



**Queensland  
Government**

## Post-COVID Symptom Map

Facility: .....

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

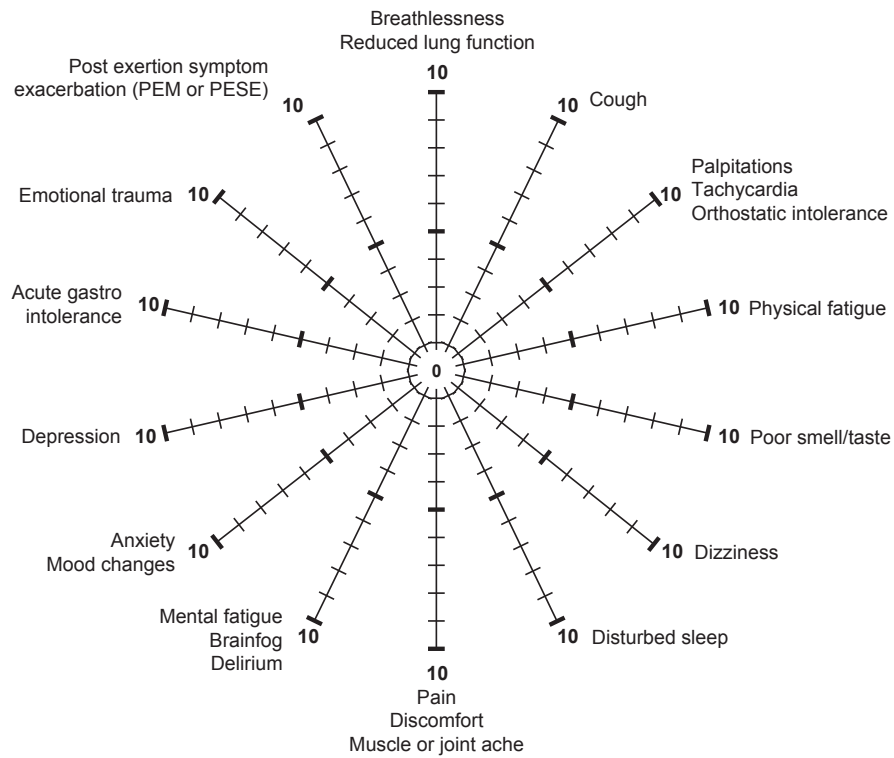
Date of birth:

Sex:  M  F  I

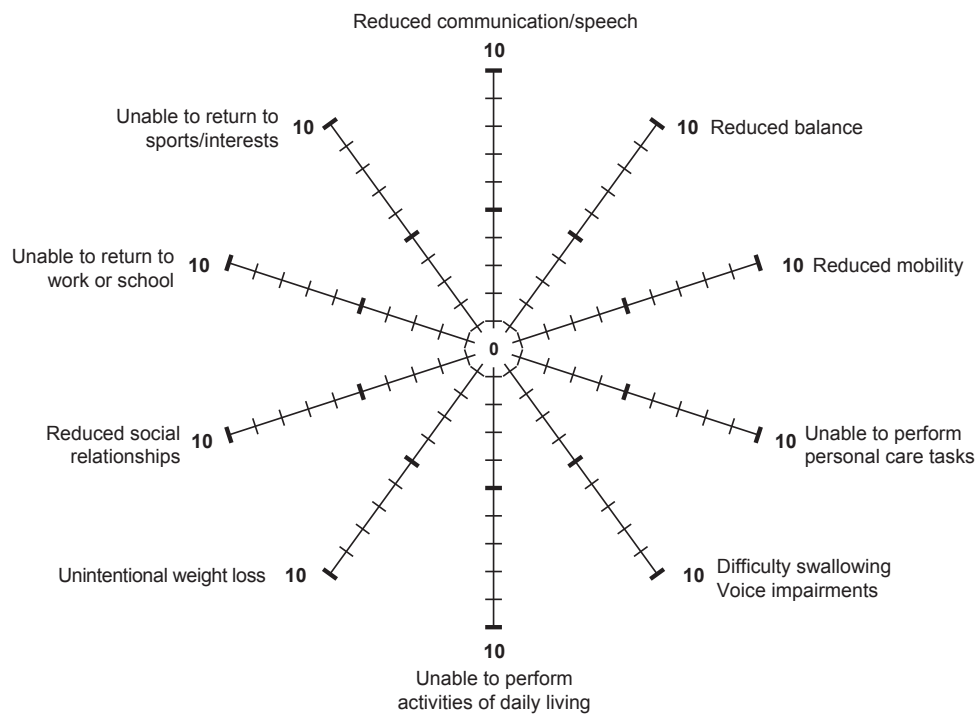
### Instructions

COVID-19 can cause many symptoms. Mark on the charts below to show us your symptoms today. Zero means nil or nothing and 10 is the highest level. You can have help to complete this form from your family or staff. If you do not have a symptom, please leave this line blank.

### Symptom Severity Scores



### Functional Disability Scores



DO NOT WRITE IN THIS BINDING MARGIN

POST-COVID SYMPTOM MAP

v1.00 - 03/2024



SW1229



Queensland Government

# Post-COVID Symptom Map

(Affix identification label here)

URN:

Family name:

Given name(s):

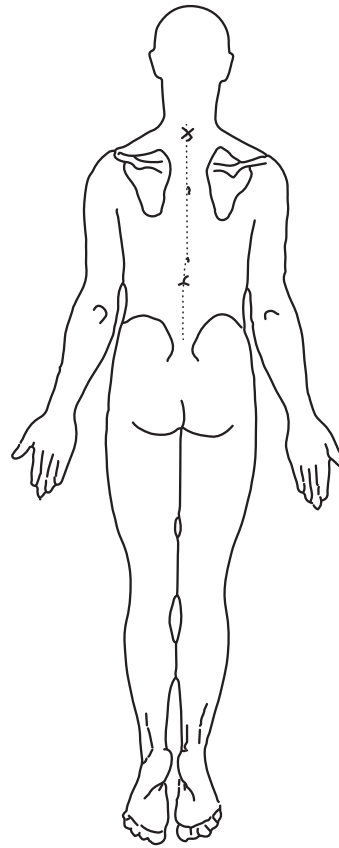
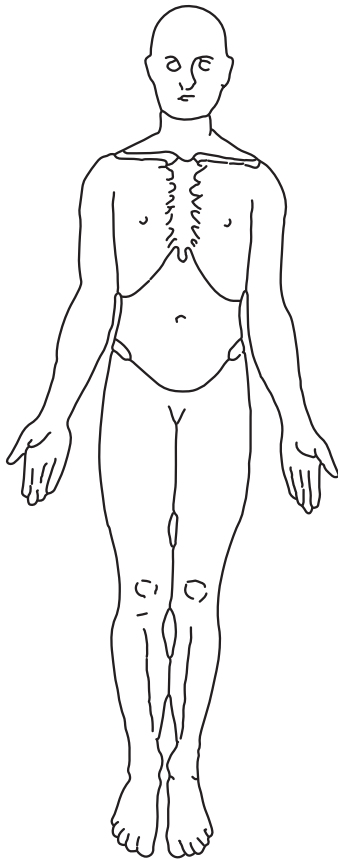
Address:

Date of birth:

Sex:  M  F  I

## Physical Symptoms

Mark on the body diagram where you experience symptoms and describe what they are.



DO NOT WRITE IN THIS BINDING MARGIN

## Other Symptoms

Please note below any symptoms that you feel have not been mentioned.

.....

.....

.....

.....

.....

.....

.....

.....

.....

Form completed by (print name):

- Patient
- Family/carer
- Staff member

Signature:

Date:

This clinical tool has been modified from Dunford, F. in Ministry of Health. 2022. *Clinical Rehabilitation Guideline for People with Long COVID (Coronavirus Disease)* in Aotearoa New Zealand: Revised December 2022. Wellington: Ministry of Health. Retrieved 2023 from [www.health.govt.nz/publication/clinical-rehabilitation-guideline-people-long-covid-coronavirus-disease-aotearoa-new-zealand](http://www.health.govt.nz/publication/clinical-rehabilitation-guideline-people-long-covid-coronavirus-disease-aotearoa-new-zealand) and available on the website <https://clinicalexcellence.qld.gov.au/sites/default/files/docs/clinical-networks/post-COVID-symptom-map.pdf> for download to be used by Queensland Health professionals and their patients.



Cardio-Respiratory



## Additional Information for Clinicians

Fy Dunford, physiotherapist, of Te Whatu Ora Taranaki, Health New Zealand, developed this clinical tool for use by clinicians, to help them track and monitor patients' symptoms.

Ideally, the initial assessment should take a full hour. However, clinicians should be aware that cognitive fatigue may limit a person's ability to participate. Some people prefer to complete the form via email prior to attending the initial assessment. If so, clinicians should take appropriate steps to ensure the person understands how to use the form and has the ability (with family or staff support if necessary) to complete it.

The assessment map lists the most common symptoms reported in post-COVID presentations. A person may not have all of these symptoms; conversely, not all of their symptoms may be listed.

The body chart and narrative space allows a person to record their symptoms.

Recording of symptoms must be consumer-led. The tool aims to capture patient symptoms as they present at the time of the assessment; it can also be used as a posttreatment measure to record progress in the symptoms of most concern to the person.

Using the symptom map guides assessment and navigates the assessor to the most appropriate starting point for symptom management. The aim is to save time in assessing, and to provide direction to relevant allied health professionals when a person presents with a cluster of symptoms.

For management of these patients in the community, refer to the *Queensland Health Post-viral illness recovery (including COVID-19) – community-based clinical decision support tool for management* and to download a copy of this form visit <https://clinicalexcellence.qld.gov.au/priority-areas/clinician-engagement/queensland-clinical-networks/rehabilitation>

DO NOT WRITE IN THIS BINDING MARGIN