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## Learning Objectives

MedBridge

*Lessons From Myalgic Encephalomyelitis: Analeptic Management of Long COVID*

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### Course Objectives

Upon completion of this course, learners will be able to

- Determine the physiological rationale for energy system first aid for postexertional symptom exacerbation
- Apply the energy system first aid model to people living with long COVID encountered in outpatient settings
- Deconstruct activity pacing and its relevance to quality of life in people with long COVID and other conditions characterized by postexertional symptom exacerbation
- Implement specific activity pacing strategies to reduce the metabolic cost of activities in people with long COVID and other conditions characterized by postexertional symptom exacerbation
- Prepare an activity pacing program based on heart rate biofeedback for a patient living with long COVID in the outpatient setting
- Integrate practice-based considerations to improve access to and quality of care for people with long COVID