

## SARS-CoV-2

Gyöngyös  
Juli 2024

# Long-Covid Post-Covid Post Vac-Syndrom ?



SARS-CoV-2

[https://cdn.who.int/media/images/default-source/mca/mca-covid-19/coronavirus-2.tmb-1024v.jpg?sfvrsn=4dba955c\\_19%201024w](https://cdn.who.int/media/images/default-source/mca/mca-covid-19/coronavirus-2.tmb-1024v.jpg?sfvrsn=4dba955c_19%201024w)

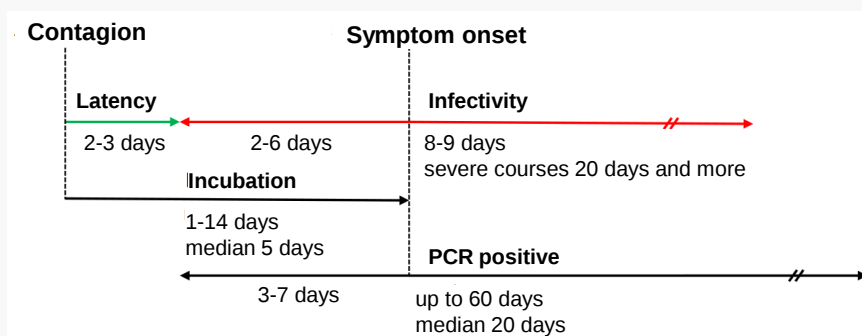
Long-Post-Covid  
Krueger

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## 3 COVID-19

## Development of the SARS-CoV-2 Infection



Source: Robert Koch Institute

Simplified representation of the data of a (copyrighted) graphic of the RKI Simplified representation of the data of a (copyrighted) graphic of the RKI

[https://www.rki.de/SharedDocs/Bilder/InfAZ/neuartiges\\_Coronavirus/Grafik\\_Erregernachweis.png](https://www.rki.de/SharedDocs/Bilder/InfAZ/neuartiges_Coronavirus/Grafik_Erregernachweis.png)  
Albert Magellan

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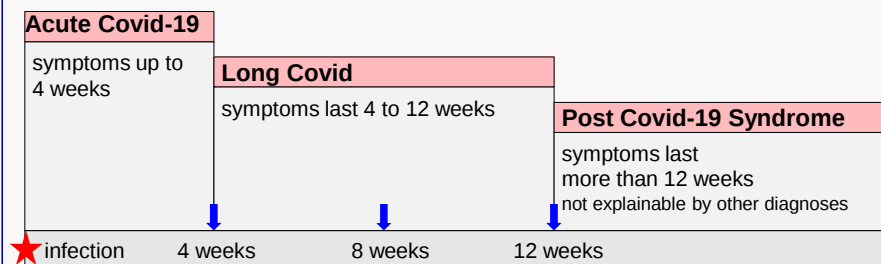
**COVID-19****Categorisation of Symptoms**

| Category        | Symptoms                                                                                                         |
|-----------------|------------------------------------------------------------------------------------------------------------------|
| Asymptomatic    | no Symptoms                                                                                                      |
| Common Symptoms | Fever<br>Cough<br>Fatigue                                                                                        |
| other Symptoms  | Loss of Sense of Smell and / or Taste<br>Diarrhoea<br>Sore Throat<br>Aching Limbs<br>Conjunctivitis<br>Skin Rash |
| Medium Courses  | Breathing Difficulties<br>Mild Pneumonia                                                                         |
| Severe Courses  | Severe Pneumonia<br>Organ Failure<br>Death                                                                       |
| Omikron-variant | Sneezing<br>Common Cold                                                                                          |

Simplified Representation of the Data of a copyrighted Graphic of the Robert Koch Institute (Berlin)

[https://www.rki.de/SharedDocs/Bilder/InfAZ/neuartiges\\_Coronavirus/Grafik\\_Erregernachweis.png](https://www.rki.de/SharedDocs/Bilder/InfAZ/neuartiges_Coronavirus/Grafik_Erregernachweis.png)  
WHO, Herbst 2021) Simplified

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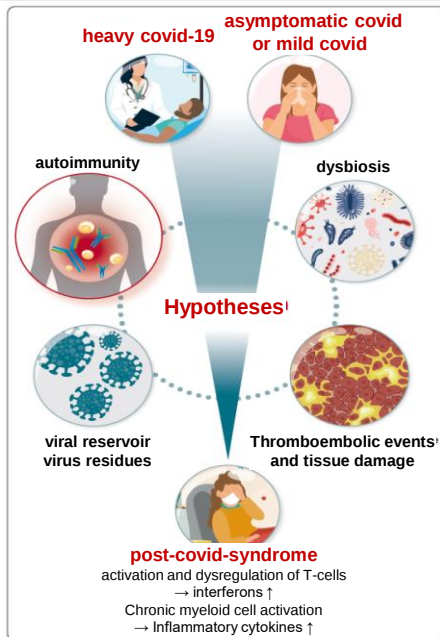
**Long / Post Covid-19****Definitions****Overview of covid-19 nomenclature.**

Working Group of the Scientific Medical Societies (AWMF)  
Guideline 020-027\_S1\_Long-Pos-Covid\_2023-11 p. 91



## 8 Long / Post Covid-19

## Causes



### Hypothesis of the immune pathophysiology of the post-covid-r9 syndrome.

(modified according to Murad et al. Science 375, 1122–1127 (2022))

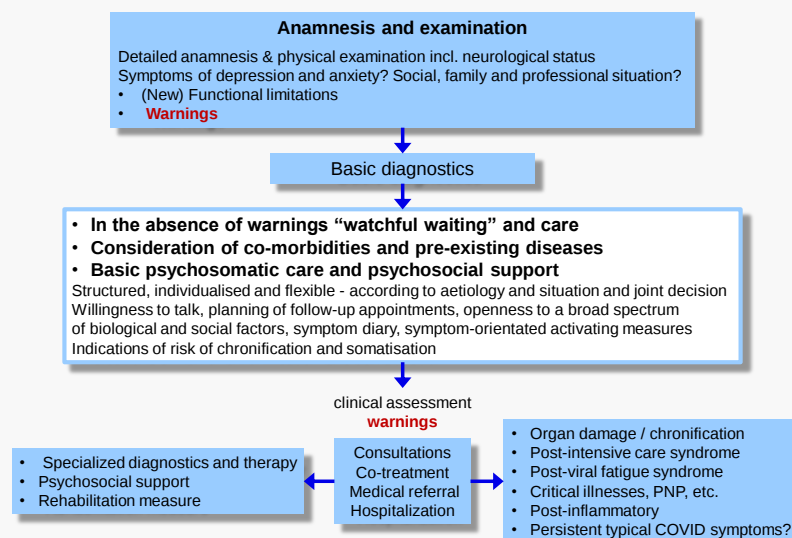
Diagnostic Information No.357  
IMD: Laboratory diagnostic approach to post-Covid syndrome (PCS)

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### Condition after Sars-CoV-2 infection + symptoms > 3 weeks

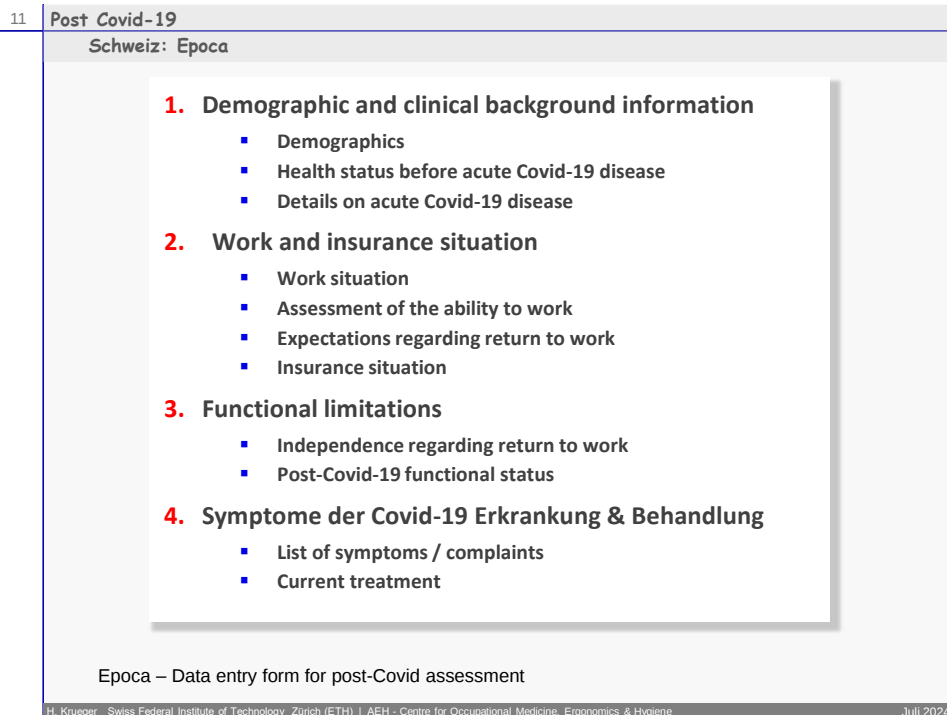
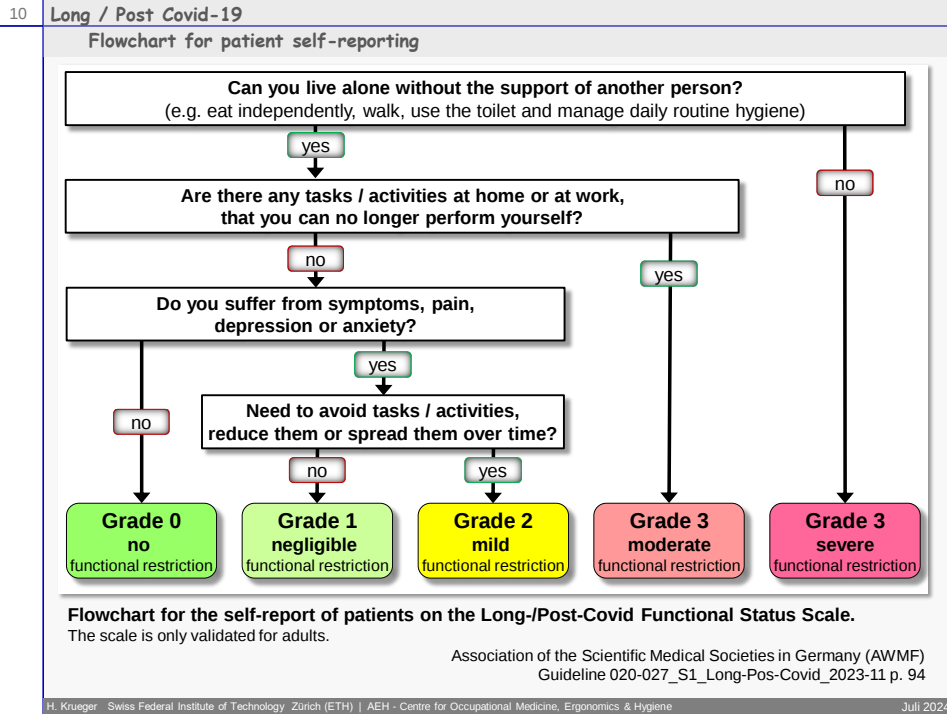


### Primary medical care.

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## Post Covid-19

Schweiz: Epoca

**5. Questionnaires**

- General state of health
- Perceived recovery
- Fatigue: Fatigue Severity Scale
- Strength / endurance: 1 minute sit to stand test
- Shortness of breath: CRQ questionnaire
- Cognitive function: DemTest
- Mental well-being: Five Well-being Index (WHO-5)

**6. Recommendations / further measures**

- Specialist medical clarification
- Rehabilitation measures
- Work training
- Return to work
- Other:

Epoca – Data entry form for post-Covid assessment

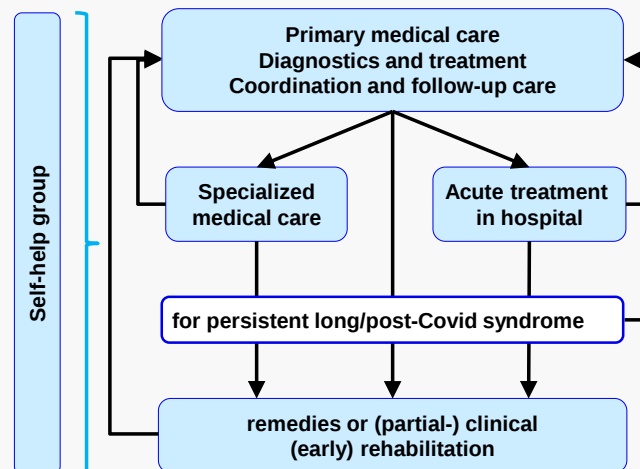
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## Long / Post Covid-19

praxisorientierte Versorgung

**Proposal for practice-orientated care.**

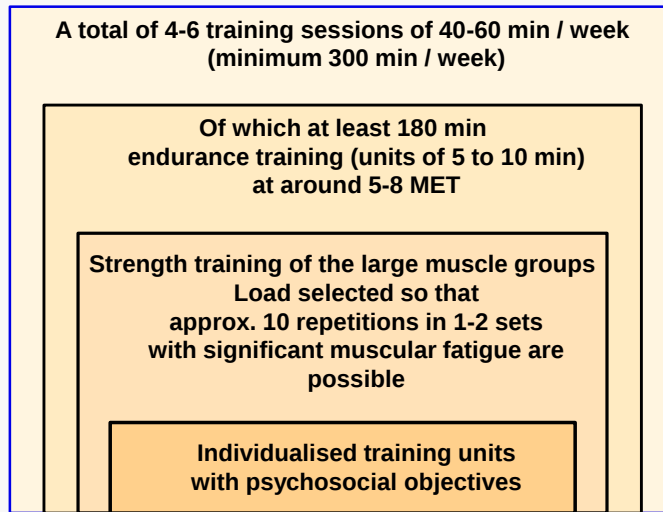
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## Therapy: Training

**Training recommendation.**

The training plan should also take individual pacing aspects into account (MET:= metabolic equivalent).

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**Pacing**

- Divide activities into small sections and spread them throughout the day
- Rest breaks (30-40 min)
- Sit down if possible (e.g. personal hygiene) - and put your legs up if necessary

**Plan**

- Get everything ready before starting a task (e.g. cooking)
- Use aids, e.g. activity trackers, health apps
- Accept help

**Prioritize**

- Set realistic goals
- Task hierarchy
- Question necessities
- postpone to the next day if necessary

**Adjustments in everyday life according to the 3P principle according to S. Laquai.**

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Laquai S. Genesen heißt nicht gesund—Chronisches Fatigue-Syndrom nach Covid-19-Erkrankung.  
physiopraxis 2021; 19: 30-33

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