

## Ambulatori di assistenza medica post COVID

Alcune persone che si sono ammalate di COVID-19 continuano ad avere problemi di salute nelle settimane o mesi successivi alla malattia iniziale. Tali problemi sono noti come **sindrome acuta post COVID-19, definita anche COVID lungo o COVID cronico**. Nel COVID lungo rientra un'ampia gamma di sintomi nuovi, che sono riapparsi o che continuano, dopo essersi ammalati di COVID-19.<sup>1</sup> I pazienti con COVID lungo presentano di solito fatica, problemi cognitivi (confusione mentale) e sintomi cardiopolmonari, gastrointestinali e di salute mentale. Diversi ospedali della Città di New York, (New York City, NYC), hanno ambulatori specializzati nel fornire assistenza medica di controllo a coloro che hanno avuto il COVID-19. Gli ambulatori di assistenza medica post COVID raggruppano personale medico con diverse specializzazioni (tra cui pneumologia, cardiologia, riabilitazione, neurologia e salute mentale) per fornire terapie mediche complete. Esistono anche centri di riabilitazione e terapia fisica con servizi specializzati per persone che si stanno riprendendo dal COVID-19.

Qui di seguito è riportato un elenco degli ambulatori di assistenza medica post COVID di NYC per i pazienti che continuano ad avere problemi di salute dopo la malattia del COVID-19 e per consentire agli operatori sanitari di indirizzare i pazienti che richiedono cure specialistiche. Tale lista non ricomprende in modo esaustivo tutti gli operatori sanitari e gli ambulatori che offrono assistenza medica specializzata post COVID.

Presso i NYC Health + Hospitals (H+H), comprendenti i centri H+H elencati sotto, sono a disposizione dei newyorchesi dei servizi offerti senza tener conto della capacità di pagare, dell'assicurazione medica o dello stato immigratorio. Si invita a chiedere, alle altre strutture elencate sotto, informazioni relative alle forme di assicurazione accettate, alla disponibilità di appuntamenti con scala progressiva dei costi per pazienti senza assicurazione, e se è necessaria la prescrizione della visita da parte di un medico.

Sistema sanitario	Nome dell'ambulatorio	Indirizzo	Contatto	URL
<b>Bronx</b>				
<b>BronxCare Health System (ex Bronx Lebanon)</b>	Post-COVID Care Clinic	Pulmonary Clinic 199 Mount Eden Ave. 7th Floor, Bronx, NY 10457	718-992-7669	<b>bronxcare.org</b>

<sup>1</sup>Centri per il controllo e la prevenzione delle malattie (Centers for Disease Control and Prevention, CDC). "Long COVID or Post-COVID Conditions" (Condizioni mediche del COVID lungo o post COVID). Da ultimo consultato il 24 maggio 2022. [cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html)

<b>Health + Hospitals</b>	NYC Health + Hospitals/Gotham Health, Tremont COVID-19 Center of Excellence	1920 Webster Ave., Bronx, NY 10457	844-692-4692 o 212-268-4319	<a href="https://nyhealthandhospitals.org/covid-19-center-of-excellence">nyhealthandhospitals.org/covid-19-center-of-excellence</a>
<b>Montefiore Health System</b>	COVID-19 Recovery (CORE) Clinic	Medical Arts Pavilion 3400 Bainbridge Ave. Second Fl., Bronx, NY 10467	844-556-6683 Interno #36	<a href="https://einsteinmed.edu/departments/medicine/divisions/pulmonary-medicine/CORE.aspx">einsteinmed.edu/departments/medicine/divisions/pulmonary-medicine/CORE.aspx</a>
<b>Brooklyn</b>				
<b>Health + Hospitals</b>	NYC Health + Hospitals/Gotham Health, Broadway COVID-19 Center of Excellence	815 Broadway Brooklyn, NY 11206	844-692-4692 o 212-268-4319	<a href="https://nyhealthandhospitals.org/covid-19-center-of-excellence">nyhealthandhospitals.org/covid-19-center-of-excellence</a>
<b>Maimonides Medical Center</b>	Maimonides Center for Post-COVID Care	948 48th St., Brooklyn, NY 11219	718-283-5815 o 718-283-8328	<a href="https://postcovidcarecenters.org">postcovidcarecenters.org</a>
	Shaknovich Cardiovascular Wellness Institute	3209 Coney Island Ave., Brooklyn, NY	718-635-5577	
	Maimonides Children's Hospital Post-COVID Recovery Program	949 48th St., Brooklyn, NY 11219	718-283-1244	
	Maimonides Center for Post-COVID Care	4813 Ninth Ave., Brooklyn, NY 11206	718-283-5815	
<b>Queens</b>				
<b>Health + Hospitals</b>	NYC Health + Hospitals/Gotham Health, Roosevelt COVID-19 Center of Excellence	37-50 72nd St., Jackson Heights, NY 11372	844-692-4692 o 212-268-4319	<a href="https://nyhealthandhospitals.org/covid-19-center-of-excellence">nyhealthandhospitals.org/covid-19-center-of-excellence</a>

<b>Medisys Health Network: Jamaica/Flushing Hospitals</b>	Post-COVID Care Center	MediSys-Hollis Tudors Clinic 200-16 Hollis Ave., St. Albans, NY 11412	718-736-8204	<a href="http://jamaicahospital.org/post-covid-care-center">jamaicahospital.org/post-covid-care-center</a>  <a href="http://flushinghospital.org/clinical-services/post-covid-care-center">flushinghospital.org/clinical-services/post-covid-care-center</a>
<b>Northwell Health</b>	COVID Ambulatory Resource Support (CARES)	Sedi diverse e opzioni virtuali	855-569-4227	<a href="http://northwell.edu/coronavirus-covid-19/cares-program">northwell.edu/coronavirus-covid-19/cares-program</a>
<b>Manhattan</b>				
<b>Mount Sinai Health System</b>	Center for Post-COVID Care	Mount Sinai-Union Square 10 Union Square East New York, NY 10003	212-844-6300	<a href="http://mountsinai.org/about/covid19/center-post-covid-care">mountsinai.org/about/covid19/center-post-covid-care</a>
<b>H&amp;D Physical Therapy</b>	COVID Rehab Clinic at H&D Midtown	815 Second Ave. #701 (presso East 43rd St) New York, 10017	212-921-0214 <a href="mailto:consult@covidpt.org">consult@covidpt.org</a>	<a href="http://hdphysicaltherapy.com/post-covid">hdphysicaltherapy.com/post-covid</a>  <a href="http://pulmonarywellness.org/covid-bootcamp">pulmonarywellness.org/covid-bootcamp</a>
<b>New York Presbyterian Health System</b>	Weill Cornell Post-ICU Recovery Clinic and Pulmonary Clinic	425 East 61st St., 11th Floor (post UTI)/Fourth Floor (malattie polmonari), New York, NY 10065	646-962-2333 (malattie polmonari) <a href="mailto:rehab@med.cornell.edu">rehab@med.cornell.edu</a>	<a href="http://weillcornell.org/post-icu-recovery-clinic">weillcornell.org/post-icu-recovery-clinic</a>  <a href="http://weillcornell.org/wcm-pulmonary">weillcornell.org/wcm-pulmonary</a>
	CUMC COVID-19 Rehabilitation Program	180 Fort Washington Ave. First Floor, Suite 199 New York, NY 10016	212-305-3535 <a href="mailto:rehabmed_help@cumc.columbia.edu">rehabmed_help@cumc.columbia.edu</a>	<a href="http://cumc.columbia.edu/rehab/patient-resources/covid-19-rehabilitation-program">cumc.columbia.edu/rehab/patient-resources/covid-19-rehabilitation-program</a>
<b>NYU Langone Health</b>	Rusk Rehab at NYU Langone Health	240 E. 38th St. 15th Fl., New York, NY 10016	212-263-6037	<a href="http://med.nyu.edu/rusk/rusk-rehab-nyu-langone-health">med.nyu.edu/rusk/rusk-rehab-nyu-langone-health</a>

<b>Northwell Health</b>	COVID Ambulatory Resource Support (CARES)	Sedi diverse e opzioni virtuali	855-569-4227	<a href="https://northwell.edu/coronavirus-covid-19/cares-program">northwell.edu/coronavirus-covid-19/cares-program</a>
<b>Staten Island</b>				
<b>Richmond University Medical Center</b>	Post-COVID-19 Care Center	288 Kissel Ave., Staten Island, NY 10310	718-818-1500	<a href="https://rumcsi.org/postcovidcare">rumcsi.org/postcovidcare</a>
<b>Northwell Health</b>	Staten Island University Hospital Post-COVID Recovery Center	475 Seaview Ave., Staten Island, New York 10305	718-226-6494	<a href="https://siuh.northwell.edu/post-covid-recovery-center">siuh.northwell.edu/post-covid-recovery-center</a>
<b>Sedi diverse dentro e fuori NYC</b>				
<b>Motion PT Recovery</b>	Post-Acute COVID Recovery Program Clinics	Sedi diverse e opzioni virtuali	347-745-0122	<a href="https://motionptg.com/post-covid-recovery-program">motionptg.com/post-covid-recovery-program</a>
<b>Mount Sinai Trusted Rehabilitation Network</b>	Post-COVID Rehabilitation Clinics*	Sedi diverse, opzioni virtuali e a domicilio	646-689-3276	<a href="https://mountsinai.org/care/rehab-medicine/services/physical-occupational-therapy/provider-network">mountsinai.org/care/rehab-medicine/services/physical-occupational-therapy/provider-network</a>  *Gli ambulatori saranno indicati come <b>specializzati in COVID</b>
<b>SPEAR Physical Therapy</b>	COVID-19 Rehabilitation Therapy	Sedi diverse	646-528-5554	<a href="https://spearcenter.com/service/covid-rehab-breathing-exercises">spearcenter.com/service/covid-rehab-breathing-exercises</a>
<b>NYC Langone Health</b>	NYU Post-COVID Care Program	Sedi diverse	212-263-6115	<a href="https://nyulangone.org/locations/post-covid-care-program">nyulangone.org/locations/post-covid-care-program</a>
<b>New York Presbyterian Health System</b>	Columbia Primary Care Post-COVID Care Program	Sedi diverse	844-387-2273	<a href="https://columbiadoctors.org/specialties/primary-care/post-covid-care">columbiadoctors.org/specialties/primary-care/post-covid-care</a>

Il Dipartimento di salute di NYC potrà modificare le raccomandazioni in base all'evolversi della situazione.

6.1.2022