

HALTON REGION PUBLIC HEALTH • Office of the Medical Officer of Health

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TO: Halton Physicians, Nurse Practitioners, Emergency Departments, other Healthcare Providers

FROM: Dr. Deepika Lobo, Associate Medical Officer of Health

DATE: July 27, 2021

RE: **Health Care Provider COVID-19 treatment resources, including post-COVID-19 syndrome clinic and maternal-neonatal guidelines**

QUICK FACTS

- The Provincial Council for Maternal and Child Health has issued an updated [Maternal Neonatal COVID-19 General Guideline](#).
- Halton Healthcare hosts a [Post COVID-19 Syndrome Clinic](#) at Oakville Trafalgar Memorial Hospital, to assist people who had a previous confirmed diagnosis of COVID-19, continue to suffer from ongoing symptoms and have attainable, functional goals.

KEY MESSAGES FOR HEALTHCARE PROVIDERS

- The [Maternal-Neonatal COVID-19 General Guideline](#) provides direction on key areas including:
 - Use of PPE by providers and patients during labour and delivery
 - Support people for pregnant individuals during labour and delivery admission
 - Mother-baby dyad care for suspected or confirmed COVID-19 people
 - Care of babies born to suspected or confirmed COVID-19 people
 - Infant testing.
- Halton Healthcare's [Post COVID-19 Syndrome Clinic](#) uses a multidisciplinary approach to care including Neuro Rehabilitation trained Physiotherapists, Occupational Therapists and Speech Language Pathologists. Individuals must have specific issues identified for treatment (chronic fatigue, memory problems, inability to multi-task, muscle weakness, shortness of breath, deconditioned, joint pain, etc.), not generalized symptoms (ie. Brain fog) and require the services of two of three disciplines (PT, OT, SLP).
 - In addition, patients must meet the following criteria before physicians can refer them:
 - 18 years of age or over
 - In the recovering phase of their illness
 - Able to tolerate treatment
 - Had a COVID-19 diagnosis within the past year.
 - The Halton Healthcare Post COVID-19 Syndrome Clinic is open to residents of Halton Region or those who are treated by a primary care physician in Halton Region. All referrals are assessed on a case-by-case basis to determine the most appropriate course of treatment.

ADDITIONAL RESOURCES

- [Maternal-Neonatal COVID-19 General Guideline](#), Provincial Council for Maternal and Child Health.
- [Referral Form for Outpatient NeuroRehabilitation Step-Up Program \(Post COVID-19 Syndrome Clinic\)](#), Halton Healthcare.

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

PLEASE PROVIDE A COPY TO ALL PHYSICIANS IN YOUR OFFICE AND/OR POST IN EMERGENCY DEPARTMENTS AND PHYSICIAN LOUNGES. IF YOU HAVE ANY ISSUES WITH THIS ATTACHMENT, PLEASE EMAIL DOCTORS@HALTON.CA.