



**PACS CLINIC LOCATION:**

3351 El Camino Real Suite 225  
Atherton, California  
Telephone (650) 736-5200

We welcome and look forward to seeing you for your appointment in the **Post-Acute COVID-19 Syndrome (PACS) Clinic** at Stanford Health Care. The mission of the PACS Clinic is to advance the care for patients suffering from persistent symptoms as a consequence of SARS-CoV-2 infection through a multi-disciplinary approach.

**BEFORE YOUR VISIT:**

- Please review our general information and guidelines attached.
- You will receive an electronic copy via MyHealth of the attached new patient questionnaire. **Please complete this survey within 7 days before your appointment day.**
- Please have your previous medical records related to your illness faxed to Stanford, if not already done. (Referral Center fax # 650-320-9443).
- **For in-person visits, repeat COVID-19 testing is required within three days of the clinic visit.** Make sure results are available before the appointment.

**THE VISIT:**

**Please arrive 15 minutes early** so that you have time to check in, complete paperwork, and get roomed. To be respectful of everyone's time, we do enforce a late policy and may need to reschedule your visit if you are late. Please call our clinic if you are running late.

If you are having a virtual video visit, please ensure you have MyHealth set up in advance and call help desk (1-866-367-0758) if you have any issues connecting before your visit.

Instructions: <https://stanfordhealthcare.org/visits>

Sincerely,

Stanford PACS care team

## **GENERAL INFORMATION ABOUT THE STANFORD PACS CLINIC**

*Mission: Advancing the care of patients with post-acute COVID-19 syndrome through the integration of multi-disciplinary care and research*

### **Our process and role**

- Our clinic is a consulting service that focuses on evaluating your symptoms that persist after initial SARS-Cov-19 infection.
- We take a team-based approach to the evaluation, and our clinic serves as the hub and portal to connect with our experts in various specialties, including pulmonology, cardiology, neurology, etc.
- We work in partnership with your primary care provider (PCP) and specialists.
- Your PCP has a key role in the coordination of multiple activities and, therefore, all patients must have a PCP prior to being seen in this clinic. It is important that you actively follow up with your regular care team during and after our care is complete.
- As part of our clinic's policy, we do not process disability forms or similar paperwork.

### **Expectations**

- Our collective medical knowledge about post-acute COVID syndrome (aka "long COVID" or "COVID long hauler") is new and growing. There are no curative therapies at this time, but we will try our best as a team to brainstorm strategies to help manage your symptoms and provide you up-to-date expertise.
- Research is critical to advancing our understanding and treatment of this condition and, therefore, you may be offered opportunities to participate in various research studies. Your decision to participate in research studies is voluntary and does *not* affect the clinical care we provide to you.
- We value and uphold an environment of respect for all patients and staff.

### **Follow-up**

- We will schedule regular follow-ups and remain consultants in your post-COVID syndrome care until the resolution of these symptoms.
- We cannot accommodate urgent medical issues or emergencies due to our limited scope of practice and recommend following up with your PCP, calling 911, or going to the Emergency Department.

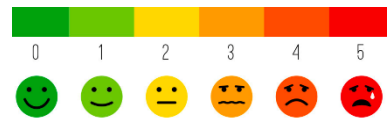
# New Patient Questionnaire – Post-COVID Infection

(Please complete within 7 days of the office visit)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

COVID-19 Symptoms: Start date \_\_\_\_\_ Duration of Symptoms (days): \_\_\_\_\_

Date of Positive Test *(if not done at Stanford, please provide copy of the results)*: \_\_\_\_\_



**What symptoms are you currently experiencing? Select severity from scale of 1 to 5.**

Current symptoms	Yes	No	Severity (1=mild, 5=severe)
Fever			
Chills			
Headache			
Decrease appetite			
Nose congestion			
Sore throat			
Fatigue			

Brain fog or confusion			
Unrefreshing sleep			
Difficulty sleeping			
Daytime sleepiness			
More fatigue with activity			
Change in smell			
Change in taste			
Ear pain			
New anxiety or depression			
Paranoid thoughts			
Hallucinations			

Cough			
Chest pain			
Difficulty breathing at rest			
Difficulty breathing while walking			

Wheezing			
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Lightheadedness on standing			
Fainting spells			
Changes in sweating (more or less)			
Nausea, vomiting, diarrhea, bloating or constipation			
Changes in color of hands or feet			
Urinary difficulties			

**What is your current functional status in this post-acute COVID-19 phase?**

Current Functional Status	Yes	No	Stage
No symptoms			I
No limitation but I feel some symptoms			II
I avoid some of my daily activities			III
I struggle to take care of myself			IV
I am in bed all or nearly all the time			V
I was hospitalized for COVID-related symptoms			Severe

\*

**Have you been vaccinated for COVID-19?**

Vaccine Type	Select one below	Date, first dose	Date, second dose
BioNTech, Pfizer			
Moderna, NIAID			
Johnson & Johnson (JJ)			
No vaccination			

\*modified scale from reference: Klok FA, Boon GJAM, Barco S, et al. The Post-COVID-19 Functional Status scale: a tool to measure functional status over time after COVID-19. Eur Respir J 2020; 56: 2001494