SGIM Long COVID Interest Group Meeting 9.11.23

Attendees: Mike Brode, Rasika Karnik, Aaron Friedberg, Anita Chopra, Louise King, Tiffany Walker, Priti Patel, Jessica Bender, Andrew Schamess, Erika Hoffman

Agenda

1. Brief updates since last meeting (10 min)
   * Federal
     + ACIP meeting 9/12/23 [ACIP Agenda September 12, 2023 (cdc.gov)](https://www.cdc.gov/vaccines/acip/meetings/downloads/agenda-archive/agenda-2023-09-12-508.pdf)

Will briefly discuss post COVID conditions around 10:30 (also will discuss vaccine!)

* + Clinical:
    - Maybe referral numbers going down?
  + Education
    - Spinoff Long COVID podcast series (Chris Chiu, from Curbsiders, Andrew knows him), geared toward clinicians (Andrew)
    - Patient facing: [www.roon.com](http://www.roon.com) (Mike)
  + Research
    - Keystone-notes available on GIM Connect interest group
    - My Long COVID trial-at Yale, decentralized, Paxlovid, expanded to dozens of states [PAX LC — Hugo Health Kindred](https://www.kindred.hugo.health/pax-lc)
    - Tiffany notes most clinical trial funding likely through RECOVER; attempting to get RCT started for LDN, antihistamines
    - Potential for advocacy around this issue. Tiffany a draft being submitted; could do something more
    - Andrew-amantadine small controlled clinical trial
  + Publications
    - AAPM&R guidelines-mental health consensus guidance submitted, Rasika involved; contact her if you would like to be involved in the future.
    - Life Sciences Long COVID special edition. Combo of basic science and clinical (“This is how I treat breathlessness”).

1. SGIM 2024 workshop submissions (30 min) . Meeting theme: Strengthening relationships and valuing our diversity

* Brainstorm ideas
  + Workshops:
    - Dysautonomia
    - Post COVID Fatigue
    - Introduction to Post COVID and/or broaden to post viral syndromes
    - Brain fog/cognitive changes (could be combined w/fatigue or stand alone)
    - Clinical update in Long COVID: what’s new in Long COVID, where are we going. Pick a few papers
    - Communication, communicating uncertainty (skills based)
    - contested diagnoses, how do you manage those patients
    - Disability protections, navigating that; conversations around disability, how to communicate around this with patients
    - Practicing EBM in the setting of uncertain dx/tx
    - Updating talks from last year? Dx and tx
    - Including related dx-EDS? Chronic fatigue, EBV. Overlapping conditions, management strategies? “How to not dread that patient?” “Oh no not that one”
    - Could we include QR codes with protocols as a resource
    - Diagnoses that fall through the cracks
    - Mental health
    - Strategies
      * Should we do a clean divide and have one diagnosis workshop, one management workshop (and a third workshop if there is extra interest?)
      * What if we don’t have updated material on dx, tx (in terms of science/EBM)?
      * Could use Clinical Update as a 3rd; state of the science could be useful
      * Go broad for topics-since people can’t go to multiple sessions
  + **Initial decision: let’s aim for 2 workshops and clinical updates**
  + 2025 ideas?

1. Next steps (10 min)

* SGIM submissions
  + [Sign up for a workshop or clinical updates](https://docs.google.com/document/d/1HchvUjxsp9atLq2Bs7i65Yx-zOdl-OMd2KhLvdt84kM/edit?usp=sharing)
  + Submission deadline Sept 26
* Meeting schedule for the year:
  + Use this link: <https://washington.zoom.us/j/7247018783>
  + Thursday, December 14 at 9am pacific time (11am central, noon eastern)
  + Monday, March 4 at noon pacific time(2pm central, 3pm eastern)
  + Thursday, June 6 at 9am pacific time (11am central, noon eastern)