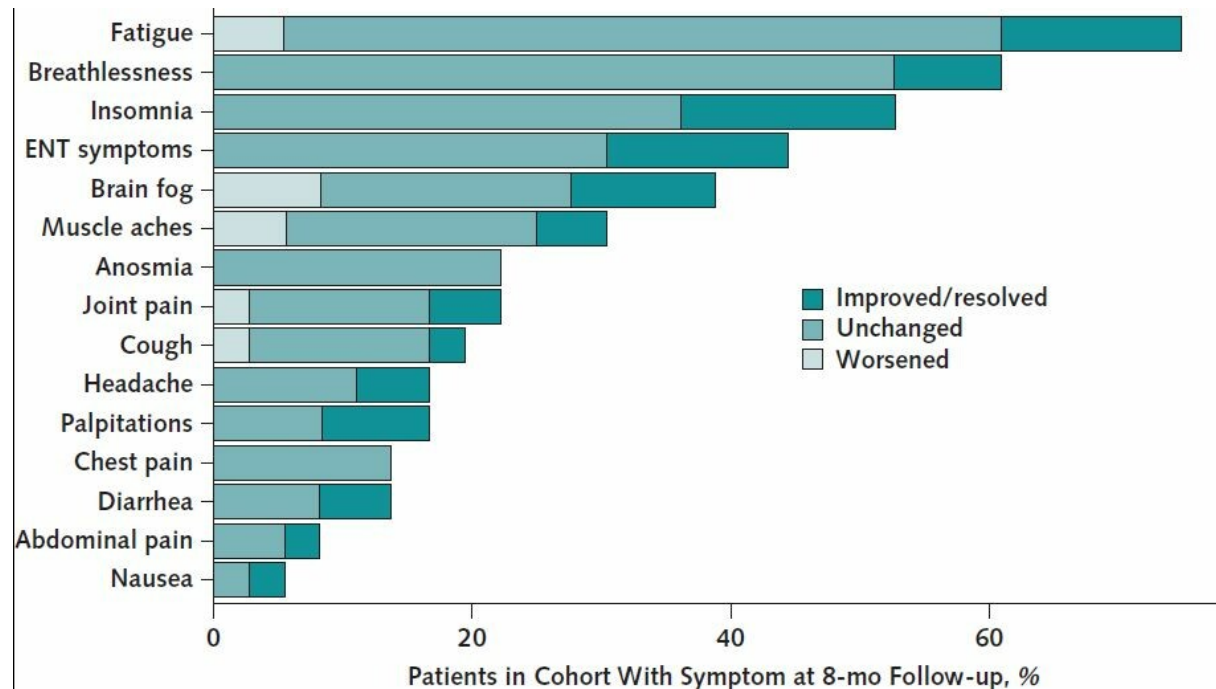
Vaccination en prévention



The odds of having symptoms for 28 days or more after post-vaccination infection were approximately halved by having two vaccine doses

Vaccination en thérapie

Symptoms After COVID-19 Vaccination in Patients With Persistent Symptoms After Acute Infection: A Case Series

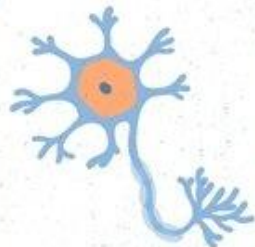


Arnold DT, et al. Symptoms After COVID-19 Vaccination in Patients With Persistent Symptoms After Acute Infection: A Case Series. *Ann Intern Med.* 2021 May 25;M21-1976. doi: 10.7326/M21-1976.

<https://www.acponline.org>

Vaccination et Long COVID ?

Guillain-Barré syndrome and COVID-19 vaccines

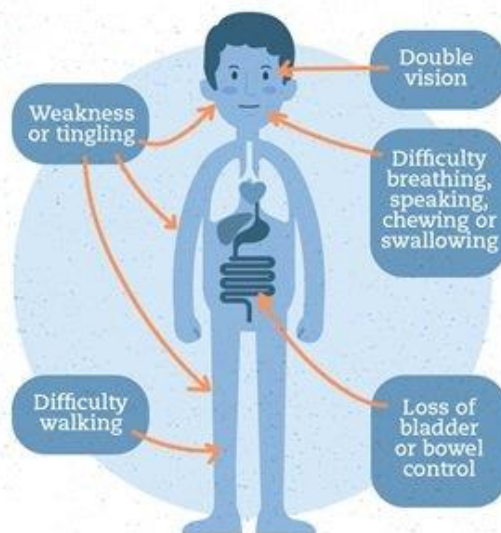


Guillain-Barré syndrome is a **rare disorder** that occurs when the immune system accidentally attacks the nerves coming out of the spinal cord. **Most people affected recover fully.**

There have been **very rare** reports of cases of Guillain-Barré syndrome after vaccination with the AstraZeneca and Johnson & Johnson/Janssen COVID-19 vaccines.

It is not yet known whether these cases are connected to or caused by the vaccines.

If you experience any of these symptoms within 42 days of vaccination, contact your doctor immediately:



Did you know?

Guillain-Barré syndrome has many causes, including COVID-19 disease.

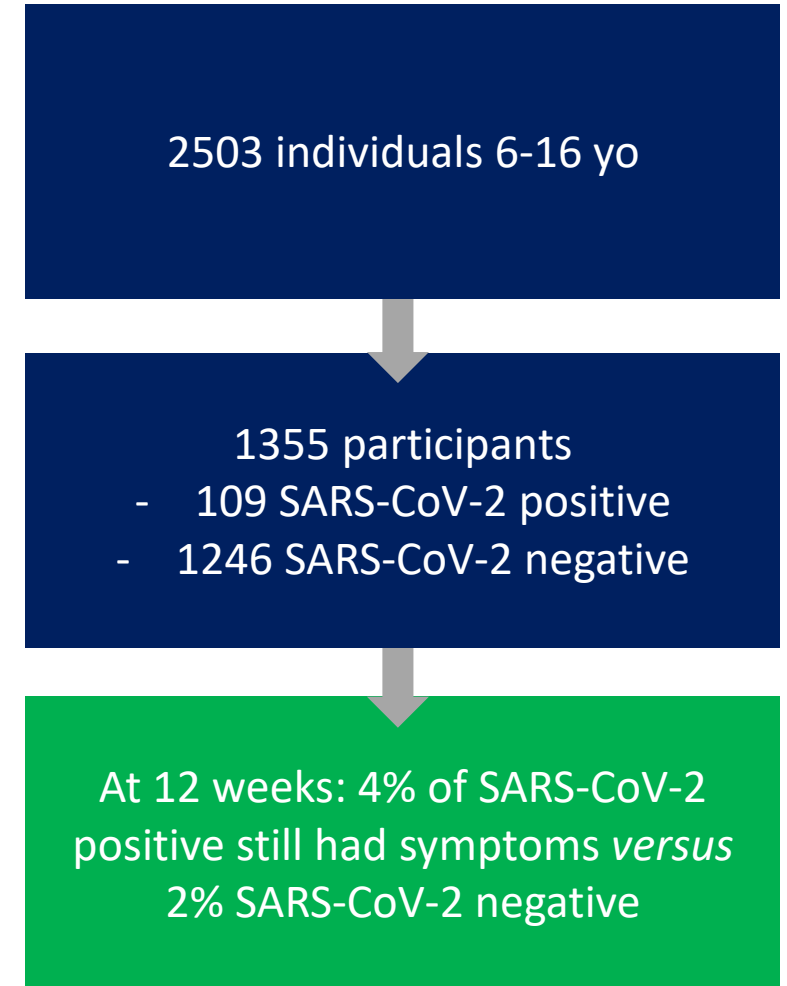
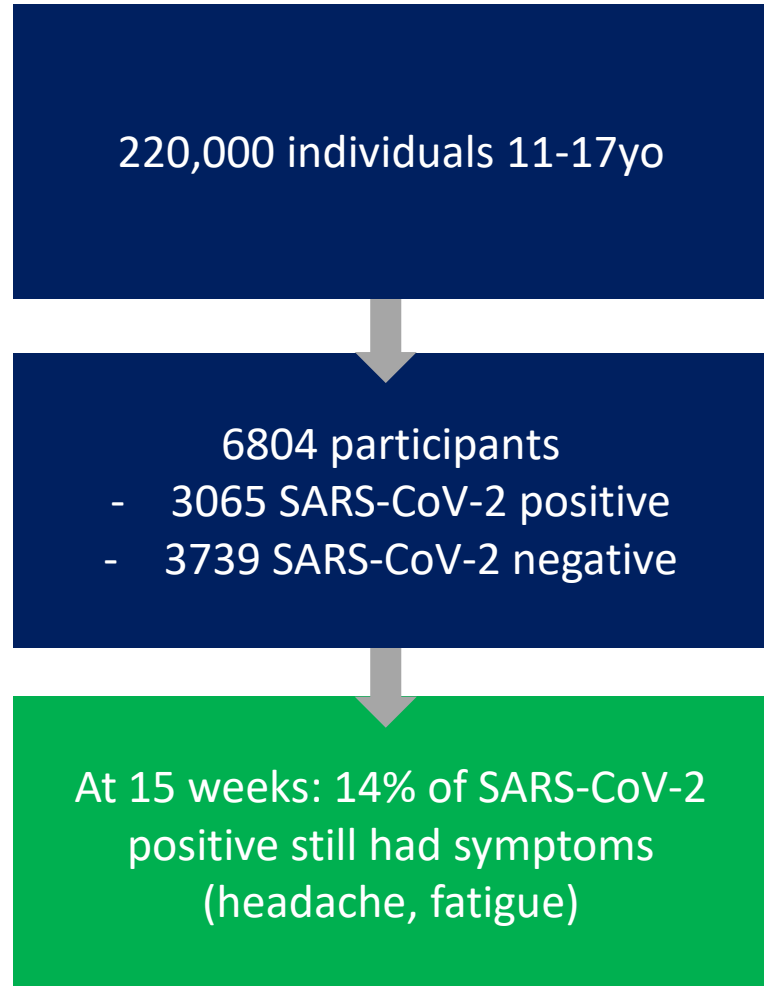


The benefits of COVID-19 vaccines greatly outweigh the risks.

Get vaccinated, as soon as it is your turn.

Astra Zeneca

Long COVID pédiatrique



Impact

Take home messages

Vaccination en prévention

Fluctuation des symptômes qui peuvent persister même suite à une forme légère chez des personnes de jeune âge et en bonne santé habituelle

Approche multidisciplinaire

Do no harm

Large échelle

Potentiel d'apprendre sur d'autres maladies

Merci



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