

MaineHealth

## MaineHealth Knowledge Connection

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Costas T. Lambrew Research Retreat 2022

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### RECOVER: Researching COVID to Enhance Recovery

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### WHAT IS RECOVER?

A multi-site, NIH-funded, 4-year observational study on Long COVID.

### WHAT IS LONG COVID?

Persistent or new symptoms after the acute phase of COVID-19. This is also called Post-acute sequelae of SARS-CoV-2 (PASC).

### WHAT ARE THE GOALS OF RECOVER?

- 1) Characterize the incidence and prevalence of PASC.
- 2) Characterize the spectrum of clinical symptoms and natural history.
- 3) Define the underlying pathobiology.

MaineHealth opened RECOVER in Dec 2021 and has enrolled 25 participants to date, of a total target of 85.

The study is expected to be fully enrolled by Dec 2022.

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### HOW WILL RECOVER ACHIEVE ITS GOALS?

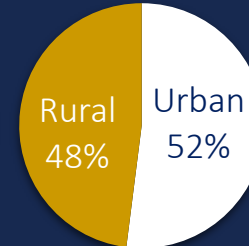
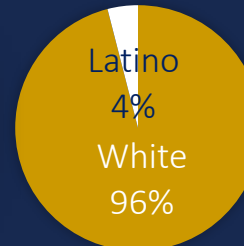
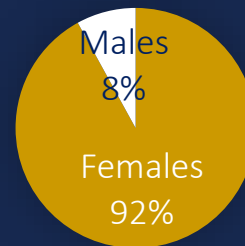
NIH has selected health care institutions across the nation, including MaineHealth, to conduct this study, which is anticipated to enroll a total of 15,000 participants who have or had SARS-CoV-2 infection and 2,680 control participants without a SARS-CoV-2 infection.

The study design is an ambidirectional longitudinal meta-cohort study (combined retrospective and prospective) with nested case-control studies.

### WHAT DOES RECOVER INVOLVE FOR PARTICIPANTS?

Participants complete symptom questionnaires every few months and depending on the reported symptoms, they may undergo more in-depth assessments in order to derive a complete clinical picture of PASC. These may include laboratory tests in blood, saliva, stool and urine samples, as well as office exams and imaging.

### DEMOGRAPHICS of the first 25 MH Participants:



Age range: 33-71, Median: 55, Mean: 53.2

