

Multidisciplinary collaborative guidance on the assessment and treatment of patients with Long COVID: A compendium statement

TABLE 9: Symptom-specific assessment and management considerations for cardiovascular symptoms in Long COVID

Assessment Element	Assessment Details
History 	<ul style="list-style-type: none">Cardiac details of acute COVID-19 course:<ul style="list-style-type: none">Cardiac event (e.g., arrhythmia)?Ventilator, ECMO, etc.?
Physical exam	<ul style="list-style-type: none">Vital signs:<ul style="list-style-type: none">HR, RR, BP, POxCardiopulmonary exam:<ul style="list-style-type: none">Heart/lung auscultationCheck peripheral pulses for bruitsAssess for volume overloadChest wall palpation
Treatment Element	Treatment Details
Non-pharmacologic management	<ul style="list-style-type: none">Follow existing guidelines for return-to-activity and participation in cardiac rehabilitation (See Figure 1)^{88,89}
Pharmacologic management	<ul style="list-style-type: none">Review cardioactive medications<ul style="list-style-type: none">If felt to be contributing to any Long COVID symptoms, discuss with cardiologist for consideration of effective dose or medication alternativesHigh-dose beta blockers can worsen fatigue and dizzinessDiuretics can worsen orthostasisStatins can worsen myalgiasSee Table 5 for commonly used medications for Long COVID
Referral, as needed	<ul style="list-style-type: none">To cardiac rehabilitation, if recent diagnosis of a qualifying condition:<ul style="list-style-type: none">Stable angina, MI, systolic heart failure with LVEF \leq 35%Percutaneous coronary intervention (angioplasty or stent)Cardiac surgery (coronary artery bypass, cardiac valve repair/replacement, heart transplant)To cardiology, if new or worsened cardiovascular disease; complex arrhythmia; structural heart disease; or myocardial, pericardial, and/or ventricular dysfunction

Abbreviations: ECMO (extracorporeal membrane oxygenation), HR (heartrate), RR (respiratory rate), BP (blood pressure), POx (pulse oximetry), MI (myocardial infarction), LVEF (left ventricular ejection fraction).

