

Information: Long or chronic COVID-19 in the osteopathic setting

Carnes D. 12.8.2020

Many people will have experienced COVID-19, their symptoms may have been mild or severe. They may not have been tested or received hospital or medical treatment for COVID-19 but they may still be struggling to fully recover from the illness.

Long or chronic COVID-19 extends beyond 3 weeks post COVID-19 symptoms and now more people are experiencing symptoms beyond 12 weeks. Their symptoms offer a non-specific clinical picture.

The patient's COVID-19 symptoms may have included:

Commonly:

- High temperature, Cough, Difficulty breathing, Altered or loss of smell and taste

And less commonly:

- Fatigue, myalgia, arthralgia, anorexia, sputum, chest tightness, sore throat.

Long or Chronic COVID-19 Symptoms include:

Commonly (all of which may relapse and remit):

- cough,
- low grade fever
- fatigue

Less common:

- shortness of breath, chest pain, headaches
- neurocognitive difficulties
- muscle pains and weakness
- gastrointestinal upset, metabolic disruption, thromboembolic conditions
- depression and other mental health conditions
- Skin rashes can take many forms including vesicular, maculopapular, urticarial, or chilblain-like lesions on the extremities (such as 'covid toe')

NB. A positive test result is not a pre-requisite for a diagnosis, due to lack of access and availability to testing and false negatives.

Information extrapolated and summarised from the BMJ:

Mahase Elisabeth. Covid-19: What do we know about "long covid"? BMJ 2020; 370 :m2815

Greenhalgh Trisha, Knight Matthew, A'Court Christine, Buxton Maria, Husain Laiba. Management of post-acute covid-19 in primary care BMJ 2020; 370 :m3026

Garner P. For 7 weeks I have been through a roller coaster of ill health, extreme emotions, and utter exhaustion. BMJ Opinion. 5 May 2020. <https://blogs.bmj.com/bmj/2020/05/05/paul-garner-people-who-have-a-more-protracted-illness-need-help-to-understand-and-cope-with-the-constantly-shifting-bizarre-symptoms>.