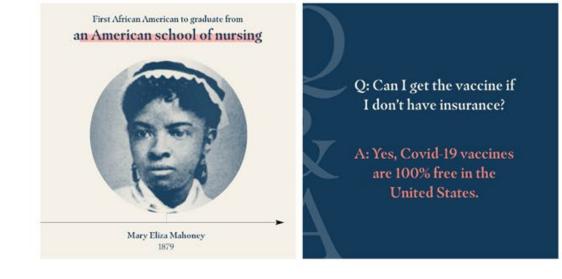The National Nurse-Led Care Consortium (NNCC) is a non-profit membership organization that supports nurse-led care and nurses at the front lines of care.

NNCC supports comprehensive, community-based primary care and public health nursing through policy and advocacy, program development and management, technical assistance and support, and direct, nurse-led healthcare services.

Learn more at **NurseLedCare.org**

CDC COVID Vaccine Project Goals

First African American to graduate from **an American school of nursing**

Mary Eliza Mahoney
1879

Q: Can I get the vaccine if I don't have insurance?

A: Yes, Covid-19 vaccines are 100% free in the United States.

- Empower nurses with necessary information to engage care teams and communities about COVID-19 vaccines.

- Provide learning opportunities to share up-to-date guidance, support peer engagement among nursing colleagues, and strengthen the nursing role.

- Amplify the nursing voice by featuring nurse champions through our podcast and other media outlets.
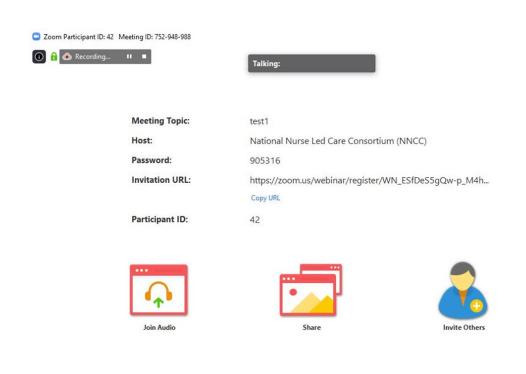
Learn more at **NurseLedCare.org**

NATIONAL NURSE-LED CARE CONSORTIUM a PHMC affiliate

Housekeeping Items

Question & Answer
- Click Q&A and type your questions into the open field.
- The Moderator will either send a typed response or answer your questions live at the end of the presentation.

Continuing Education Credits
- Please complete the evaluation survey after today's training.
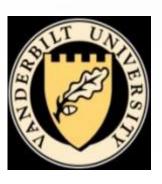- Certificate will arrive within 4 weeks of completing the survey.

James C. Jackson, PsyD

Research Professor of Medicine at
Vanderbilt University Medical Center

Disclosures: I have no conflicts to disclose.

Long Covid – A Definition

"Persistent signs, symptoms, and conditions that continue or develop after initial COVID-19 or SARS-CoV-2 infection."

- Can occur even after a mild or very mild infection.
- Can be mild or severe.
- Can be a nuisance – "like a stone in your shoe" or can be <u>profoundly disruptive</u>.
- Can vary widely with regard to their nature – primarily cognitive, physical, or mental health related.

Long Covid - Prevalence

- Varies widely depending on the case definition used.
- Worldwide, as many as 200 million people suffer from Long Covid
  - This number is changing daily as new people are "added" and others improve and no longer meet pertinent definitions.

Long Covid - Outcomes

- Outcomes are highly variables and trajectories are very diverse
  - Don't believe the narrative that people with Long Covid don't get better – it simply is not true
  - Many experience persistent problems but improvement is a relatively common phenomenon
  - Frequently, some symptoms improve while others stay the same

Functional Complaints

- Problems driving
- Problems managing medication and healthcare more generally
- Financial issues – including falling for "scams"
- Difficulties navigating relationships
- Social isolation and disengagement

Fitness to Drive?

Can you calculate your taxes?

Can you work on an assembly line?

Can you perform surgery?

Cognitive and Mental Health Screening

o Montreal Cognitive Assessment (MOCA) – a brief but challenging cognitive test out of 30 points

o Everyday Cognition Scale (ECog) – an informant questionnaire focused on daily limitations

o Hospital Anxiety and Depression Scale (HADS) – a brief questionnaire assessing anxiety and depression for use in individuals with physical debility

o Generalized Anxiety Disorder 7 (GAD-7) – a brief measure of general anxiety

o PTSD Checklist (PCL) – a brief measure of PTSD symptoms

Common Mental Health Concerns

- Anxiety

- Depression

- OCD

- PTSD

Psychotherapy for Long Covid (1)

- Treatment of choice is Acceptance and Commitment Therapy (ACT)
  - 6 Pillars of ACT
    - Acceptance
    - Cognitive Defusion
    - Contact with the Present Moment
    - Values
    - Committed Action
    - Self-As Context

Psychotherapy for Long Covid (2)

- Other helpful psychotherapeutic approaches:
  - Psychodynamic Psychotherapy – effective in helping patients understand why they are "making sense" of their Long Covid in the manner that they are
  - Family Systems – effective in underscoring that chronic illness is not merely an individual problem but in key respects a family problem
  - Cognitive Therapy – effective in helping people challenge maladaptive thoughts and distorted kinds of thinking

Acceptance Acrostic

- A – Acknowledge that your situation may never meaningfully change even though you might desperately want it to.

- C – Cut ties with a highly idealized view of the past that makes your current situation seem dire and unacceptable by comparison.

- C – Cultivate an expansive and flexible view of the world and a view of yourself that allows for the presence of difficult and unwanted things.

- E – Embrace things as they are – not as you want them to be.

- P – Pray for grace as you work to learn how to treat yourself with kindness.

- T – Try to remember that the struggles that you feel are often temporary and time-limited – that though they seem terrifying and real in the moment, they are usually fleeting if you can choose not to overly attend to them and give them power.

- A – As you are able, choose to be vulnerable with others – as people embrace you in all of your glorious "mess," you will learn to embrace yourself as well.

- N – Normalize your struggles.

- C – Create a vision for a rich life that can co-exist with difficulties of various kinds, reminding yourself that your life can be full right now – that having a life of wholeness and satisfaction is not contingent on the absences of challenges.

- E – Explore the world around you and realize that you are not alone in your struggles – that there are people you love and respect and aspire to be like who are suffering too

Cognitive Complaints

- Forgetting names
- General word finding problems
- Disinhibition – saying or doing things that reflect poor judgment, that are uncharacteristic historically
- Problems processing information rapidly
- Difficulties multi-tasking and set shifting
- Generally feeling "foggy" and experiencing a decreased sense of mental clarity

Cognitive Domains Impacted

- Attention

- Executive Functioning

- Memory – Amnestic deficits are rare

- Processing Speed

Don't think "brain fog" - think "brain injury"

Cognitive Rehabilitation

- Delivered by an occupational therapist or an SLP
- Relies on compensatory strategies which lead to better functional cognition
- Goal Management Training (GMT)

"I don't need cognitive rehabilitation – my plan is just to hire a full time, 24/7, personal assistant."

Anonymous Patient

The Impact of Impairment Varies Drastically

- Impairment during a developmental trajectory vs in older age.

- Impairment in individuals working in cognitively demanding jobs vs. jobs that are simple and repetitive.

- Impairment in people in individualist vs. collectivist cultures.

Q&A

Find more free continuing education opportunities

NurseLedCare.org

National

NURSE-LED CARE

CONSORTIUM

a **PHMC** affiliate