

2021-2022 Rovinsky Family Lectureship Series



Long-COVID- Psychological and Neurological Sequelae. What does current scientific research tell us and what can we do at a local level with our patients?

Wednesday, March 9, 2022: 12:00-1:00pm: LIVE WEBINAR

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PROGRAM DESCRIPTION

The COVID pandemic has been a watershed and defining moment in the history of the world and we are living through it as mental health providers. As a result, our systems of care have had to evolve to meet the changing needs of people (e.g., teletherapy, teleneuropsychology). As the virus waxes and wanes and variants emerge, we must continue to responsibly adapt and respond to the needs of our patients. Our successful adaptation depends, in large part, to the information we have to make good decisions. The virus affects all people of all races and all countries and highlights the discrepancies and inequities between developed and under-developed nations.

The focus of this presentation is to provide a review of current scientific literature in the context of psychological and neurological issues in individuals who experience persisting symptoms, or Long COVID, related to their COVID-19 exposure. Where we and our patients get their information from is very important. While it is true that many people who develop COVID-19 experience mild and relatively transient symptoms, it is also true that this is not the case for all individuals. Sooner or later, we will all likely have patients that we evaluate and/or treat who fit into what is referred to as Long COVID patients. When that occurs, the hope is that information from this presentation will objectively and scientifically inform you in a way that your decision-making about how to understand and address their varied psychological and neurological concerns will be more informed and effective. There will be a particular focus on reviewing the literature on Long COVID and aging and the development of dementia.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the prevalence of Long COVID in the population and list four of the more common long-term physical and mental sequelae.

- List four disproportionate biomedical risk factors and four social determinants which contribute to COVID-19 health disparities affecting racial and ethnic minorities in the United States.
- Explain the linkages and similarities of the physiological mechanisms of action in COVID-19 and dementia.

ABOUT THE PRESENTER

Alison L. Metzler, Psy.D., obtained her doctorate degree in clinical psychology with a concentration in clinical neuropsychology from Widener University in 2017. She completed her internship at Thomas Jefferson University Hospital, Division of Prevention & Behavioral Health Services. Her two-year post-doctoral residency was in clinical neuropsychology at McLean Hospital, one of Harvard's affiliate hospitals. The focus of her involvement at McLean Hospital was on older adults and dementia. Upon completion of her post-doctoral residency, she has been employed at Clinical Neuropsychology Associates in Philadelphia providing a variety of outpatient neuropsychological services. Dr. Metzler is licensed as a psychologist in Pennsylvania and New Jersey.

Donald P. Masey, Psy.D., obtained his doctorate degree from Indiana University of Pennsylvania in 1991 and then completed his internship at Temple University Hospital. Dr. Masey went on to complete his post-doctoral work at Bryn Mawr Rehabilitation Hospital with a focus on clinical neuropsychology and brain injury. He has worked in medical center settings, physical medicine and rehabilitation facilities, and outpatient practice as well as academia with a focus on clinical neuropsychology. He has been at the Philadelphia College of Osteopathic Medicine (PCOM) for 20 years on the faculty teaching courses, being involved in research and leading a neuropsychology assessment service in the PCOM APA approved training clinic. Dr. Masey is a Clinical Associate Professor at PCOM and is licensed as a psychologist in Pennsylvania.

SUGGESTED READINGS

- Cohen, G., Russo, M. J., Campos, J. A., & Allegri, R. F. (2020). Living with dementia: Increased level of caregiver stress in times of COVID-19. *International Psychogeriatrics*, 32(11), 1377-1381. <https://doi.org/10.1017/S1041610220001593>
- De Erausquin, G. A., Snyder, H., Carillo, M., Hosseini, A. A., Brugha, T. S., & Seshadri, S. (2021). The chronic neuropsychiatric sequelae of COVID-19: The need for a prospective study of viral impact on brain functioning. *Alzheimers Dementia*, 17, 1056-1065. <https://doi.org/10.1002/alz.12255>
- Hariyanto, T. I., Putri, C., Arisa, J., Situmeang, R. F. V., & Kurniawan, A. (2021). Dementia and outcomes from coronavirus disease 2019 (COVID-19) pneumonia: A systematic review and meta-analysis. *Archives of Gerontology and Geriatrics*, 93, 1-6. <https://doi.org/10.1016/j.archger.2020.104299>
- Keng, A., Brown, E. E., Rostas, A., Rajji, T. K., Pollock, B.G., Mulsant, B. H., & Kumar, S. (2020). Effectively caring for individuals with behavioral and psychological symptoms of dementia during the COVID-19 pandemic. *Frontiers in Psychiatry*, 11, 1-9. <https://doi.org/10.3389/fpsyt.2020.573367>
- Mendez, R., Balanza-Martinez, V., Luperdi, S. C., Estrada, I., Latorre, A., Gonzalez-Jimenez, P., Feced, L., Bouzas, L., Ferrando, A., Hervas, D., Zaldivar, E., Berk, M., & Menendez, R. (2021). Short-term neuropsychiatric outcomes and quality of life in COVID-19 survivors. *The Journal of Internal Medicine*, 1-11.

Target Audience: Doctoral Level Psychologists and
Other Mental Health Professionals
Level of Instruction: Intermediate
Number of CE Credits Offered: 1 Credit
Cost: \$15

CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



Psychologists: Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



Certified Counselors: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

Licensed Social Workers: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

Refund/Cancellation Policy: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at katiega@pcom.edu.