**Continuing Medical Education**

* [**This handout**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3dwLWNvbnRlbnQvdXBsb2Fkcy9maWxlYmFzZS9lZHVjYXRpb24vdG9wX3Jlc291cmNlcy9IZWFsdGhjYXJlLVByb2Zlc3Npb25hbC1Db250aW51aW5nLU1lZGljYWwtRWR1Y2F0aW9uLUNNRS5wZGY=&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=ZjdCKzZrNmVsdmUyc1NhaGxlOFdJNk1IM3d0cTNESDJJTmxvbkM3NE5rOD0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA) links to four different continuing medical education opportunities for healthcare professionals to learn about long COVID, post-viral syndrome, ME/CFS, post-exertional malaise, and related comorbid conditions. Each of these CME options are enduring through 2025.

**Project ECHO**

* BHC lead an ECHO series with the University of Utah Health addressing **[batemanhornecenter.org/#u-echo-videos]Long COVID and Post-Viral Syndromes**. The series walks healthcare professionals through the diagnostic criteria of ME/CFS and common comorbid conditions associated with post-viral syndromes, helping to identify and guide the management of PASC patients.
  + The recorded videos and respective slide decks can be found on the [**Bateman Horne Center website**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnLw==&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=M3pxTVdNZ3crNiswNnRzMzZvVGJCcEt2N29vUVZkV1JmbW81SHU1MVpvWT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA) à Healthcare Professionals à [**Long COVID/PASC page**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3Byb3ZpZGVycy9sb25nLWNvdmlkLw==&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=clZkeUM2SGRQVzAxOW45Ny9Zd0xDOXd2bmZNTlJTai9obUpocXowOUtZRT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)  à “**[batemanhornecenter.org/#u-echo-videos]View recordings**”

* The Long COVID & Fatiguing Illness Recovery Program (LC&FIRP) ECHO has a monthly session open to the public worth 1 credit hour of CME. They also have quarterly courses that offer CME as well.
  + Long COVID and Fatiguing Illness Recovery Program [**Quarterly Course One**](file:///C:\Users\tahli\Downloads\2022-March_LC&FIRP_Course1_Flyer.pdf)
  + [**Register for the monthly public ECHO**](https://us-east-2.protection.sophos.com/?d=unm.edu&u=aHR0cHM6Ly9oc2MudW5tLmVkdS9lY2hvL3BhcnRuZXItcG9ydGFsL2VjaG9zLWluaXRpYXRpdmVzL2xvbmctY292aWQtZmF0aWd1aW5nLWlsbG5lc3MtcmVjb3Zlcnkv&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=OXFvRGM0Si9Ja29naE9tcUxTTU5RZ2NrZzgyM29WUk5PYUZpU0tJcExsUT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)

**Additional Resources:**

I hope I am not sharing too many resources, or repeat resources, but I am inclined to offer the following which can serve patients and healthcare professionals in their long COVID assessment/management guidance. We reference ME/CFS in these assets, but much of this information applies to PASC.

* Resources on the [**Long COVID/PASC page**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3Byb3ZpZGVycy9sb25nLWNvdmlkLw==&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=clZkeUM2SGRQVzAxOW45Ny9Zd0xDOXd2bmZNTlJTai9obUpocXowOUtZRT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)for healthcare professionals
* [**Mayo Clinic Proceedings: Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Essentials of Diagnosis and Management**](https://us-east-2.protection.sophos.com/?d=mayoclinicproceedings.org&u=aHR0cHM6Ly93d3cubWF5b2NsaW5pY3Byb2NlZWRpbmdzLm9yZy9hcnRpY2xlL1MwMDI1LTYxOTYoMjEpMDA1MTMtOS9mdWxsdGV4dA==&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=N0hNcldvazNNbVBUL29HT3FEelBPWXJKTnFYWnF6RDJURHJEdlNqZmtuUT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)
* [**10-minute NASA Lean Test Instructions (providers)**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3dwLWNvbnRlbnQvdXBsb2Fkcy9maWxlYmFzZS9wcm92aWRlcnMvbWVjZnMvMTAtTWludXRlLU5BU0EtTGVhbi1UZXN0LUNsaW5pY2lhbi1JbnN0cnVjdGlvbnMtMDZfMjAyMS5wZGY=&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=Uy9mT21oTlFoNDlSZSszbHpGU05VVG9peWprd1pmU3ZYejU0UHE3QTdWYz0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)
* [**ER and Urgent Care Considerations for ME/CFS**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3dwLWNvbnRlbnQvdXBsb2Fkcy9maWxlYmFzZS9lZHVjYXRpb24vdG9wX3Jlc291cmNlcy9FUi1hbmQtVXJnZW50LUNhcmUtQ29uc2lkZXJhdGlvbnMtZm9yLU1FQ0ZTLTEuMTkuMjItMDA1LnBkZg==&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=TG9DaThaSjM0bTVOK2NQWkJxd2l3M0JWblpncEZzTm1mY0l1TWFaQnJaMD0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)
* [**Good/Bad Day Questionnaire**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL3dwLWNvbnRlbnQvdXBsb2Fkcy9maWxlYmFzZS9lZHVjYXRpb24vdG9wX3Jlc291cmNlcy9Hb29kLURheS1CYWQtRGF5LVF1ZXN0aW9ubmFpcmUtRmlsbGFibGUtVjItNC5wZGY=&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=RTRoT0huOG5EaTZZcHhxcVE1bHd5bWFyQ3ZGbFVjb0ZsZFVVMitpbXRlTT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)**:**An effective tool in estimating impaired function is to evaluate an individual’s hours of upright activity (HUA). This accounts for time with feet on the floor, IE: Walking, standing, and sitting. This handout helps patients quantify their HUA as it relates to their level of function on both good and bad illness days.

The [**ME/CFS Crash Survival Guide**](https://us-east-2.protection.sophos.com/?d=batemanhornecenter.org&u=aHR0cHM6Ly9iYXRlbWFuaG9ybmVjZW50ZXIub3JnL2VkdWNhdGlvbi9tZWNmcy1ndWlkZWJvb2sv&i=NjFiM2JmMmE1YTczMzcwZTU1NWRjNWVj&t=V0VJcW5zUk5Kdzl0Tm9hZWZwUG1hQVcwdndKTndxVGhnMmQ4S3pnV1dsVT0=&h=b69e29039836467796017329e37bd3b6&s=AVNPUEhUT0NFTkNSWVBUSVZ_t9RYCgVkpyZ-qmZ-XDcuq7MOGmnX2vZfgTktUoBje2JnQo5l0LTplSVfEl-NKjA)is designed for the patient, their support network, and care team to:

* + Understand ME/CFS and its defining characteristic of post-exertional malaise (PEM).
  + Help the individual prepare in advance for a crash/PEM episode, ensuring their critical needs are met.
  + Offer adaptive guidance for carrying out everyday living activities that support energy conservation with ME/CFS.