



Virtual Roundtable on Post–COVID-19 Condition Models of Care — June 1, 2022

Meeting Objectives

- To increase awareness and understanding of evidence pertaining to post–COVID-19 condition models of care and service delivery (e.g., [Décarv et al. \[2021\] living systematic review](#), WHO guidelines and framework, and relevant elements of CADTH scoping review in progress)
- To increase awareness of pan-Canadian initiatives related to the planning, development, and implementation of service delivery and models of care for the post–COVID-19 condition patient population
- To facilitate connections among those currently working on the funding, planning, development, implementation, and/or evaluation of service delivery and models of care for the post–COVID-19 Condition patient population across Canadian jurisdictions
- To create opportunities for identification of merging evidence needs related to post–COVID-19 condition models of care and service delivery and/or other post–COVID-19 evidence topics T

Agenda: 11 a.m. – 4 p.m. Eastern Time

Moderator: 21(1)

Join Zoom Meeting:

<https://cadth.zoom.us/j/83867196110?pwd=bzIRUWprelF1UzR3RFBSZytYUtuZz09>

Meeting ID: 22(1)(b)

Passcode: 22(1)(b)

Time	Description	Speakers
11:00 a.m. – 11:15 a.m.	Welcome and Introductions	21(1), CADTH 21(1)
11:15 a.m. – 11:30 a.m.	Post–COVID-19 Condition in Canada	Dr. Angela Cheung
11:30 a.m. – 11:50 a.m.	Post–COVID-19 Condition Perspectives and Experience	Dr. Anne Bhéreur
11:50 p.m. – 12:00 p.m.	Questions and Discussion	
12:00 p.m. – 12:20 p.m.	Discussion #1 1. What is the current state of post–COVID-19 service delivery in your jurisdiction?	



Agenda

Time	Description	Speakers
12:20 p.m. – 12:35 p.m.	Break	
12:35 p.m. – 12:55 p.m.	Models of Care Related to Post-COVID-19 Condition	Simon Décary
12:55 p.m. – 1:05 p.m.	Questions and Discussion	
1:05 p.m. – 1:50 p.m.	Presentations: Early Experiences Developing and Implementing Models of Care for Post-COVID-19 Condition	Dr. Adeera Levin Dr. Chester Ho
1:50 p.m. – 2:00 p.m.	Questions and Discussion	
2:00 p.m. – 2:45 p.m.	Discussion #2 1. How do you see your jurisdiction delivering care for people with post-COVID-19 condition (e.g., motivation, funding, collaborators)? 2. What opportunities exist for developing models of care?	
2:45 p.m. – 3:00 p.m.	Break	
3:00 p.m. – 3:30 p.m.	Discussion #3 1. What information, evidence, or resources would assist your decision-making related to models of care for post-COVID-19 condition?	
3:30 p.m. – 3:50 p.m.	Closing Remarks	21(1)
4:00 p.m.	Adjournment	21(1)

21 (1)



Dr. Angela Cheung

Dr. Angela M. Cheung is Professor of Medicine, KY and Betty Ho Chair in Integrative Medicine at University of Toronto, and Senior Scientist at University Health Network. She is currently holding a Tier 1 Canada Research Chair in Musculoskeletal and Postmenopausal Health, and has earned a Canadian Institutes of Health Research Senior Investigator Award, the Canadian Society of Internal Medicine David Sackett Senior Investigator Award, the Ontario Premier Research Award, and the University of Toronto Eugenie Stuart Mentorship Award. She is a member of the Endocrine Society Clinical Guidelines Committee, and is the Co-Lead of the Canadian COVID-19 Prospective Cohort Study (CANCOV). She obtained her MD degree from Johns Hopkins University School of Medicine in 1988, and her PhD degree from Harvard University in 1997. She is a Fellow of the Royal College of Physicians of Canada and has been in clinical practice for more than 30 years.

Twitter [@AngelaMCheung](https://twitter.com/AngelaMCheung)



Dr. Anne Bhéreur

Anne Bhéreur has been a family and palliative care physician since 2003 at the Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Nord-de-l'Île-de-Montréal. She is also an Associate Clinical Professor at the Université de Montréal. Currently away from practice because of long COVID, she is a physician-researcher on long COVID and participates in work related to care models. She is co-director and patient-partner of the Restoration axis of the Quebec COVID-Pandemic Network (rqcp.ca) and a member of the Institut national d'excellence en santé et en services sociaux (INESSS) Consultative Committee on Post-COVID-19 Conditions.



Simon Décary

Simon Décary is an assistant professor at University of Sherbrooke in Quebec. He is involved in long COVID research since April 2020, having received a grant from Fondation du CR-CHUS to conduct a safety pilot clinical trial of interdisciplinary rehabilitation for long COVID, one of the first study in this field. In December 2020, his team was also among the first to team up with the myalgic encephalomyelitis community to warn rehabilitation professionals about the harms of graded exercise therapy in this population. This led a global movement focusing on the Stop.Rest.Pace. approach to safe rehabilitation. He conducted multiples online webinars for rehabilitation professionals and primary care clinicians about the management of long COVID. He was recently mandated by the SPOR Evidence Alliance, COVID-END, and the Canadian Institutes of Health Research to conduct living systematic reviews of care models and management options for long COVID. In August 2021, he joined the WHO expert committee for post-COVID-19 condition.



Dr. Adeera Levin

Dr. Levin is a professor of medicine, Head Division of Nephrology at the University of British Columbia, and consultant nephrologist at Providence Health Care (PHC) St Paul's Hospital in Vancouver, Canada. She is also Senior Medical Lead, Integration Clinical and Academic Networks at PHC.

She is Executive Director of BC Renal, which oversees the care, planning, and budgets for kidney services in the province of British Columbia. She has recently established and led a province-wide Post-COVID-19 Interdisciplinary Clinical Network (PC-ICCN), embedding research and clinical care in a learning health care network.

Her teaching and research awards include Canadian Society of Nephrology Outstanding Contributions to Canadian Nephrology (2013), Kidney Foundation Research Medal of Excellence (2014), a fellowship with the Canadian Academy of Health Sciences (2014), and the Aubrey J Tingle Research Award for contributions to the province of British Columbia (2015). In 2015, she was awarded The Order of Canada.



Dr. Chester Ho

Dr. Chester Ho is a professor and endowed chair of spinal cord injury research at the University of Alberta; Alberta Health Services (AHS) Edmonton Zone Interim Zone Clinical Department Head, Neurosciences; and AHS Senior Medical Director for the Neurosciences, Rehabilitation & Vision Strategic Clinical Network.

Dr. Ho graduated from the Clinical School at the University of Cambridge in the UK, before moving to the US, where he completed his residency in Physical Medicine & Rehabilitation at the Harvard Medical School Spaulding Rehabilitation Hospital, and fellowship in Spinal Cord Injury Medicine at the Kessler Institute for Rehabilitation and University of Medicine and Dentistry of New Jersey.

In addition to his academic pursuits, Dr. Ho holds a number of provincial and national leadership positions, such as his recent provincial leadership in AHS post-COVID rehabilitation and recovery planning, which included the creation of the AHS Post-COVID Rehabilitation Framework, which involved more than 100 stakeholders from across the province.



Models of Care for Post–COVID–19 Condition

In preparation for this roundtable, and to set the stage for CADTH's commitment to supporting post–COVID-19 condition decision-making needs moving forward, here we briefly describe some of our current initiatives related to post–COVID-19 condition, as well as future plans. Some additional resources of potential interest are also provided.

Post–COVID–19 Condition

People who have a COVID-19 infection usually feel unwell for a few days, or for up to 1 to 2 weeks. But a growing concern is that some people have symptoms that last for several weeks or months. This is known as post–COVID-19 condition, or long COVID. CADTH uses [WHO's definition](#) of post–COVID-19 condition, which refers to when people experience symptoms for more than 12 weeks after probable or suspected COVID-19 infection. People with post–COVID-19 condition may experience a range of persisting and debilitating symptoms, such as fatigue, shortness of breath, muscle aches, and cognitive and mental health challenges.

Recent estimates suggest that, in Canada, more than 480,000 people have post–COVID-19 condition. But that number is likely higher. For a health care system that is already struggling with the effects of acute COVID-19 infections, post–COVID-19 presents extra challenges.

Evidence Reviews About Models of Care

In preparation for the roundtable meeting, please refer to:

- Care Models for Long COVID: [Rapid Systematic Review \(June 2021\)](#)
- Care Models for Long COVID: [Living Systematic Review – First Update \(December 2021\)](#)

The reviews were authored by Simon Décary (a speaker at the roundtable meeting) and Annie LeBlanc's team on behalf of the SPOR Evidence Alliance and COVID-END. The reviews highlighted different models of care from international and Canadian jurisdictions. Common elements reported across several models included primary care pathways, specialty clinics, standardized symptoms assessment tools, virtual care, and access to rehabilitation services. The evidence base assessing clinical effectiveness, patient-centred outcomes, and cost-effectiveness is currently limited, and is expected to emerge with future studies. A summary of the reviews can be found on [page 3](#) and [page 4](#) of the respective reviews.

CADTH Condition Level Review on Post–COVID–19 Condition

With the context of a rapidly changing evidence landscape, emerging evidence needs, and many stakeholders working on various aspects of post–COVID-19 condition, CADTH is committed to developing relationships, understanding the Canadian and international landscape, and identifying ways to best support health care decision-making needs across Canada. CADTH is well positioned and has been engaged by jurisdictions across Canada to help broker and share information, and convene and connect stakeholders to reduce duplication of efforts and rapidly respond to emerging evidence needs. With this focus, CADTH is currently conducting a Condition Level Review on post–COVID-19 condition.



CADTH Roundtable Meeting

A Condition Level Review is an assessment of the evidence on a range of health technologies and emerging issues on all aspects of a condition, including prevention, identification, treatment, and management. CADTH has already conducted several initiatives as part of the Condition Level Review, with more ongoing and planned, as summarized in the following.

Pan-Canadian Stakeholder Panel on Post-COVID-19 Condition

To help ensure the highest priority research areas and decision-making needs are identified, and understand how we can best address those needs, CADTH has convened a [pan-Canadian stakeholder panel](#). The stakeholder panel has representation from cross-jurisdictional decision-makers, clinicians actively working on post-COVID-19 condition, researchers, and patient representatives. An overarching goal of the panel is to support cross-jurisdictional collaboration, reduce duplication in research efforts, and broadly share, mobilize, and implement results. The panel has been instrumental in providing support for the overall direction of the CADTH Condition Level Review, and many members of the stakeholder panel are involved in the planning and delivery of the virtual roundtable. CADTH is grateful for their ongoing engagement and support.

Completed CADTH Initiatives

As part of the Condition Level Review, CADTH has completed:

- A [Scoping Review](#) (May 2022) that characterizes the current evidence landscape on post-COVID-19 condition and identifies evidence gaps. Between January 1, 2019, and December 20, 2021, 637 published articles, 247 protocols, and 8 preprints of systematic reviews were identified and included in the scoping review. CADTH is actively developing a protocol to keep aspects of this scoping review living (i.e., continuously updated). Refer to pages 30, 55, and 57 of this report for information on guidelines related to post-COVID-19 condition.
- A [collaborative systematic review](#) (April 2022) with the Public Health Agency of Canada (PHAC) and the Alberta Research Centre for Health Evidence (ARCHE) on risk factors and preventive interventions for Post-COVID-19 condition.
- A [webinar](#) (October 13, 2021) entitled The Implications of Long COVID.
- A [Horizon Scan](#) (September 2021) that provides an overview of post-COVID-19 Condition.
- A [Hospital News article](#) (January 2022) that describes post-COVID-19 condition and what it means for a struggling health care system.

Ongoing CADTH Initiatives

- Collaborating with McMaster University and Cochrane Canada to develop and populate a portal that will host Canadian and international post-COVID-19 condition guidelines, building off their Canadian Institutes of Health Research (CIHR)-funded [living recommendations map](#)
- Evidence reviews:
 - [Subtypes of Post-COVID-19 Condition](#)
 - [Post-COVID-19 Condition: A summary of existing guidelines](#)
 - Monitoring the development of emerging health technologies, including medical devices, clinical interventions, and therapeutics that may support people with post-COVID-19 condition, for potential assessment



CADTH Roundtable Meeting

- Developing an evidence bundle and information hub to showcase existing guidelines, resources, and evidence reviews

Next Steps for CADTH

In addition to completing ongoing CADTH initiatives, and hosting this virtual roundtable event, next steps for CADTH include identifying, prioritizing, and continuing to respond to evidence needs to support Canada's health system decision-makers, and people living with post-COVID-19 condition. Building off our living scoping review, CADTH is well positioned to respond to direct requests for evidence rapidly. To find out more about CADTH, or to submit a request, talk to a [Liaison Officer in your region](#).

Visit www.cadth.ca/longcovid to stay up to date and access completed and in progress CADTH resources.

Additional Resources

Please refer to these additional resources that may be of interest:

- [Technical report](#): A report entitled Creating a provincial post-COVID-19 interdisciplinary clinical care network as a learning health system during the pandemic: Integrating clinical care and research.
- [Resources for Health Care Professionals](#): Information and tools developed by Alberta Health Services to assess, refer, and provide continuing care for people after COVID-19.
- [Evidence reviews](#): A collection of reports developed by Institut national d'excellence en santé et en services sociaux (INESSS) about the [organization of care and services](#), assessment of physical rehabilitation interventions, and support tools for the clinical management of post-COVID-19 condition.



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CADTH Post-COVID-19 Virtual Roundtable – June 1, 2022

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21(1) [REDACTED]	Post-COVID Patient		Patient Partner
21(1) [REDACTED]	Post-COVID Patient		Patient Partner
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21(1) [REDACTED]	21(1) [REDACTED]	CADTH	
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