

Key Takeaways:

- Long-term symptoms associated with COVID-19, or post-acute sequelae of SARS-CoV-2, can present anywhere from 4 weeks to >12 weeks following infection.
- The risk of long-term symptoms is higher for females, patients who are obese, patients with co-morbid conditions, and patients whose COVID-19 infections were severe.
- While treatment guidelines exist, there remains a general lack of high-quality evidence for treatment.
- All international communication is influenced by cultural differences. Even the choice of communication medium can have cultural overtones.
- Context, defined as the way messages are conveyed using either single or multiple layers of clarity, is key to communicating across cultures.

Further Reading:

Infection Prevention and Control	Video: Perils and Pearls of Long COVID
	National Institute for Health and Care Excellence (NICE): COVID-19 rapid guideline: managing the long-term effects of COVID-19
	Clinical Microbiology and Infection: ESCMID rapid guidelines for assessment and management of long COVID
	Journal of Clinical Medicine: Prognostic Factors for Post-COVID-19 Syndrome: A Systematic Review and Meta-Analysis. National Library of Medicine website.
	Infectious Disease Clinics: Post-Acute Sequelae of SARS CoV-2 infection
	Clinical Microbiology and Infection: Female gender is associated with long COVID syndrome: a prospective cohort study
	Nature: Sex-differences in COVID-19 associated excess mortality is not exceptional for the COVID-19 pandemic
	BMJ: Long covid—mechanisms, risk factors, and management (BMJ: Published Correction)
	Clinical Medicine (London): Autonomic dysfunction in ‘long COVID’: rationale, physiology and management strategies
	Nature Medicine: Attributes and predictors of long COVID
	Clinical Microbiology and Infection: Post-acute COVID-19 syndrome: a new tsunami requiring a universal case definition
	European Heart Journal: Long COVID: post-acute sequelae of COVID-19 with a cardiovascular focus
	The Lancet: NICE guideline on long COVID
	The Lancet: Long COVID guidelines need to reflect lived experience
	Clinical Microbiology and Infection: ESCMID rapid guidelines for assessment and management of long COVID
	Centers for Disease Control and Prevention: Seroprevalence of Infection-Induced SARS-CoV-2 Antibodies — United States, September 2021–February 2022
	Washington Post: Coronavirus has infected majority of Americans, blood tests indicate
Cultural Sensitivity	Communication Across Cultures: https://www.thnk.org/insights/communicating-across-cultures/

Session 14: ***

	Flowchart of Communication: https://www.businessmanagementideas.com/communication/flow-chart-of-communication-with-diagram/5779
	Communicating Across Cultures: https://diversity.med.wustl.edu/resources/strategies-for-effective-communication-across-cultures/