

PRACTICAL PEARL: Sports After COVID19

INTRODUCTION	<ul style="list-style-type: none">• While COVID 19 infection has much lower morbidity and mortality in children, cardiovascular complications have been described and long- term effects are not yet known.• Returning to sports activity following COVID19 is based on expert opinion and subject to change as more data become available. https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/
INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE	<p>Children who have recovered from COVID19 should be cleared for return to sports by their PCP as follows:</p> <ul style="list-style-type: none">• COVID positive but asymptomatic patients should refrain from exercise for 14 days after the positive test result. Mild symptoms should refrain from exercise until 14 days after resolution of symptoms.• Prior to return to sports, PCP should evaluate these patients for chest pain, palpitations, shortness of breath or syncope. If negative for findings, these patients may return to sports
WHEN TO REFER	<ul style="list-style-type: none">• COVID positive with moderate symptoms for > 4 days (includes fever>100.4, myalgia, chills, lethargy or non- ICU hospital stay)] should refrain from exercise until cleared by cardiology.• Patients with severe COVID19 or MIS-C should be restricted from activity and under the care of Pediatric Cardiology. Return to sports will be supervised by their cardiologist based on testing.
HOW TO REFER	<ul style="list-style-type: none">• (413) 794-KIDS
WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT	<ul style="list-style-type: none">• Your patients will receive a comprehensive workup which may include ECG, ECHO with additional testing based on symptoms• Recommendations on when return to sports safely