

**2024
Long COVID RISE
Symposium**



**Saturday, October 12, 2024
9:00 am – 5:00 pm PT**

Agenda: The Long COVID Recovery, Insights, Support, and Education (RISE) Symposium will provide attendees the opportunity to hear from leaders in Long COVID treatment and research. This symposium is designed to bridge gaps between clinicians, researchers, and patients to address the complex and evolving needs of individuals with Long COVID. As the prevalence of Long COVID continues to rise, there is an urgent need for updated knowledge, collaborative care strategies, and shared decision-making between healthcare clinicians and patients. This symposium aims to enhance understanding and education regarding the long-term management of Long COVID and ultimately improve patient outcomes.

Symposium Goals:

1. **Educate Clinicians and Patients:** this symposium will provide the latest evidence-based information on Long COVID symptoms, diagnosis, and treatment options, empowering both clinicians and patients.
2. **Promote Collaborative Care:** as is standard in our Long COVID Clinic, this symposium will promote a multidisciplinary approach to managing Long COVID, encouraging collaboration among healthcare professionals, patients, and caregivers.
3. **Encourage Patient Advocacy and Self-Management:** we hope the information provided will equip patients with tools and resource to better understand and manage their condition, enhancing their role in care decisions.
4. **Gather Community Support:** this symposium aims to create a platform for shared experiences and peer support, strengthening the connection between clinicians and patients as they navigate Long COVID care.
5. **Report Research and Innovation:** speakers will highlight emerging research and findings in Long COVID care, including presenting patient perspective, to encourage ongoing dialogue and collaboration to advance the field.

Recording: The 2024 Long COVID RISE Symposium will be recorded and will be available to view online on our symposium website (<https://sites.uw.edu/longcovidclinic/long-covid-rise-symposium/>).

Clinician Focused Sessions (9:00 am – 12:00 pm)						
9:00 am – 9:10 am	Welcome and Keynote Introduction	Dr. Janna Friedly, MD, MPH				
9:10 am – 9:55 am	Keynote	Dr. Tiffany Walker, MD				
9:55 am – 10:00 am	Break (5 minutes)					
10:00 am – 10:30 am	ME/CFS, Post Viral Illness and Long COVID	Dr. Beth Unger, MD, PhD				
10:30 am – 10:35 am	Break (5 minutes)					
10:35 am – 11:05 am	Cognitive Symptoms in Long COVID	Dr. Andrew Schames, MD				
11:05 am – 11:10 am	Break (5 minutes)					
11:10 am – 12:00 pm	Speaker and Clinic Panel + Q&A	<table border="0"> <tr> <td>Dr. Tiffany Walker, MD</td> <td>Dr. Andrew Schames, MD</td> </tr> <tr> <td>Dr. Janna Friedly, MD, MPH</td> <td>Dr. Nikki Gentile, MD, PhD</td> </tr> </table>	Dr. Tiffany Walker, MD	Dr. Andrew Schames, MD	Dr. Janna Friedly, MD, MPH	Dr. Nikki Gentile, MD, PhD
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Dr. Janna Friedly, MD, MPH	Dr. Nikki Gentile, MD, PhD					

<p>LUNCH BREAK</p> <p>12:00 pm – 12:50 pm</p>
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Patient Focused Sessions (12:55 pm – 5:00 pm)		
12:55 pm – 1:00 pm	Welcome and Performance Introduction	Nova Rivera, MSW, MPH, LICSW
1:00 pm – 1:45 pm	Immunity Performance + Q&A	Joshua Roman
1:45 pm – 1:55 pm	Break (10 minutes)	
1:55 pm – 2:25 pm	Behavioral Activation for Increasing Mood	Jenny Long and Dr. Kristen O’Loughlin, PhD
2:25 pm – 2:30 pm	BREAK (5 minutes)	
2:30pm – 3:15 pm	Adaptive Movement + Q&A	Alison Sbrana
3:15 pm – 3:25 pm	Break (10 minutes)	
3:25 pm – 4:10 pm	Long COVID Cognitive Symptoms Panel + Q&A	Fleur Godfried, MS, CCC-SLP, CBIS Dr. Gina Formea, PhD, ABPP-CN Dr. Payal Patel, MD
4:10 pm – 4:15 pm	Break (5 minutes)	
4:15 pm – 4:55 pm	UW Medicine Long COVID Clinic Panel + Q&A	Dr. Nikki Gentile, MD, PhD, Dr. Jessica Bender, MD, MPH Dr. Tracy Herring, PhD
4:55 pm – 5:00 pm	Conclusion and Farewell	Dr. Anita Chopra, MD