

N E X T S T E P S

What is PC-ICCN?

Last Updated - Jun 28, 2024 - 10:23 AM

What is PC-ICCN?

PC-ICCN stands for **Post-COVID-19 Interdisciplinary Clinical Care Network**. It was established in the Fall of 2020 and includes clinicians, academics, and patients who are committed to long COVID recovery care in B.C.

Our goal is to support the best possible outcomes for people recovering from persistent symptoms of long COVID-19.

PC-ICCN is a partnership between Provincial Health Services Authority, the Ministry of Health, B.C.'s health authorities, patients, and research organizations across the province.

Patients who have recovered from persistent symptoms of COVID-19 and patients at high risk of serious disease resulting from COVID-19 have been a fundamental part of the network from the beginning.

Please watch a short (2 and a half minute) video about PC-ICCN.



Long COVID



<https://youtu.be/vnbtK-mI6hA>

What does PC-ICCN offer to patients?

PC-ICCN offers education, care, and research opportunities to support patients experiencing post-COVID symptoms as well as their health care providers.

1. Care



An important arm of PC-ICCN are the Post-COVID-19 Recovery Clinics which deliver care. The clinics include physicians, nurses, social workers, physiotherapists, and occupational therapists. All team members work to collaborate with patients and with doctors and nurse practitioners in the community.

You can be referred to a Post-COVID-19 Recovery Clinic if you have a BC Services Card and you're still experiencing symptoms that limit your function and quality of life 3 months or more after a COVID-19 infection. Speak to a family doctor or nurse practitioner about a referral.

Watch a short (3 minutes) video about how PC-ICCN can help you.



<https://www.youtube.com/watch?v=TMv9ZoINz9E>

What does the PC-ICCN offer to patients?

2. Education

Post-COVID-19 Recovery Clinics also offer education sessions, rehabilitation support, and self-recovery resources.

MyGuide Long COVID is an additional free resource to support people with long COVID in their recovery. You can access this resource at any time from anywhere with an Internet connection. You can use it at your own pace and come back to it as often as you wish. Referral is not required.

PC-ICCN clinical staff developed and reviewed this resource based on the best information available at the time of publication and with the help of patient partners. *MyGuide Long COVID* will be updated as new information comes to light about long COVID.



What does PC-ICCN offer to patients?

3. Research

Research is one of the main pillars of PC-ICCN.

PC-ICCN coordinates patient-oriented research that leads to rapid learning and data-sharing to improve care. Our researchers represent diverse areas of health care expertise and are actively doing research to support communities throughout B.C. and Canada.

Throughout the pandemic, thousands of patients have registered for support with PC-ICCN.

If you're an active patient with PC-ICCN, you can learn more about opportunities to participate in research from our team. If you choose to participate in research, you can help scientists learn more about the persistent symptoms of long COVID.

For more information about how to participate in COVID-19 research, click [here](#).

Stories of people helped by PC- ICCN - Katie

PC-ICCN has helped many people recover and get back to living their normal lives, and it also continues to support patients in managing and

coping with this illness. Read on for Katie and Catherine's personal stories:

Katie's Story



After testing positive for the COVID-19 virus in early 2020, Katie found that she was dealing with several ongoing symptoms.

“One of the worst things about long COVID is the loss of control of your body,” said Katie. “Oftentimes, you don’t feel like a contributing member of society because you’re just too exhausted to even complete the simplest task.”

After speaking with her family doctor, Katie was referred to PC-ICCN, where she was referred to specialists, including a physiotherapist.

“I also had a neurologist and dermatologist referral from the COVID clinic. I supplemented the in-person, clinic support with information from the PC-ICCN website.” This information is now available on this *MyGuide*.

Two years later, she's still managing her long COVID symptoms. It's a slow recovery that has limited her quality of life and ability to function. However, PC-ICCN's resources and care have helped her understand and handle her day-to-day symptoms.

Stories of people helped by PC- ICCN - Catherine

Below is Catherine's Story:

Catherine's Story



When Catherine cut her March 2020 vacation short, it was the start of a long struggle with lingering symptoms after a COVID-19 infection. She usually enjoyed an active, busy lifestyle and her work as a contract bookkeeper.

But after her COVID-19 infection, she felt breathless and fatigued from normal activities and her hair was falling out.

"I couldn't walk up a flight of stairs. I was so worried that it would be a permanent state – constantly feeling decades older than I am."

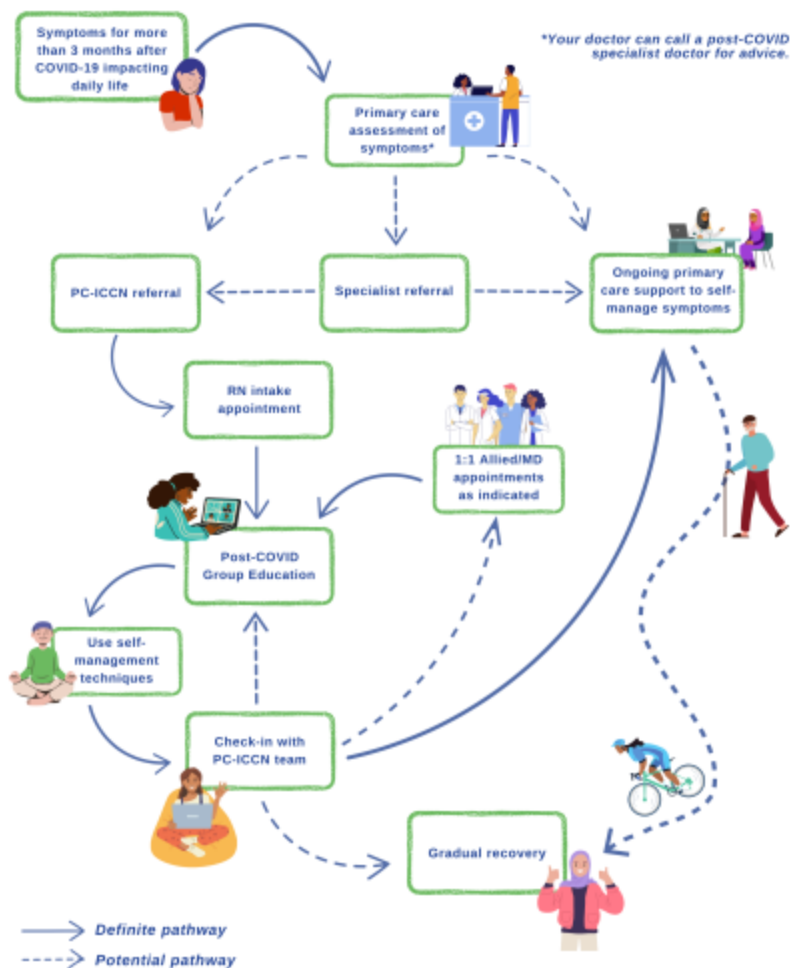
Catherine was referred to a [Post-COVID-19 Recovery Clinic](#) where she learned about symptom self-management.

Catherine's post-COVID-19 symptoms subsided after about 4 months, and now she feels she's made a full recovery. But, she recognizes that every patient has a different journey – while many people's post-COVID-19 symptoms improve after 6 to 9 months, some continue to experience symptoms.

PC-ICCN is here to support you on your long COVID journey

Everyone's long COVID journey looks different. PC-ICCN is here to support you through your recovery process, from primary care, specialist referral, to education and using self-management tools, like *MyGuide Long COVID*.

LONG-COVID PATIENT JOURNEY IN B.C.



Where to next?

- Visit [PC-ICCN's website](#).
- Click [here](#) to watch a short (2 and a half minute) video about PC-ICCN

- Click [here](#) to watch a short (3 minutes) video about how PC-ICCN can help you.
- Click [here](#) to learn more about how to participate in COVID-19 research.
- Learn more about [Post-COVID-19 Recovery Clinic](#).

