
Learning Objectives

MedBridge

Starting an “Energy System First Aid” Approach for Long COVID (Recorded Webinar)

Todd Davenport, PT, DPT, MPH, OCS

Course Objectives

Upon completion of this course, learners will be able to

- Select the diagnostic criteria for post-COVID condition and postexertional symptom exacerbation (PESE)
- Determine the prevalence of symptoms after acute illness related to COVID-19
- Distinguish the physiology of postexertional symptom exacerbation
- Deconstruct the rationale for the energy system first aid concept
- Analyze the relevant features of various commercially available wearable devices to measure heart rate, heart rate variability, and sleep
- Construct an activity pacing program based on heart rate biofeedback, considering the best available evidence for metabolic, cardiovascular, and pulmonary characteristics of PESE