Post COVID-19 Condition
Symptom Referral Pathways

Follow these steps to identify potential referral pathways to address the care needs of your patient / client.

1. Rule out new onset of acute medical conditions and exacerbation of chronic conditions before referring for post COVID-19 condition.

2. Complete the COVID-19 Yorkshire Rehab Screen (C19-YRS)- Manitoba to guide referral decisions. Access the C19-YRS tool [here](#).

3. Review and address pre-referral considerations.


5. These suggested referral paths do not replace local resources you may already utilize and find to be appropriate to meet your patient's / client's needs.
# Post COVID-19 Condition

## Symptom Referral Pathways

These suggested referral paths do not replace local resources you already use to meet your patient’s / client’s needs.

<table>
<thead>
<tr>
<th>Area of Concern</th>
<th>Referral Criteria - one or more of (symptom):</th>
<th>Pre-Referral Considerations</th>
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| Respiratory     | • Discharge from hospital with oxygen  
• Significant abnormalities on chest X-ray at 12 weeks  
• Abnormal PFTs at 12 weeks  
• Pulmonary embolism in hospital  
• Exclusion criteria: normal chest X-ray and/or normal PFTs at 12 weeks | • Chest X-ray by 12 weeks after COVID-19 diagnosis (if X-ray not already done)  
• PFTs  
• Spirometry | Respirology:  
• Cardio1  
• Grace Hospital  
• HSC  
• St Boniface Hospital  
• Winnipeg Clinic |
| Dyspnea with or without physical deconditioning | • New dyspnea on exertion - severe but improving  
• New dyspnea at rest but improving  
• New mild / moderate dyspnea on exertion, not improving  
• Requires therapeutic exercise intervention for reconditioning or return to functional baseline  
• Lung changes on X-ray  
• Ongoing oxygen needs despite normal chest X-ray and/or normal PFTs at 12 weeks | • Chest x-ray by 12 weeks after COVID-19 diagnosis (if X-ray not already done) | Pulmonary Rehabilitation  
Fax referral 204-940-8633  
Referral form here  
All referrals must be signed by Primary Health Care Provider (i.e. MD/NP/Specialist) |
| Weakness        | • Objective weakness or sensory changes persisting at 12 weeks | • Blood work  
• ECG / Echocardiogram | Physical Medicine and Rehabilitation  
Fax referral 204-787-1476  
HSC Outpatient Physiotherapy  
If extended health benefits - private practice occupational or physical therapy |
| Swallowing       | • New difficulty eating, drinking, swallowing  
• Coughing with eating and drinking  
• Taking much longer than previously to eat a meal  
• Significant difficulty chewing and swallowing solids (i.e. avoiding many solids, putting foods in a blender) | • Complete diagnostic imaging exam form for "VFSS" or "Video fluoroscopy with SLP" | Speech and Language Pathology  
Fax referral and imaging 204-831-2953  
Referral form here  
Imaging form here |
| Voice           | Changes in voice such as:  
• difficulty being heard  
• hoarseness  
• strain  
• altered vocal quality affecting daily function or quality of life | • ENT assessment is required prior to SLP treatment. | Refer to any ENT specialist  
OR  
Refer to Voice Clinic for joint ENT/SLP assessment through WRHA outpatient SLP  
Fax referral 204-831-2953  
Referral form here |

Adapted from: Sivan M et al Development of an integrated rehabilitation pathway for individuals recovering from COVID-19 in the community J Rehab Med 2020; 52: jrm0000X
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| Interdisciplinary needs age 60 years and older | • Needs cannot be met by two individual services  
• Two or more new moderate or severe problems in the C19-YRS domains  
• New cognitive impairment persisting at 12 weeks and impacting function  
• Moderate or severe problems with ADLs, self-care, or usual activities  
• Moderate or severe problems with mobility | • Chest X-ray by 12 weeks after COVID-19 diagnosis (if X-ray not already done)  
• Blood work  
• Consider CT / MRI if moderate to severe COVID-19 and impact on iADLs or focal neurological deficits | | Moderate to Severe Symptoms  
Geriatric Day Hospitals: Referral form here  
Geriatric Rapid Access for Clinical Expertise  
204-926-6015  
Mild to Moderate Symptoms  
Refer patients / clients to Long COVID / Post COVID-19 Condition: Services Available Without a Prescriber Referral |
| Interdisciplinary needs under 60 years of age | • Needs cannot be met by two individual services  
• New cognitive impairment persisting at 12 weeks and impacting function  
• Moderate or severe problems with ADLs, self-care, or usual activities  
• Moderate or severe fatigue persisting at 12 weeks  
• MHC Easy Street is a unique rehabilitation program for clients who have had a life-impacting health change such as a stroke, an acquired brain injury or COVID-19. The client-centered approach assists clients to identify their personal goals and practice the skills needed to return to independent living. | • Blood work  
• Consider MRI if moderate to severe COVID-19, over 50 years of age, and impact on iADLs or focal neurological deficits  
• If extended health benefits, consider referral to private practice services. | | Moderate to Severe Symptoms  
Physical Medicine and Rehabilitation  
Fax referral 204-787-1476  
Mild to Moderate Symptoms  
Misericordia Health Centre Easy Street  
Self-referral possible - form  
Refer patients / clients to Long COVID / Post COVID-19 Condition: Services Available Without a Prescriber Referral |
| Multiple persistent symptoms | • Long COVID Self-Management Group will help you to connect with and learn from others living with Long COVID, to learn new skills to manage your symptoms and lessen their impact on your everyday life, and to learn strategies and feel more confident in managing your health. | • nil | | Mild to Moderate Symptoms  
Long COVID Self-Management Group  
For questions or to register phone  
204-940-2539  
MyHealthTeam programs |
| Pain | • Moderate or severe musculoskeletal pain persisting at 12 weeks | • Blood work | | Physical Medicine and Rehabilitation  
Fax referral 204-787-1476  
HSC Outpatient Physiotherapy  
If extended health benefits - private practice occupational or physical therapy |

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| **Nutrition**   | • Ongoing weight loss or loss of appetite  
                 • Weight gain due to activity intolerance and shortness of breath | nil | Nutrition Services  
WRHA Dietitian central referral form here  
Fax referral 204-943-6278 |
| **Mental Health Symptoms** | Thoughts of self-harm; plan/risk confirmed on review  
Moderate/ severe symptoms of COVID-19 illness related anxiety, depression, and/or PTSD persisting at 12 weeks and interfering with functioning / recovery  
Mild symptoms of COVID-19 illness related anxiety, depression, and/or PTSD persisting at 12 weeks | C19-Yorkshire Rehab Screen - MB:  
If Anxiety score ≥ 3 (Item 14)  
OR  
If Depression score ≥ 3 (Item 15)  
OR  
If PTSD ≥ 3 Yes (Item 16) THEN Review for diagnostic evaluation by Primary Care Provider.  
If pre-existing mental health condition - reconnect patient with prior mental health professional (i.e. psychiatrist, psychologist, counsellor). | At Risk  
Crisis Resources:  
Mobile Crisis 204-940-1781  
Crisis Response Centre - 817 Bannatyne Ave. Winnipeg  
Emergency Departments  
Moderate - Severe  
Primary Care Provider referral to:  
• Psychiatry Centralized Intake  
Fax referrals 204-940-6681  
Referral form here  
OR  
• Clinical Health Psychology Program  
Fax referrals 204-787-3755  
Referral form here  
OR  
• Psychiatry Rapid Access for Clinical Expertise 204-940-2573  
Moderate  
Employee Assistance Program  
If extended health benefits - private practice psychologist  
Primary Care Providers can refer to Shared Care Counsellor, Community  
Mental Health Team (i.e. Access Centre), where available  
Strongest Families Institute - MATC Contact: 204-958-9660  
Mild  
Canadian Mental Health Association  
Mood Disorders Association of Manitoba  
Anxiety Disorders Association of Manitoba  
Wellness Together |

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