

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

TABLE 11: Symptom-specific assessment and management for cognitive symptoms in Long COVID

Assessment Element	Assessment Details
History 	<ul style="list-style-type: none">Pre-existing conditions with cognitive symptoms (e.g., ADHD, learning disabilities, mild cognitive impairment)Obtain collateral history from loved ones and care providers, as needed
Physical exam	<ul style="list-style-type: none">Document objective severity of cognitive deficits:[†]<ul style="list-style-type: none">Brief tools: MoCA⁹², MMSEResource permitting: Neuro-QOL™, NIH Toolbox Cognition BatteryRule out signs of general medical abnormalities or focal neurological deficits
Treatment Element	Treatment Details
Non-pharmacologic management	<ul style="list-style-type: none">Optimize restorative sleep (See Table 4)For patients who achieve a return to ADLs, see Figure 1 for return to activity guidance
Pharmacologic management	<ul style="list-style-type: none">Consider weaning/de-prescribing medications that may lead to sedation, confusion, and possible cognitive decline (e.g. anticholinergic, antidepressant, antipsychotic, benzodiazepine, non-benzodiazepine sedative hypnotic, benzodiazepine receptor agonist hypnotic, and skeletal muscle relaxant medications)See Table 5 for commonly used medications for Long COVID
Referral, as needed	<ul style="list-style-type: none">To OT or SLP, if cognitive symptoms are affecting daily functionTo neuropsychology, if need to assess capacity for return to cognitively demanding work and/or to assess eligibility for vocational rehabilitation

[†]This list of screening tools is revised compared to the original cognitive symptoms consensus guidance statement. The tools in this list reflect those which are most sensitive to detect patterns of cognitive impairment that are typically seen in Long COVID.

Abbreviations: ADHD (attention-deficit/hyperactivity disorder), MoCA (Montreal Cognitive Assessment), MMSE (mini mental state examination), Neuro-QOL™ (Quality of Life in Neurological Disorders), NIH (National Institutes of Health), OT (occupational therapy), SLP (speech and language pathology).

