

CO-VIE program:

Specialized rehabilitation services

Services to help a person suffering from long COVID to:

Understand and manage
their post-COVID
conditions

Improve
their everyday level
of functioning

Improve
their quality of life

Long COVID

Long COVID is the continuation or development of new symptoms three months after a person first contracted COVID-19. In some people, long COVID has a major impact on their quality of life and ability to function.

Symptoms can include fatigue, post-exertional malaise, difficulty breathing, pain, brain fog, and anxiety. They can be disabling and persist for several months. Recovery varies from person to person, and the symptoms can fluctuate in time and intensity. Relapses are common.

Needs of long COVID sufferers

Long COVID is a complex, unpredictable and fluctuating condition. When it prevents the person from carrying out their usual activities, therapy can be helpful. Interventions specifically tailored to long COVID can help with:

- Learning more about long COVID;
- Understanding the impacts of long COVID on quality of life;
- Managing the symptoms appropriately;
- Gradually resuming regular activities;
- Preventing relapses;
- Feeling understood and supported.

Interventions tailored to long COVID

Virtual
interventions
(telehealth)

Interventions
targeting different
problems

Personalized
interventions based
on needs

Interventions in small
groups that promote
social support

Services

CO-VIE services are offered online. They are designed to let the service user benefit from both personalized follow-up and the support of people living through a similar experience. Group workshops are offered in combination with complementary individual follow-ups.

The team

The CO-VIE team is made up of professionals (e.g., occupational therapist and physiotherapist) with expertise in long COVID who provide group and individual interventions. Currently, there is no medical treatment, but we encourage you to work with your family physician (or other health professional). We can also refer you to other health services, as needed.

The interventions

The interventions are based on the needs and objectives identified with the person. They are inspired by recognized principles, including self-management.

Themes that can be addressed:

- Fatigue and post-exertional malaise
- Brain fog
- Lifestyle habits
- Resilience and psychological well-being
- Pain
- Breathing problems
- Cardiac and circulation problems
- Digestive problems and nutrition
- Balance problems
- Return to work
- Support for loved ones

Service trajectory

Request for services

- Filled out by the service user

Introductory workshop

- General information and recommendations
- Answers to questions

Individual assessment

- Needs assessment
- Intervention plan defined with the person

Themed workshops (small groups)

- Based on personal needs and objectives

Complementary individual follow-ups

- Further exploration of workshop themes
- Interventions that require individual follow-up

Final review

- Review of interventions and progress
- Recommendations and referrals, as needed

Improving your quality of life

It's important that your expectations and goals are realistic. With long COVID, the recovery process is different in each person; it's often unpredictable, and there can be many ups and downs. The goal of the interventions is to minimize the impact of the persistent symptoms on quality of life. The CO-VIE team will accompany you on part of your journey. They will help you acquire the tools you need to effectively manage your condition on your own. Ultimately, this will help you regain a degree of balance in your life that you can live with.

Submitting a service request

Who is eligible?

- Any adult living with symptoms of long COVID that are still present more than four weeks after the initial infection.
- Anyone with post-COVID-19 symptoms that are not explained by other medical conditions and that restrict their usual activities.
- A referral from a doctor or other health professional may be required.

Who can fill out a request?

- The person themselves
- A loved one or a representative
- A health professional

How do I fill out my request?

- Form available [here](#) (electronic or printable version)



This program is for adults.



Teens aged 14 and over will have their eligibility assessed by the CO-VIE rehabilitation team.

To learn more about long COVID, to access the symptoms self-management sheets, or to submit a service request: santemonteregie.qc.ca/ouest/covid-longue or 1 844 699-6598.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.