

POST-COVID

ASSESSMENT AND RECOVERY CLINIC

Certain individuals who have recovered from active COVID-19 infection continue to have difficulties in physical, emotional and cognitive functioning. This includes multifaceted lingering health effects and an overall worsened quality of life. Given the novelty of COVID-19, the exact nature of these ongoing health effects remains uncertain.

To address these issues, Penn Medicine has created a multidisciplinary clinic to screen, assess, treat, and provide referrals and resources for patients recovering from COVID-19. These patients will be followed over time in order to address new needs as they emerge. In addition, this clinic will serve to create a registry to accurately track important clinical data for a disease about which little is known.

WHO TO REFER



Patients who have recovered from COVID and are experiencing lingering health issues including, but not limited to, some of the frequently reported issues noted below:

- Autonomic function
- Pain
- Hypercoagulability
- Weakness and Poor Endurance
- Impaired renal function
- Critical Illness Myopathy/
Polyneuropathy
- Residual pulmonary manifestations
- Psychological issues: PTSD, Insomnia,
Anxiety and Depression
- Cognitive impairment
- Myocardial Injury
- Progression of chronic issues
- Impaired Daily Function and Mobility

HOW TO REFER

For clinical questions, referral and scheduling, please contact Nadia Miles, Program Administrator, at **215.893.2668**.

ASSESSMENT TEAM

Physical Medicine and Rehabilitation

Franklin Caldera, DO
Associate Professor

Jason Pan, MD
Assistant Professor

Benjamin Abramoff, MD
Assistant Professor

Joanna Ellis, CRNP
Nurse Practitioner

Angela Cucchi, MSW
Licensed Social Worker

Pulmonary and Critical Care Medicine

Robert Kotloff MD
Director, Harron Lung Center

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Denis Hadjiliadis MD, MHS
*Associate Medical Director, Lung
Transplantation Program*

Jessica Dine MD, MHSP
*Director, Section of Advance Pulmonary
Consultation*

Janae Heath, MD, MSCE
Assistant Professor of Medicine

ASSESSMENT PROCESS

This initiative will be led by Penn Physical Medicine & Rehabilitation whose experience with coordinating care for patients with complex medical illnesses allows a position of experience and oversight for the seamless management of COVID-19 patient's many needs.



Initial Visit: 1-hour telehealth visit

Patient or provider can request in-person visit in lieu of telemedicine



Patients evaluated to determine health and rehabilitation needs

Advanced diagnostic tools determined in conjunction with Pulmonology medicine



Upon completion of assessment, clinical needs are identified and PM&R will:

- Recommend or provide rehab management
- Consult patient's PCP to coordinate care
- Triage patients to specialists as needed and coordinate same day appointments when possible.

TREATMENT

Patients and referring physicians are provided with treatment recommendations, referrals and coordination with key medical specialties. Specialists include:

- Primary care
- Pulmonary Medicine
- Cardiology
- Infectious Disease
- Nephrology
- Psychiatry
- Physical Therapy
- Occupational Therapy
- Radiology
- Neuropsychiatry
- Behavioral health
- Social Work

SCREENING MEASURES

- Medication reconciliation
- Rehabilitation Needs Screen
Bowel, bladder, pain, ADL/iADL performance, cognition, equipment needs, mobility, sleep, skin
- Pulmonary Functioning Screen
Criteria established to automatically refer to Pulmonology
- Montreal Cognitive Assessment (MoCA)
- Hospital Anxiety and Depression Scale (HADS)
- Impact of Event Scale-6 (IES-6)
- General Health Slider
- Will be logged in a database to allow for future research efforts

LOCATIONS



Penn Institute for Rehabilitation Medicine

Penn Medicine Rittenhouse
1800 Lombard Street
Philadelphia, PA 19146



Penn Medicine Cherry Hill

1865 E Route 70
Cherry Hill, NJ 08003



Penn Medicine Radnor

145 King of Prussia Road
Radnor, PA 19087

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Penn Medicine