

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

TABLE 2: Holistic assessment of persons presenting with symptoms suggestive of Long COVID

Assessment Element	Assessment Details
Symptom identification	<ul style="list-style-type: none">Common symptoms:<ul style="list-style-type: none">Exaggerated fatigue and diminished energy windowsCognitive impairment (e.g., brain fog)Symptom flare 12-48 hours after minimal activity (e.g., PEM/PESE)Dyspnea, racing heart, dizziness upon standingPain/myalgiasSmell and taste alterationsSee Table 1 for other possible symptoms
Timeline of symptoms	<ul style="list-style-type: none">Lasting at least 3 months (continuously or relapsing-remitting)¹New or worsened after suspected SARS-CoV-2 infection (supportive but not diagnostic)
Symptom modifiers and triggers	<ul style="list-style-type: none">Physical and cognitive activitiesSocial and emotional stressorsRecurrent SARS-CoV-2 infections, vaccines, boosters
Impact on daily functioning and activity levels	<ul style="list-style-type: none">ADLs, IADLsWork/school, family, socialPhysical and cognitive activity toleranceExercise capacity
Potential competing/co-existing diagnoses	<ul style="list-style-type: none">Pre-existing conditions, symptomsOther new conditions, relevant hospitalizationsMedication/supplement side effectsInterim life changes
Physical exam	<ul style="list-style-type: none">Symptom-specific focused exam10-minute stand test:<ul style="list-style-type: none">Record HR and BP after supine for 5 minutes and then after standing for 3, 5, 7, and 10 minutesNote signs and symptoms (e.g., acrocyanosis, flushing, sweating)

¹Table 1 of the autonomic dysfunction consensus guidance statement outlines diagnostic criteria for POTS, NCS, OH, and IST that incorporate results of the 10-minute stand test.⁶

Abbreviations: PEM (post-exertional malaise), PESE (post-exertional symptom exacerbation), ADLs (activities of daily living), IADLs (instrumental activities of daily living), HR (heartrate), BP (blood pressure), POTS (postural orthostatic tachycardia syndrome), NCS (neurocardiogenic syncope), OH (orthostatic hypotension), IST (inappropriate sinus tachycardia).

