



NEWS RELEASE

From Halton Healthcare

For Immediate Release

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Halton Healthcare launches new outpatient clinic for Post COVID-19 Syndrome

Halton Healthcare has introduced a new clinic to assist individuals who have recovered from COVID-19 but continue to suffer from ongoing symptoms of the virus.

“Recent international data shows approximately 10% of COVID-19 patients experience debilitating symptoms, which may last for many months,” said Dr. Greg Thomson, Medical Director Rehab, Geriatrics, Transitions & Integrated Care at Halton Healthcare. “These chronic symptoms fall under the definition of Post COVID-19 Syndrome. We felt that there was an urgent need for the identification and treatment of these individuals to reduce the risk of permanent deficit.”

The new Post COVID-19 Syndrome Rehabilitation Outpatient Clinic located at Oakville Trafalgar Memorial Hospital (OTMH) is based on the work completed in Alberta. The Alberta Health Services task force developed a multidisciplinary intervention framework based on personalized assessment and treatment which includes, but is not limited to, exercise training, education, and behavioral modification designed to improve the physical, cognitive, psychological and social symptoms.

“The Step-Up Neuro Rehabilitation program located in the OTMH Outpatient Rehabilitation Department provides the right interdisciplinary approach for Post-COVID Recovery and has been expanded to include the Post COVID-19 Syndrome Clinic,” said Jody Strik, Director Transitions, Integrated Care & Rehab Clinics. “Patients will benefit from a multidisciplinary approach to care that utilizes Neuro Rehabilitation trained Physiotherapists (PT), Occupational Therapists (OT) and Speech Language Pathologists (SLP).”

Patients must meet specific criteria to be enrolled in the program including being 18 years of age or older, being at the recovering phase of their illness, be able to tolerate treatment and had a COVID-19 diagnosis within the past year.

“Patients enrolled in the clinic must have specific issues identified for treatment including chronic fatigue, memory problems, inability to multi-task, muscle weakness, shortness of breath, deconditioned, joint pain,” continued Ms. Strik. “We hope this clinic will make a difference in the lives of people who have been impacted by COVID-19.”

A physician referral is required to enroll patients in this program. More information is available on the Halton Healthcare website.

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