

Post COVID-19 Condition Symptom Referral Pathways

Resources Available
in Winnipeg

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.

4

Clearly mark referral as being for Long COVID / post COVID-19 condition.

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.

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Area of Concern:	Referral Criteria - one or more of (symptom):	Pre-Referral Considerations	Referral:
Respiratory	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Chest X-ray by 12 weeks after COVID-19 diagnosis (if X-ray not already done) PFTs Spirometry 	Respiriology: <ul style="list-style-type: none"> Cardio1 Grace Hospital HSC St Boniface Hospital Winnipeg Clinic
Dyspnea with or without physical deconditioning	<ul style="list-style-type: none"> 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 Exclusion criteria: normal chest X-ray and/or normal PFTs at 12 weeks 	<ul style="list-style-type: none"> 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
Weakness	<ul style="list-style-type: none"> Objective weakness or sensory changes persisting at 12 weeks 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> difficulty being heard hoarseness strain altered vocal quality affecting daily function or quality of life 	<ul style="list-style-type: none"> 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

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Area of Concern:	Referral Criteria - one or more of (symptom):	Pre-Referral Considerations	Referral:
Interdisciplinary needs age 60 years and older	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<p>Moderate to Severe Symptoms Geriatric Day Hospitals: Referral form here Geriatric Rapid Access for Clinical Expertise 204-926-6015</p> <p>Mild to Moderate Symptoms Refer patients / clients to Long COVID / Post COVID-19 Condition: Services Available Without a Prescriber Referral</p>
Interdisciplinary needs under 60 years of age	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<p>Moderate to Severe Symptoms Physical Medicine and Rehabilitation Fax referral 204-787-1476</p> <p>Mild to Moderate Symptoms Misericordia Health Centre Easy Street Self-referral possible - form</p> <p>Refer patients / clients to Long COVID / Post COVID-19 Condition: Services Available Without a Prescriber Referral</p>
Multiple persistent symptoms	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> nil 	<p>Mild to Moderate Symptoms Long COVID Self-Management Group For questions or to register phone 204-940-2539</p> <p>MyHealthTeam programs</p>
Pain	<ul style="list-style-type: none"> Moderate or severe musculoskeletal pain persisting at 12 weeks 	<ul style="list-style-type: none"> Blood work 	<p>Physical Medicine and Rehabilitation Fax referral 204-787-1476 HSC Outpatient Physiotherapy If extended health benefits - private practice occupational or physical therapy</p>

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Nutrition	<ul style="list-style-type: none"> 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	<p>Thoughts of self-harm; plan/risk confirmed on review</p> <p>Moderate/ severe symptoms of COVID-19 illness related anxiety, depression, and/or PTSD persisting at 12 weeks and interfering with functioning / recovery</p> <p>Moderate symptoms of COVID-19 illness related anxiety, depression, and/or PTSD persisting at 12 weeks and interfering with functioning / recovery</p> <p>Mild symptoms of COVID-19 illness related anxiety, depression, and/or PTSD persisting at 12 weeks</p>	<p>nil</p> <p>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.</p> <p>If pre-existing mental health condition - reconnect patient with prior mental health professional (i.e. psychiatrist, psychologist, counsellor).</p>	<p>At Risk</p> <p>Crisis Resources: Mobile Crisis 204-940-1781 Crisis Response Centre - 817 Bannatyne Ave. Winnipeg Emergency Departments</p> <p>Moderate - Severe</p> <p>Primary Care Provider referral to:</p> <ul style="list-style-type: none"> 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 <p>Moderate</p> <p>Employee Assistance Program If extended health benefits - private practice psychologist Primary Care Providers can refer to Shared Care Counsellor,</p> <p>Community</p> <p>Mental Health Team (i.e. Access Centre), where available Strongest Families Institute - MATC Contact: 204-958-9660</p> <p>Mild</p> <p>Canadian Mental Health Association Mood Disorders Association of Manitoba Anxiety Disorders Association of Manitoba Wellness Together</p>