

Resources

Welcome & Announcements - Hector Bonilla, MD	
Management of Smell & Taste Loss Post- COVID <i>Zara Patel, MD</i>	
Stanford Initiative to Cure Smell and Taste Loss	https://sicstl.stanford.edu
Therapeutic use of steroids in non-chronic rhinosinusitis olfactory dysfunction: a systematic evidence-based review with recommendations	https://doi-org.laneproxy.stanford.edu/10.1002/alr.22240
Effect of Omega-3 Supplementation in Patients with Smell Dysfunction Following Endoscopic Sellar and Parasellar Tumor Resection: A Multicenter Prospective Randomized Controlled Trial	https://doi-org.laneproxy.stanford.edu/10.1093/neuros/ny559
Use of Platelet-rich plasma for COVID-19 related olfactory loss: a randomized controlled trial	https://doi-org.laneproxy.stanford.edu/10.1002/air.23116
Care for Headache Types in Long COVID Leon Moskatel, MD	
Gastrointestinal Issues Post-COVID & Their Management John Mark Gubatan, MD	
Coagulation & other Hematologic Considerations in Long COVID Beth Martin, MD	
Q&A Linda Geng, MD, PhD(Moderator)	
Behavioral Health Management in Long COVID Tyler Prestwood, MD, PhD	
Coping with the Psychological Impact of Long COVID <i>Shelby Lazarow, PsyD</i>	
Guided Meditation videos from Dr. Lazarow: https://www.youtube.com/channel/UCvXOPID6MZED2KU_t_hKmSyg	
An open trial of biofeedback for long COVID https://doi.org/10.1016/j.jpsychores.2024.111625	

Resources

An old, free, great website (multiple languages) for guided meditations 1 min up to 19 min is UCLA Marc site:
12:28:17 From Beth Martin to Everyone:
https://www.uclahealth.org/uclamindful/guided-meditations
Dr. Lazarow's Mindfulness Course: https://drshelbylazarow.com/mindful-healing/
Neurocognitive Rehabilitation & Speech-Language Pathology for Long COVID <i>Sarah Stranberg, MA, CCC-SLP</i>
Links to California Department of Rehabilitation- will need to search by symptom: https://www.dor.ca.gov/Home/Programs
12:41:23 From Sarah Stranberg to Everyone:
additional resources regarding return to workplace/issues: (search by long-covid symptom): https://askjan.org/a-to-z.cfm
Delgado-Alonso C, Díez-Cirarda M, Pagán J, Pérez-Izquierdo C, Oliver-Mas S, Fernández-Romero L, Martínez-Petit Á, Valles-Salgado M, Gil-Moreno MJ, Yus M, Matías-Guiu J, Ayala JL, Matias-Guiu JA. Unraveling brain fog in post-COVID syndrome: Relationship between subjective cognitive complaints and cognitive function, fatigue, and neuropsychiatric symptoms. Eur J Neurol. 2025 Jan;32(1):e16084. doi: 10.1111/ene.16084. Epub 2023 Oct 5. PMID: 37797297; PMCID: PMC11618112.
Ely EW, Brown LM, Fineberg HV; National Academies of Sciences, Engineering, and Medicine Committee on Examining the Working Definition for Long Covid. Long Covid Defined. N Engl J Med. 2024 Nov 7;391(18):1746-1753. doi: 10.1056/NEJMs2408466. Epub 2024 Jul 31. PMID: 39083764; PMCID: PMC11687645.
Möller M, Borg K, Janson C, Lerm M, Normark J, Niward K. Cognitive dysfunction in post-COVID-19 condition: Mechanisms, management, and rehabilitation. J Intern Med. 2023 Nov;294(5):563-581. doi: 10.1111/joim.13720. Epub 2023 Sep 27. PMID: 37766515.
Sacks-Zimmerman A, Bergquist TF, Farr EM, Cornwell MA, Kanellopoulos D. Rehabilitation of Neuropsychiatric Symptoms in Patients With Long COVID: Position Statement. Arch Phys Med Rehabil. 2023 Feb;104(2):350-354. doi: 10.1016/j.apmr.2022.10.001. Epub 2022 Oct 20. PMID: 36272444; PMCID: PMC9581644.
Saunders C, Sperling S, Bendstrup E. A new paradigm is needed to explain long COVID. Lancet Respir Med. 2023 Feb;11(2):e12-e13. doi: 10.1016/S2213-2600(22)00501-X. Epub 2023 Jan 5. PMID: 36620963.
Schultz KR, McGrath S, Keary TA, Meng CK, Batchos E, Evans L, Fields D, Cummings A, Fornalski N. A multidisciplinary approach to assessment and management of long COVID cognitive concerns. Life Sci. 2024 Nov 15;357:123068. doi: 10.1016/j.lfs.2024.123068. Epub 2024 Sep 18. PMID: 39299386.

Resources

World Health Organization (WHO). Clinical Management of COVID-19: living guideline. www.who.int/teams/health-care-readiness/post-covid-19-condition. Accessed 04/24/25.
Physical Therapy & Rehabilitation Management in Long COVID - Heidi Greata, PT, DPT & Courtney Matrunick, PT, DPT
NASA Lean Test
https://batemanhornecenter.org/wp-content/uploads/filebase/providers/mecfs/10-Minute-NASA-Lean-Test-Clinician-Instructions-06_2021.pdf
#MEAction. Post-viral ME/CFS: diagnosing & treating ME/CFS in the time of COVID [video]. MEAction website. Published 2022. Accessed April 30, 2025. https://www.meaction.net/seminar/
1. Assaf G, Davis H, McCorkell L. What does COVID-19 recovery actually look like? An analysis of the prolonged COVID-19 symptoms survey. Patient-Led Research. 2020.
2. Centers for Disease Control and Prevention (CDC). Treating the most disruptive symptoms first and preventing worsening of symptoms post-exertional malaise. Published April 30, 2021. Accessed April 30, 2025. https://www.cdc.gov/me-cfs/healthcare-providers/clinical-care-patients-mecfs/treating-most-disruptive-symptoms.html
3. Cotler J, Holtzman C, Dudun C, Jason LA. A brief questionnaire to assess post-exertional malaise. <i>Diagnostics (Basel)</i> . 2018;8(3):66. doi:10.3390/diagnostics8030066
4. Crook H, Raza S, Nowell J, Young M, Edison P. Long COVID: mechanisms, risk factors, and management. <i>BMJ</i> . 2021;374:n1648. doi:10.1136/bmj.n1648
5. Davenport T, Stevens S, VanNess M, Snell C, Little T. Conceptual model for physical therapist management of chronic fatigue syndrome/myalgic encephalomyelitis. <i>Phys Ther</i> . 2010;90(4):602-614.
6. Davis HE, Assaf GS, McCorkell L, et al. Characterizing long COVID in an international cohort: 7 months of symptoms and their impact. <i>medRxiv</i> . Preprint. Posted online January 1, 2020. doi:10.1101/2020.12.24.20248802
7. Espinoza-Bravo C, Arnal-Gómez A, Martínez-Arnau FM, et al. Effectiveness of functional or aerobic exercise combined with breathing techniques in telerehabilitation for patients with long COVID: a randomized controlled trial. <i>Phys Ther</i> . 2023;103(11):pzad118. doi:10.1093/ptj/pzad118
8. Ghali A, Richa P, Lacout C, et al. Epidemiological and clinical factors associated with post-exertional malaise severity in ME/CFS patients. <i>J Transl Med</i> . 2020;18:246. doi:10.1186/s12967-020-02419-4
9. Komaroff AL, Bateman L. Will COVID-19 lead to myalgic encephalomyelitis/chronic fatigue syndrome? <i>Front Med</i> . 2021;7:606824. doi:10.3389/fmed.2020.606824

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10. Mateo LJ, Chu L, Stevens S, Stevens J, Snell CR, Davenport T. Post-exertional symptoms distinguish ME/CFS subjects from healthy controls. <i>Work</i> . 2020;66:265-275.
11. MedBridge. Post-exertional malaise: pathophysiology and treatment [course]. Presented by Todd Davenport. MedBridge Education.
12. Snell CR, Stevens SR, Davenport TE, VanNess JM. Discriminative validity of metabolic and workload measurements for identifying people with chronic fatigue syndrome. <i>Phys Ther</i> . 2013;93(11).
13. Wong TL, Weitzer DJ. Long COVID and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS): a systematic review and comparison of clinical presentation and symptomatology. <i>Medicina (Kaunas)</i> . 2021;57(5):418. doi:10.3390/medicina57050418
14. Wong J, Kudla A, Pham T. Lessons learned by rehabilitation counselors and physicians in services to COVID-19 long haulers: a qualitative study. <i>Rehabil Couns Bull</i> . 2021;00(0). doi:10.1177/00343552211060014
15. World Physiotherapy. <i>World Physiotherapy response to COVID-19: Briefing Paper 9. Safe rehabilitation approaches for people living with long COVID: physical activity and exercise</i> . London, UK: World Physiotherapy; 2021.
16. Wormgoor MEA, Rodenburg SC. The evidence base for physiotherapy in ME/CFS when considering post-exertional malaise: a systematic review and narrative synthesis. <i>J Transl Med</i> . 2021;19:1.
17. Wright J, Astill SL, Sivan M. The relationship between physical activity and long COVID: a cross-sectional study. <i>Int J Environ Res Public Health</i> . 2022;19(9):5093. doi:10.3390/ijerph19095093
18. Ziauddeen N, Gurdasani D, O'Hara ME, et al. Characteristics of long COVID: findings from a social media survey. <i>medRxiv</i> . Preprint. 2021. doi:10.1101/2021.03.21.21253968
19. Zheng C, Chen XK, Sit CH, et al. Effect of physical exercise-based rehabilitation on long COVID: a systematic review and meta-analysis. <i>Med Sci Sports Exerc</i> . 2024;56(1):143-154. doi:10.1249/MSS.0000000000003280
20.
Integrative & Lifestyle Medicine Approaches for Long COVID Care - Lauren Grossman, MD
Q&A - Linda Geng, MD, PhD (Moderator)
Concluding Remarks - Andre Kumar, MD
studies.recoverCOVID.org
https://recovercovid.org/publications
To keep up with RECOVER CT please visit https://trials.recovercovid.org/
• AAPM&R Guidelines on Clinical Care: https://www.aapmr.org/advocacy/current-priorities/long-covid-pasc/multidisciplinary-quality-improvement-initiative
Canadian Guidelines for Post COVID-19 Condition Care: https://canpcc.ca/guidelines/

Resources

I am also linking the recorded site for 2024 webinar: https://stanford.cloud-cme.com/course/courseoverview?P=5&EID=52228&IsExhibitor=false Under Begin tab, you can find direct links to last year's talks
2024 Stanford Long COVID CME webinar: https://stanford.cloud-cme.com/course/courseoverview?P=5&EID=49278
Stanford Long COVID REACH website: https://med.stanford.edu/long-covid-care-reach.html
https://workwellfoundation.org/resources/
https://www.neurodiversecounseling.com/counselor-education-resources/2024/2/16/the-basic-exercise-by-stanley-rosenberg