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)