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

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`

---


*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 intensity no greater than 80% of maximum heart rate.
- **Stage 5, Day 7:** Return to full activity/participation (i.e. Contact/sports/activities).

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.*

---

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

![Image of letter template]

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