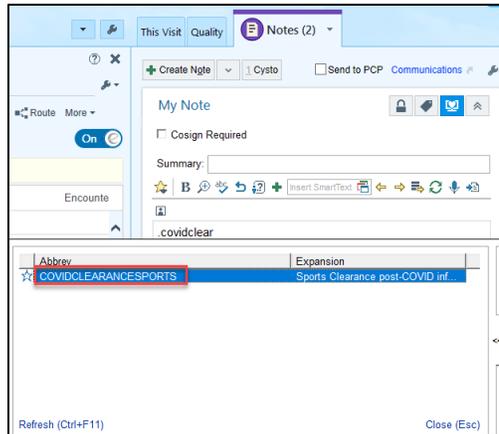


COVID Return to Sports

New tools are available to guide providers seeing children post-COVID infection that need sports clearance. These tools follow recently updated Maine AAP guidelines (see their website for links to information), and were developed by pediatrics, sports medicine, and cardiology.

1. Navigate to the **Documentation Activity**
2. Use the SmartPhrase **.COVIDCLEARANCESPORTS**



3. Click **F2** on your keyboard to open the **SmartList** within the note and make a selection from the list

Return to Activity after COVID Infection Guidance:

Noting the following definitions:
ASYMPTOMATIC or MILD SYMPTOMS = Fever higher than 100.4 F for less than 4 days, fatigue, loss of smell/taste, GI symptoms, cough, sore throat, headache, congestion, or < 1 week myalgias, chills or lethargy

MODERATE SYMPTOMS = Fever higher than 100.4 F for greater than or equal to 4 days, hypoxia, pneumonia, ANY cardiac symptoms (chest pain/tightness/pressure, dyspnea, dizziness, syncope or palpitations or exercise intolerance). Non-ICU hospital stay and no signs of MIS-C, or ≥ 1 week myalgias, chills or lethargy

SEVERE SYMPTOMS = evidence of MIS-C or any ICU

asymptomatic or mild symptoms: Recommendations are to h
 moderate symptoms: Recommendations are to not exercise p
 severe symptoms or MIS-C: Recommendations are no exerci
 COVID-19 that Alycia had were: [covidssymptoms:34055]

 You can make a selection from the SmartList by left clicking to pick, and right clicking to stick it into your note!

Adding information to the AVS

Let's send the patient home with information on how to gradually return to sports after their COVID-19 infection

1. Navigate to the **Plan Activity**
2. In the **Patient Instructions** section, add the SmartPhrase **.COVIDGRADUALRETURNSPORTS**

Gradual Return to Activity Protocol after COVID-19 Infection
For use in children 12 years and older, children less than 12 years old may return to physical activity as tolerated

(The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020)

Stage 1: Day 1 and Day 2 (2 Days Minimum) – 15 minutes or less: Light activity (walking, jogging, stationary bike) – intensity no greater than 70% of maximum heart rate.* NO resistance training.

Stage 2: Day 3 – (1 Day Minimum) – 30 minutes or less- Add simple movement activities (e.g. running drills) – intensity no greater than 80% of maximum heart rate.*

Stage 3: Day 4 – (1 Day Minimum) – 45 minutes or less- Progress to more complex training – intensity no greater than 80% of maximum heart rate.* May add light resistance training.

Stage 4: Day 5 and Day 6 – (2 Days Minimum) – 60 minutes- Normal training activity- intensity no greater than 80% of maximum heart rate.*

Stage 5: Day 7- Return to full activity/participation (i.e. Contests/competitions)
If COVID-19-related symptoms develop with the resumption of activity at any time, including up to 4 weeks after infection (i.e. shortness of breath, chest pressure/pain, dyspnea, exercise intolerance, dizziness, syncope or palpitations), discontinue physical exertion, and advise family to contact their healthcare provider. Provider clearance will be needed before return to activity.

*Note: For younger children and those not able to track heart rate, follow the time limits as above and recommend the child should be able to talk during exercise (ie – not significantly out of breath) in stages 1-3.



You can add additional information to Patient Instructions by Free texting within the section!

Creating a Return to Sports Letter

Let's send the patient home with a Return to Sports Letter. The following steps will show you how to quickly create a Return to Sports Letter

1. Navigate to the **Communications Activity**



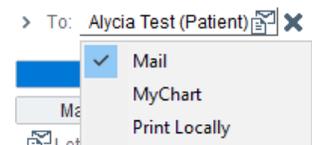
Can't find the Communications Activity on your Encounter Activity tab toolbar? Look in the More Menu!



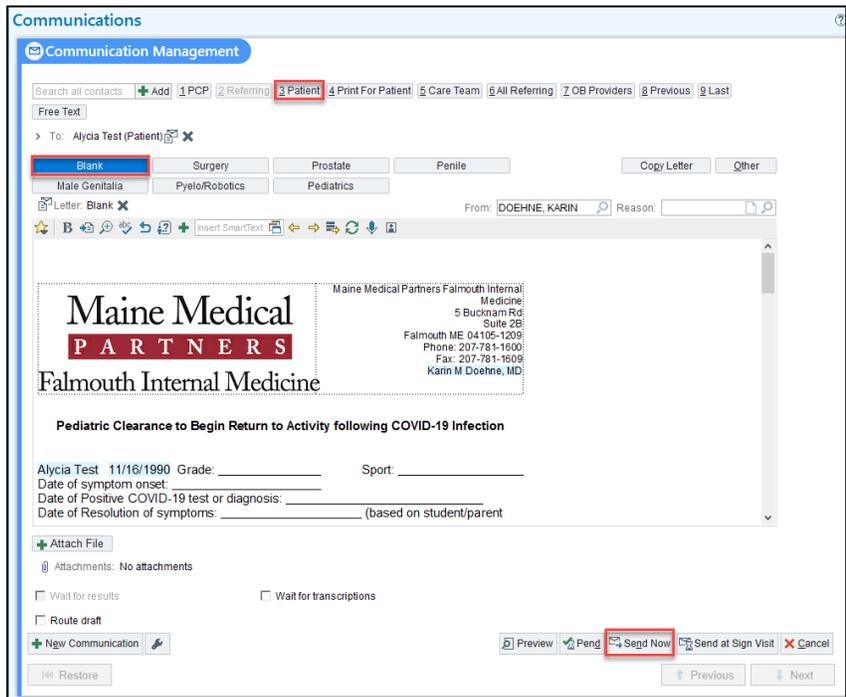
2. Select the **Patient** speedbutton to indicate that the patient will be the recipient of this letter



If your patient is active on MyChart, Epic may default the delivery of this letter to go to the patient's MyChart. Click the patient's name in the TO ribbon to change the method of delivery



3. Click the **New Communications** button
4. Select the **Blank** letter template
5. Use the SmartPhrase **.COVIDRETURNTOACTIVITYLETTER** to pull in the letter template.



6. Click **Send Now** to print the letter



Need to reprint a letter for a patient? Find sent letters in the Letters tab of the Chart Review activity!