



As a result of the **COVID-19 pandemic** we are living in a rapidly evolving world. Many of us are experiencing some degree of **Pandemic Fatigue** - mental/cognitive fatigue and additional mental health impacts where previous coping strategies are not as readily available or effective. **Long COVID** comes with further debilitating challenges that we are learning about in real time. This workshop weighs in on what we know of the symptoms and impacts on daily functioning so far, what are the similarities to **Chronic Fatigue Syndrome** and **Post Intensive Care Syndrome**. This workshop reviews the Occupational Therapy evidence-based approach to Post Intensive Care Syndrome and Chronic Fatigue Syndrome which assists to inform us in addition to available evidence with Long COVID. Evidence based tools to assess mental-cognitive fatigue, ADL, IADL are included in the workshop. Clinical case examples, video, small group discussion and clinical reasoning activities are used. Workshop materials include intervention resources, assessment tools and supporting research articles. Registration is limited to allow for small group learning.

Overview:

- Signs and symptoms of Pandemic Fatigue and Long COVID
- Evidence based approaches to managing Pandemic Fatigue-Burnout
- Available resources to date for managing Pandemic Fatigue
- Evidence based approach for Chronic Fatigue Syndrome and Post Intensive Care Syndrome-how this informs our approach with Long COVID
- Hierarchy of objective assessment tools for mental-cognitive fatigue, ADL, IADL

Presenter: Lorraine Mischuk O.T.Reg. (MB), CEO - Managing Clinician at Maximize Human Capabilities
Lorraine has owned and operated Maximize Human Capabilities since 1997, with overall clinical experience spanning over 30 years. She has taught at the University of Manitoba for the College of Rehabilitation Sciences - Occupational Therapy and the Department of Extended Education, has conducted workshops through the Canadian Association of Occupational Therapists and presented at numerous HR conferences across Canada. After launching **MAC** in 2018, Lorraine has conducted sold-out workshops in Toronto, Calgary and Vancouver and now offers online education attracting OT's from across Canada, U.S., Australia and Ireland.

For more information and to register visit: <http://maxot.ca/MAC-Workshops/>
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