

Asia-Pacific SILC Long-COVID ECHO

Pediatric Long Covid Part I: General Concepts and Post-Exertional Malaise

May 12, 2026

4:00pm – 5:00pm

Zoom

TARGE AUDIENCE: Physicians, Nurses, Pharmacy, Social Workers and other healthcare professionals.

SPEAKER: Melanie Hoppers, MD

GENERAL OBJECTIVES:

By the end of the course, the participants will be able to:

1. Identify the clinical features of pediatric Long COVID and ME/CFS, including the IOM/NAM 2015 diagnostic criteria and age-specific symptom patterns from infancy through adolescence.
2. Describe post-exertional malaise (PEM), including its delayed time course, multisystem character, and underlying pathophysiology.
3. Screen pediatric patients for PEM using targeted history questions and validated clinical tools such as the Good Day/Bad Day questionnaire and Hours of Upright Activity (HUA).
4. Apply pacing strategies to prevent and manage post-exertional malaise in pediatric patients with Long COVID or ME/CFS.

CONTINUING EDUCATION:



In support of improving patient care, Hawai'i Pacific Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Hawai'i Pacific Health designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credits™* for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Hawai'i Pacific Health designates this live activity for 1.0 contact hours for nurses. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Hawai'i Pacific Health is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This activity is assigned 1 contact hour for attendance at the entire CE session.



ASWB approved continuing education

As a Jointly Accredited Organization, Hawai'i Pacific Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hawai'i Pacific Health maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.

Please direct any questions you may have regarding your evaluation or CE certificate to the HPH Continuing Education Department at hphcontinuingeduc@hawaiipacifichealth.org .