

Talking to Patients About Post-COVID Conditions (PCC)

A Guide for Healthcare Providers

Patients with PCC are increasingly seeking help, but frustration often flares when they feel unheard or dismissed. Here's how to elevate your communication and build trust with your patients:

Listen and validate: Start by hearing your patients' stories. Acknowledge their struggles and validate their experiences with PCC.



Symptoms matter, even without answers:

Let them know you understand the legitimacy and significance of their symptoms, even if there's no clear cause yet.



Uncertainty doesn't mean inaction: While the long-term outlook of PCC can be unclear, you can explain the ongoing research and offer personalized support in managing its effects.



Focus on progress: Maintain a positive outlook focused on progress, not cure. Work together to set realistic recovery goals that empower patients on their journey.



Collaboration is key: Let your patients know they're not alone. Partner with them to explore treatment options and navigate the path to recovery together.



Bridge the communication gap for patients with PCC. Start implementing these strategies and become a more effective partner in their care.



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Supported by a grant from Pfizer Inc.