

# Trouble with Day-to-Day thinking after having Covid



## **SYMPTOM-TARGETED REHABILITATION FOR ADULTS WITH COGNITIVE COMPLAINTS AFTER COVID**

*Designed by Hannah Wei*

**Susan Viola, MSc (SLP)**

Dr. Lyn Turkstra, PhD (SLP)

Dr. Jackie Bosch, PhD (OT)

McMaster University

School of Rehabilitation Science

## Acknowledgements

Canadian Institutes of Health Research grant to Bosch  
and Turkstra #480006

### Steering Committee

Jane Loncke, St. Josephs Hospital

Mackenzi Pergolotti and Erica Guardascione, Select  
Medical Long COVID Clinics, US

Hannah Davis, Hannah Wei, and Megan Fitzgerald,  
Patient-Led Research Collaborative

Michelle Kho, McMaster University

Sarah Hagens and the Turkstra Lab Research Assistants:

Pauline Estigoy, Aleena Khan,  
Anna Savic



# Individual Cognitive Rehabilitation Therapy or Educational Material



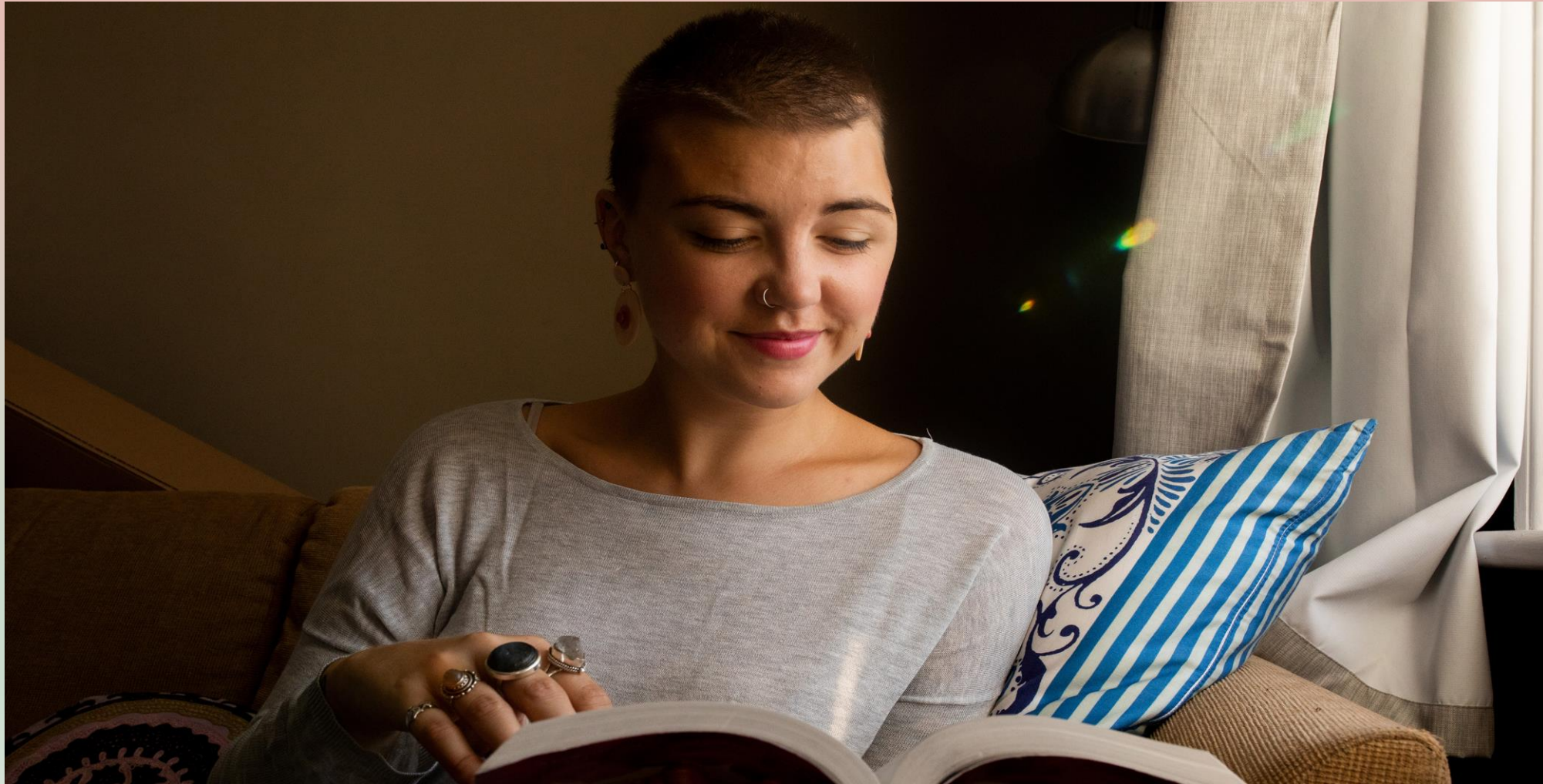


# Therapy Group

- 6-10 individual virtual sessions
- 30-60 minutes each
- Provided by a Speech-Language Pathologist or Occupational Therapist
- **Therapy is delivered over 4 weeks**
- **Number of sessions depends on number of sessions needed to achieve treatment targets.**
- **Each participant in the Therapy Group identifies three everyday thinking targets for treatment**
- **Progress in reaching those targets is documented using Goal Attainment Scaling (GAS)**



# Educational Material



# Common Cognitive Complaints after Covid (C4) Inventory

**Instructions:** We are going to ask you about some everyday thinking challenges. All of us may experience challenges on this list, whether we've had COVID or not. Our goal is to identify the current challenges affecting your everyday functioning.

For each item		Choose the statement that best describes how often this caused problems for you in everyday life in the past two (2) weeks.					For each challenge that caused problems for you in everyday life (answer 2 to 5 in previous scale), choose the statement that best describes the challenge when compared to before your illness.			
		Not at all	Rarely	Some-times	Often	All the time	New since illness	Not new, worse than pre-illness	Not new, about the same as pre-illness	Not new, better than pre-illness
		0	1	2	3	4				
1	<b>I have trouble remembering what I've done yesterday, or conversations I've had the previous day.</b>									
2	<b>I seem to lack mental energy to get started on activities where I have to pay attention or sustain mental effort.</b>									
3	<b>Once I get started, I have trouble finishing things.</b>									
4	<b>I have trouble keeping my mind on a task or activity, like following the plot of a movie or book, even when it's quiet.</b>									
5	<b>I get very fatigued during or after activities where I have to pay attention or sustain mental effort.</b>									

# Example of Goal Attainment Scale with SMART Goals

+3	I recapped main points of instructions and other conversations at work
+2	I recapped main points of job instructions most of the time, which is what I need to keep my job
+1	I recapped main points once in a while but mostly missed the instructions
0	I did not use this strategy at all and tried to just remember the instructions
- 1	I did not use the strategy at all and tuned out when the person was talking

Lyn  
Turkstra

Sarah  
Hagens  
Coordinator

Jackie  
Bosch

Student Research Assistants

Miriam  
Brouwer  
SLP

# Our Team

Susan  
Viola  
SLP

Debbie  
Prestwood  
OT

Jamie  
Nisbet  
SLP

Dimple  
Dawar  
OT



