LONG COVID WEB

4th Canadian Symposium on Long COVID

Full Program

October 15th-16th, 2026
Virtual and In-person

The Nest, The University of British Columbia

All sessions will follow local Pacific Time (PT). Please note that attendees joining from other regions should adjust for their local time zones when planning to participate.

Program: Wednesday, October 14, 2026

15.00 - 16.00	**Pre-Symposium Session: Pacific Healthcare Provider Meetup** Interactive Learning: 45-minute moderated panel discussion with audience, followed by a 15-minute Q&A from both in-person and virtual attendees via Zoom chat.

***Moderator* -Adeera Levin, MD FRCPC FCAHS OC,** Head, Division of Nephrology Professor of Medicine, University of British Columbia, Executive Director, BC Renal, Medical Lead, Integration Clinical and Academic Network PHC

CanMED Roles: Scholar, Medical Expert/Family Medicine Expert, Leader, Professional, Collaborator

Hiten Naik, MD, SM, FRCPC, Co-chair Research Fellow, University of British Columbia and Post-COVID-19 Interdisciplinary Clinical Care Network

Lana Dyment, BSc MD CCFP FCFP, BC-CLMF, Family Practice and Urgent Care

Carolyn Pasko, MD, CCFP, Clinical Instructor, University of British Columbia

The overall learning objectives of the 4th Canadian Symposium on Long COVID are:

1. *Develop an understanding of the diagnostic criteria and overlapping, multisystem presentations of Long COVID and related conditions in children and youth, with a focus on validating patients' experiences, providing an appropriate diagnosis, and making relevant referrals within British Columbia.*
2. *Review current approaches to the assessment and support of patients with Long COVID and complex chronic disease, informed by experience from BC's provincial specialty clinics.*
3. *Recognize the lived experience and clinical impact of Long COVID through the perspective of a general practice physician living with the condition.*
4. *Apply a practical, patient-centred approach to the ongoing care of patients with Long COVID in primary care.*

Please Note: Register for the Pacific Healthcare Provider Meetup only through Eventbrite.

All sessions will follow local Pacific Time (PT). Please note that attendees joining from other regions should adjust for their local time zones when planning to participate.

Program: Thursday, October 15, 2026

The overall learning objectives of the 4th Canadian Symposium on Long COVID are:

1. *Engage in sharing research, discussing challenges, and exploring solutions with clinicians, researchers, and persons with lived experience regarding Long COVID conditions.*
2. *Evaluate recent advancements in basic science and clinical studies related to Long COVID, including epidemiology, pathophysiology, and potential therapeutic targets.*
3. *Examine emerging research in health services and population health, including population and economic modeling, to better understand care delivery, access, and system-level impacts of Long COVID.*

09.00 - 09.10	**Welcome Introduction from the Co-Chairs**

Viet H. Vu, MS, DO, Co-chair, Clinical Assistant Professor, University of British Columbia, Dept of Medicine, Division of Physical Medicine and Rehabilitation, Medical Manager Spinal Cord Injury, G.F. Strong Rehab Centre, Medical Director Post COVID Interdisciplinary Clinical Care Network

Naveed Janjua, MBBS, DrPH, Co-chair, Director, University of British Columbia Centre for Disease Control (UBCCDC), and Clinical Professor, School of Population and Public Health, University of British Columbia, Executive Director Epidemiology & Intelligence Services, BC Centre for Disease Control

Hiten Naik, MD, SM, FRCPC, Co-chair Research Fellow, University of British Columbia and Post-COVID-19 Interdisciplinary Clinical Care Network

09.10 - 09.20	**Indigenous Opening**

09.20 - 10.20	**Plenary Session: State of the Science & Update on Long COVID Web** 45-minute keynote presentation. Interactive Learning: 15-minute Q&A from both in-person and virtual attendees via Whova.

Angela Cheung, PhD, MD, FRCPC, Senior Clinician Scientist, University Health Network, Professor of Medicine, University of Toronto, Nominated Principal Investigator, Long COVID Web

CanMED Roles: Scholar, Health Advocate, Leader

After attending the keynote, learners will be able to:

1. *Describe activities of Long COVID Web over this past year*
2. *Discuss results of recent scientific studies related to long COVID*
3. *Incorporate new knowledge into the assessment and management of patients with long COVID (for clinicians) or into new research filling gaps in knowledge in this area (for researchers)*

10.20 - 10.35	**Break**

10.35 - 11.45	**Lightening Round Trainee Abstracts, Panel discussion** 45-minute trainee presentations. Interactive Learning: 25-minute moderated panel discussion with Q&A from both in-person and virtual attendees via Whova.

***Moderator* - Prince A. Adu, PhD,** Research Scientist, UBC CDC

CanMED Roles: Scholar, Leader, Professional, Collaborator, Medical Expert/Family Medicine Expert

Lana Dyment, BSc MD CCFP FCFP, BC-CLMF, Family Practice and Urgent Care

Chengliang Yang, MD, MSc, Research Associate, Prevention of Organ Failure Centre of Excellence, Centre for Heart Lung Innovation, Providence Research, St. Paul's Hospital, Department of Medicine | University of British Columbia

Candace Latham, Person with Long COVID, Parent of a Child with Long COVID

See Whova for list of presenters

After attending the panel discussion, learners will be able to:

1. *Summarize the depth and variety of ongoing research projects in various aspects of Long COVID.*
2. *Informally critically appraise ongoing research projects for their scientific design, analysis, and general clinical relevance in various aspects of Long COVID.*

11.45 - 12.45	Lunch

12.45 - 13.45	**Keynote #1: Long COVID Across the Pediatric Life Course: What We Know and What Comes Next** 45-minute keynote address. Interactive Learning: 15-minute session featuring Q&A from both in-person and virtual attendees via Whova.

Rachel S. Gross, MD, MS, Associate Professor, Department of Pediatrics, Associate Professor, Department of Population Health, NYU Grossman School of Medicine

CanMED Roles: Scholar, Medical Expert/Family Medicine Expert, Leader Health Advocate

After attending the keynote, learners will be able to:

1. *Define Long COVID and review current evidence on its epidemiology and clinical manifestations in children.*
2. *Describe age-related differences in Long COVID symptoms and phenotypes across the pediatric life course.*
3. *Discuss emerging mechanisms of Long COVID and outline key priorities for future research.*

13.50 - 15.00	**Better Biological Understanding of Long COVID and Improving Clinical Translation** 45-minute presentation by panelists Interactive Learning: 25-minute Q&A from both in-person and virtual attendees via Whova.

***Moderator* - Scott J. Tebbutt, PhD,** Professor, Department of Medicine (Respiratory Division), University of British Columbia; Research Director, Providence Research; Principal Investigator, Centre for Heart Lung Innovation

CanMED Roles: Scholar, Health Advocate, Medical Expert/Family Medicine Expert

Nancy Klimas, MD, Professor and Chair, Department of Clinical Immunology, Nova Southeastern University

Don D. Sin, MD, Director of Centre for Heart Lung Innovation (HLI), UBC Professor of Medicine and Tier 1 Canada Research Chair in COPD

Manali Mukherjee, MSc, PhD, AstraZeneca Chair in Respiratory Diseases, Associate Professor, Division of Respirology Department of Medicine, McMaster University

Shokrollah Elahi, MD, MSc, PhD, Professor, Faculty of Medicine & Dentistry - Dentistry Dept, University of Alberta

After attending the panel discussion, learners will be able to:

1. *Describe clinical and underlying mechanisms in Long COVID and ME/CFS, focusing on similarities and differences that influence clinical management.*
2. *Describe how interconnected immune, metabolic, erythroid, and hormonal dysregulation may contribute to the biological heterogeneity and persistence of Long COVID.*
3. *Appreciate and understand the immunological dysfunction in Long COVID and the immediate need to translate discovery to clinical medicine/practise.*
4. *Elucidate the molecular pathways related to pulmonary Long COVID.*

15.00 - 15.45	**Poster Viewing Session** Interactive Learning: 45-minute session featuring 20 poster presenters engaging with attendees through poster discussions and Q&A..

15.45- 16.55	**Closing the Gaps: Current Evidence and Emerging Treatments in Long COVID** 45-minute presentation by panelists. Interactive Learning: 25-minute Q&A from both in-person and virtual attendees via Whova.

***Moderator* -Theone Paterson, PhD, RPsych,** Associate Professor, Research Fellow, Institute on Aging and Lifelong, Health Past-Chair, Clinical Neuropsychology Section of CPA, Michael Smith Health Research BC/Lotte & John Hecht Memorial Foundation Scholar, Dept. of Psychology

CanMED Roles: Scholar, Health Advocate, Medical Expert/Family Medicine Expert

Kristina Gicas, PhD, RPsych, Assistant Professor, Department of Psychology, University of the Fraser Valley

Luis Nacul, MD, PhD, Clinical Associate Professor, Department of Family Practice, University of British Columbia, Department of Clinical Research, London School of Hygiene and Tropical Medicine

Zachary Schwartz, MD, FRCPC, General Internal, Medicine Clinical Assistant Professor, Department of Medicine - UBC

Jane McKay, BSP, MD, FRCPC, FACP, General Internal Medicine Specialist, Providence Health Care, Clinical Associate Professor, UBC Division of General Internal

After attending the keynote, learners will be able to:

1. *Describe the impact of Dysautonomia and postural orthostatic tachycardia syndrome in long COVID with strategies for treatment.*
2. *Describe the current evidence for pharmacologic treatments in Long COVID and identify gaps in the evidence.*
3. *Describe the cognitive impacts of COVID and identify the clinical predictors of cognitive outcomes.*
4. *Explain the current evidence on the use of low dose naltrexone in Long COVID.*

17.00 - 17.30	**Museum of Vancouver - Amplifying Long COVID Voices Through Photography: A Co-produced Knowledge Mobilization Approach** Interactive Learning: 30-minute panel discussion and Q&A from both in-person and virtual attendees via Whova.

Viviane Gosselin, PhD, Director of Collections and Exhibitions, Curator of Contemporary Culture, Museum of Vancouver

CanMED Roles: Communicator, Collaborator

Rackeb Tesfaye, PhD, Knowledge Mobilization Lead and Senior Scientist, Faculty of Health Sciences, Simon Fraser University

Kayli Jamieson, MA, Long COVID Research Fellow SFU Faculty of Health Sciences

After attending the keynote, learners will be able to:

1. *Recognize key strategies to mobilize Long COVID research findings through co-created community partnerships*
2. *Become familiar with participatory approaches such as photovoice and co-curation, and how they can be used to advance public awareness of Long COVID*
3. *Gain insight into meaningful and multi-pronged evaluation approaches to assess the impact of community-engaged projects*
4. *Reflect on challenges, practical lessons, and future opportunities for community-engaged knowledge mobilization*

17.30 - 18.30	**Networking Session**

Non accredited

All sessions will follow local Pacific Time (PT). Please note that attendees joining from other regions should adjust for their local time zones when planning to participate.

Program: Friday, October 16, 2026

08.50 - 08.55	**Welcome Back**

Viet H. Vu, MS, DO, Co-chair, Clinical Assistant Professor, University of British Columbia, Dept of Medicine, Division of Physical Medicine and Rehabilitation, Medical Manager Spinal Cord Injury, G.F. Strong Rehab Centre, Medical Director Post COVID Interdisciplinary Clinical Care Network

Naveed Janjua, MBBS, DrPH, Co-chair, Director, University of British Columbia Centre for Disease Control (UBCCDC), and Clinical Professor, School of Population and Public Health, University of British Columbia, Executive Director Epidemiology & Intelligence Services, BC Centre for Disease Control

Hiten Naik, MD, SM, FRCPC, Co-chair Research Fellow, University of British Columbia and Post-COVID-19 Interdisciplinary Clinical Care Network

09.00 - 10.00	**Is Exercise Always Medicine? Understanding the Role of Post Exertional Malaise in Long COVID** 45-minute keynote address. Interactive Learning: 15-minute session featuring Q&A from both in-person and virtual attendees via Whova.

Todd Davenport, PT, DPT, PhD, MPH, FAPTA, Professor and Chair, Department of Physical Therapy, University of the Pacific, Stockton, California, Scientific Advisor, Workwell Foundation, Santa Rosa, California

CanMED Roles: Scholar, Health Advocate, Professional

After attending the keynote, learners will be able to:

1. *Discuss current scientific theories and evidence regarding the biological mechanisms underlying post-exertional malaise (PEM) in the subgroup of people with Post COVID myalgic encephalomyelitis*
2. *Recognize the presence of PEM as a key decision point fundamentally influencing the plan of care for people living with Long COVID*
3. *Integrate PEM-informed strategies into clinical practice to reduce exacerbation of symptoms and disability*

10.00 - 10.45	**Poster Viewing Session** Interactive Learning: 45-minute session featuring 20 poster presenters engaging with attendees through poster discussions and Q&A..

10.45 - 11.55	**Advancing Long COVID Care: Patient-Centered Approaches, Innovative Recovery Models, and Emerging Evidence** 45-minute presentation by panelists. Interactive Learning: 25-minute Q&A from both in-person and virtual attendees via Whova.

***Moderator* - Naveed Janjua, MBBS, DrPH**, Co-chair, Director, University of British Columbia Centre for Disease Control (UBCCDC), and Clinical Professor, School of Population and Public Health, University of British Columbia, Executive Director Epidemiology & Intelligence Services, BC Centre for Disease Control

CanMED Roles: Scholar, Health Advocate, Medical Expert/Family Medicine Expert

Daryl Luster, Board Chair, BCHepatitis Network, UBC Health Patient, Advisory Committee, CIHR- CHASRAC member, CIHR-Triple I CAC- Advisory committee CanHepC Network

Rebecca Fowler, MPT, Physiotherapist, BC Post-COVID, Recovery Clinic, Providence Health Care

Sarah England, MOT, Occupational Therapist, BC Post-COVID Recovery Clinic, Providence Health Care

Melvin Lafeber, MD, MSC, PhD, Internist specialised in vascular medicine and clinical pharmacology, co-chair Dutch post covid academic centers of expertise Erasmus MC, Rotterdam, the Netherlands

Prince A. Adu, PhD, Research Scientist, UBC CDC

After attending the panel discussion, learners will be able to:

1. *Describe patient-centered approaches to Long COVID care, including respectful communication, reducing stigma, improving access to appropriate care, and recognizing the potential cumulative effects of multiple experience with infectious disease other than but inclusive of COVID.*
2. *Explore the virtual allied health-led group-based model at the BC Post COVID Recovery Clinic, which focuses on Post Exertional Malaise rehabilitation approaches.*
3. *Describe the structure of the Dutch post-COVID academic centers of expertise (D-PACE) and preliminary results of symptom clusters and off-label treatments*
4. *Describe approaches for identifying people living with long COVID and their application to understanding long term outcomes.*

11.55 - 12.55	Lunch

Non accredited

12.55 - 14.05	**Understanding the Burden of Long COVID: From Population Data to Inclusive Research** 45-minute presentation by panelists. Interactive Learning: 25-minute Q&A from both in-person and virtual attendees via Whova.

Lisa M. Lix, PhD, PStat, Distinguished Professor | College of Community and Global Health, Tier 1 Canada Research Chair in Methods for Electronic Health Data Quality Director, Data Science, George & Fay Yee Centre for Healthcare Innovation

CanMED Roles: Scholar, Health Advocate, Leader

Ellen Rafferty, PhD, Managing Principal in Public Health at Institute of Health Economics, Assistant Professor, Department of Medicine, University of Alberta

Hind Sbihi, PhD Director, Data Science & Innovation (DSI) | Epidemiology and Intelligence Services (EIS) | BCCDC

Julia Moore Vogel, PhD, Assistant Professor and Senior Program Director, Scripps Research, Contributor, Patient-Led Research Collaborative

After attending the panel discussion, learners will be able to:

1. *Describe sources of population-based data from across Canada and artificial intelligence technologies to support Long COVID population health and health services research.*
2. *Describe key approaches to costing analysis for Long COVID, including patient, productivity, and workforce costs.*
3. *Describe how Long COVID contributes to sustained healthcare utilization and increased direct healthcare costs in British Columbia, extending well beyond the acute infection period.*
4. *Describe strategies to include housebound and bedbound participants in Long COVID research and clinical trials.*

14.05 - 15.05	**Vaccination and Long COVID Prevention: What We Do and Do Not Know** 40-minute presentation by panelists. Interactive Learning: 20-minute Q&A from both in-person and virtual attendees via Whova.

***Moderator* - Adeera Levin, MD FRCPC FCAHS OC,** Head, Division of Nephrology Professor of Medicine, University of British Columbia, Executive Director, BC Renal, Medical Lead, Integration Clinical and Academic Network PHC

CanMED Roles: Scholar, Health Advocate, Leader, Medical Expert/Family Medicine Expert

Sara Carazo, PhD, Specialized scientific advisor – research profile Institut national de santé publique du Québec (INSPQ), Associate Professor, Department of Social and Preventive Medicine, Faculty of Medicine, Laval University Researcher

Zaeema Naveed, MBBS, PhD, Clinical Assistant Professor, Faculty of Medicine, University of British Columbia, Senior Data Scientist, British Columbia Centre for Disease Control.

After attending the panel discussion, learners will be able to:

1. *Describe the different approaches used to evaluate the effectiveness of COVID-19 vaccination in preventing Long COVID.*
2. *Summarize the latest evidence on the effectiveness of COVID-19 vaccination in reducing the risk of Long COVID among children and adults.*
3. *Discuss future research needs related to COVID-19 vaccination and Long COVID prevention.*

15.05am - 15.20pm	Break

15.20 - 16.20	**The Landscape of Clinical Trials in Long COVID** 40-minute presentation by speaker. Interactive Learning: 20-minute Q&A from both in-person and virtual attendees via Whova.

***Moderator* - Jane McKay, BSP, MD, FRCPC, FACP**, General Internal Medicine Specialist, Providence Health Care, Clinical Associate Professor UBC Division of General Internal

CanMED Roles: Scholar, Health Advocate

Edward Mills, PhD, FRCP, Professor, Health Research Methods, Evidence & Impact, McMaster University

After attending the panel discussion, learners will be able to:

1. *Understand the breadth of clinical trials in phases 1-3.*
2. *Discuss the clinical trials that have had positive findings.*
3. *Understand methodologic challenges for clinical trials in Long Covid.*

16.20 - 17.00	Closing Remarks & Award

Sponsors:

Orca – $1000 to $4,999

THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine

THE UNIVERSITY OF BRITISH COLUMBIA
Canada's Immuno-Engineering + Biomanufacturing Hub

Genome BritishColumbia
Genomics positively impacts life, every day.

In-Kind Support

CANADAMASQ

250 CSA CertifiedQ100 Respirators

We are also pleased to partner with the **UBC Centre for Disease Control** and thank them for their support of the 4th Canadian Symposium on Long COVID.

Accreditation:

College of Family Physicians of Canada Mainpro+® Certified Activity (CERT ID#: 304697-001)
This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto for up to 13.0 Mainpro+® Certified Activity credits.

Royal College of Physicians and Surgeons of Canada – Section 1
This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto. You may claim up to a maximum of 13.0 hours (credits are automatically calculated).