

# Post-covid protocols for patient's self-assessment and quality assured diagnosis in primary care

Katharina Stibrant Sunnerhagen

Professor of Rehabilitation Medicine and Head of  
Department, Clinical Neuroscience,  
The Sahlgrenska Academy, University of  
Gothenburg

# Declaration of Interest

University of Gothenburg, Institute of Neuroscience and Physiology,  
Section of Clinical Neuroscience

Advisor to the Swedish National Board of Health and Welfare, WHO  
stroke rehabilitation expert

Research funded by: Swedish Science Council, Swedish Heart and Lung  
Foundation, Swedish Brain Foundation, AFA

# Summary – Take home messages

- The majority of post-covid patients are found in primary care
- Patients suffering from difficulties after covid-19 need supporting aid to still their worries
- Professionals in primary care need supporting documents to help diagnose patients with difficulties after covid-19
- Post-covid protocol for patient's self-assessment is available at [covid-19-mina-symtom3.pdf \(1177.se\)](https://www.1177.se/covid-19-mina-symtom3.pdf)
- Post-covid protocol for quality assured diagnosis in primary care is available at <https://kunskapsstyrningvard.se/kunskapsstyrningvard/kunskapssod/kunskapsstodcovid19/postcovid.56571.html>

# Background

- People diagnosed with post-covid in Sweden increased from a few in the autumn 2020 to approx. 14000 by July 2021
- More than 2/3 found in primary care
- Little was known about difficulties that patients suffered after post-covid
- Lack of supporting aid to still worries with patients suffering from difficulties after covid-19
- Professionals in primary care did not have access to supporting documents to help diagnose patients with difficulties after covid-19

# Theory of change

- A multi-professional covid-19 task force formed autumn 2020 discussed the problem. Task force competences:
  - Specialists in rehabilitation, infectious diseases, primary care, lung diseases. Two patient representatives from the Swedish Covid Association.
- Two important target groups were identified:
  - Patients
  - Primary care

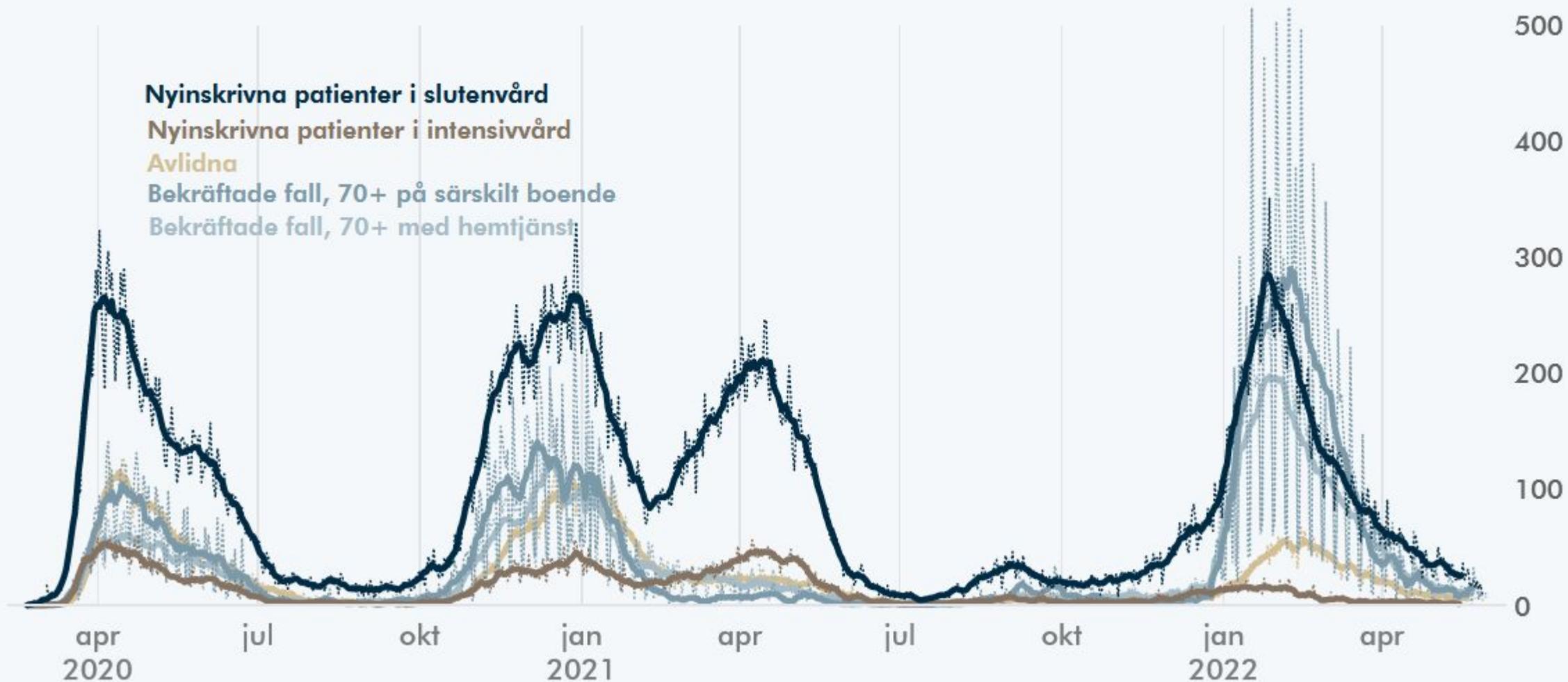
# Methodology

Two protocols were designed based on scientific data and discussions related to clinical experience :

- one for patient's self-assessment, [covid-19-mina-symtom3.pdf](#) ([1177.se](#))
- one for quality assured diagnosis in primary care, <https://kunskapsstyrningvard.se/kunskapsstyrningvard/kunskapsstod/kunskapsstodcovid19/postcovid.56571.html>



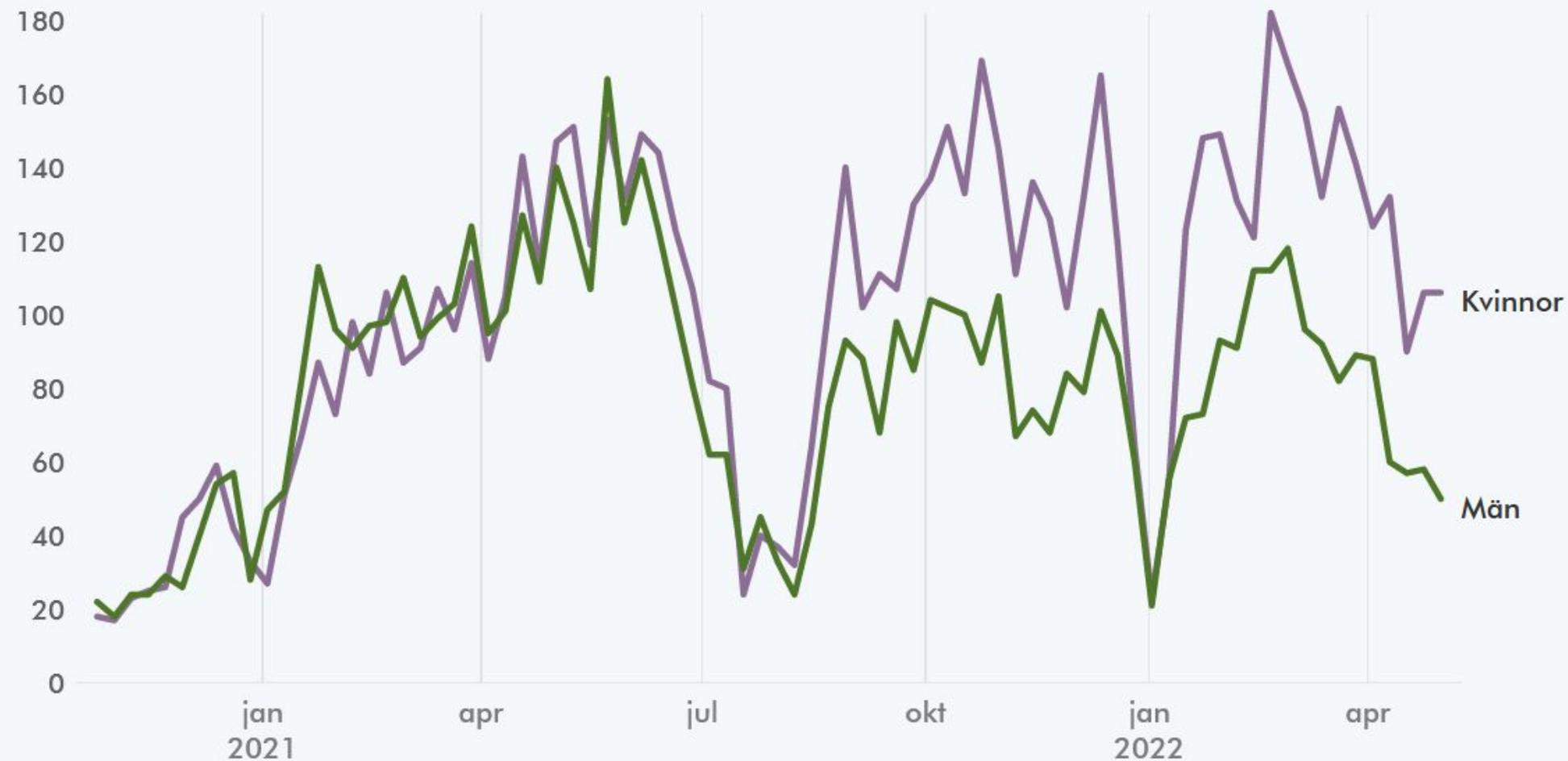
uppgifterna är alltför osäkra.



<https://www.socialstyrelsen.se/statistik-och-data/statistik/statistik-om-covid-19/>

# Vård för postcovid

Antal vårdtillfällen inom slutenvård och läkarbesök i specialiserad öppenvård med postinfektiöst tillstånd efter covid-19, så kallad postcovid, från oktober 2020 och framåt



Uppdaterat datum 2022-05-11

<https://www.socialstyrelsen.se/statistik-och-data/statistik/statistik-om-covid-19/>

# Questionnaire used in research

An independent surveyor sent out the questionnaire in Feb 2022 to first wave sick-leave due to COVID 19 (almost 12 000 with 13 % > 3 months), 1/3 had been hospitalized

Response rate 46 % (about 18 months post covid)

Material received last week

Overall no problems but difficult to answer if the person had had COVID > 1

Common problems: 25 % state incontinence problems

60 % have cognitive impairments and/or mental fatigue

50 % have tast/smell impairments

40 % experience breathing problems

30 % experience tachycardia

# Summary – Take home message

- The majority of post-covid patients are found in primary care
- Patients suffering from difficulties after covid-19 need supporting aid to still their worries
- Professionals in primary care need supporting documents to help diagnose patients with difficulties after covid-19
- Post-covid protocol for patient's self-assessment is available at [covid-19-mina-symtom3.pdf \(1177.se\)](https://www.1177.se/covid-19-mina-symtom3.pdf)
- Post-covid protocol for quality assured diagnosis in primary care is available at <https://kunskapsstyrningvard.se/kunskapsstyrningvard/kunskapsstod/kunskapsstodcovid19/postcovid.56571.html>