Recovery after COVID-19: A Case Presentation

Elyse LaFond, MD
Pulmonary & Critical Care Fellow | PGY-5
New York Presbyterian-Weill Cornell Medical Center
40-year-old female
No past medical history
Avid runner
Speech pathologist
Temperature: 103.2°F
Heart Rate: 130
Blood Pressure: 97/54
Respiratory Rate: 38
Oxygen Saturation: 84% on HFNC + NRB
Mechanical ventilation
ARDSnet protocol
Rocuronium
Proned x 3
Inhaled nitric oxide
Troponin = 16
EF 10-15%
Inotropic support
Pseudomonas VAP
Antibiotics
Max dose vasopressors
Plaquenil
Tocilizumab
Eculizumab
Heparin gtt
Extubated

Reintubated for stridor

Steroids x 48 hours

Extubated (successfully)
<table>
<thead>
<tr>
<th>Mental</th>
<th>Physical</th>
<th>Cognitive</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Anxiety</td>
<td>• Weight loss</td>
<td>• Word finding difficulty</td>
<td>• Sleeplessness</td>
</tr>
<tr>
<td>• Flashbacks</td>
<td>• Weakness</td>
<td>• “Mental exhaustion”</td>
<td>• Financial stress</td>
</tr>
<tr>
<td>• Sadness</td>
<td>• Foot drop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Guilt</td>
<td>• Neuropathic pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Difficulty with iADLs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Psychotherapy

Social work

Physical + occupational therapy

Neurology

Sleep medicine