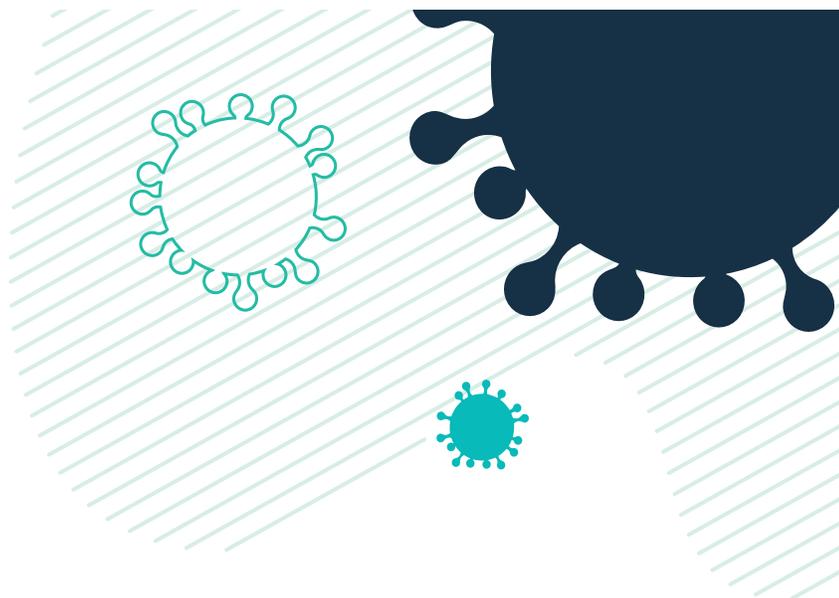


COVID-19



Smell disturbance in people with post-COVID-19 condition

TIPS AND SOLUTIONS



Québec 

SENSE OF SMELL

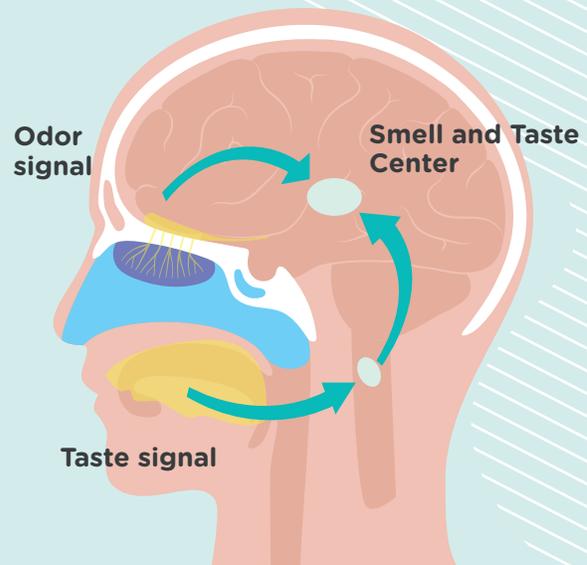
One of the recognized symptoms of COVID-19 is a disturbance in the sense of smell.

The **FOUR** most common types of disturbance are:

- **ANOSMIA:** total loss of smell
- **HYPOSMIA:** partial loss of smell
- **PAROSMIA:** distortion of an odor into another, usually unpleasant odor
- **PHANTOSMIA:** the equivalent of olfactory hallucination or the perception of odors that are not present

This change can have several impacts:

- o Loss of taste perception
- o Loss of appetite and pleasure in eating
- o Weight loss
- o Depression



IS ANOSMIA TREATABLE?

Unfortunately, there is still no medication or treatment to cure the anosmia that occurs as a result of COVID-19.

This does not mean that nothing can be done. **The nose can be retrained to recognize smells.**

This guide explains how to gradually regain your sense of smell.

OLFACTORY REHABILITATION PROTOCOL

This protocol consists of daily olfactory exercises that stimulate the olfactory neurons located in the nasal cavity.

Expected duration:
minimum of 12 weeks

Required materials:

- 6 identical Mason® jars with identical lids.
- Essential oils:
 - Lemon (citronella)
 - Clove
 - Rose or rose geranium
 - Eucalyptus
 - Peppermint
- Coffee beans.
- Labels to identify the jars.



Jar preparation

- Put ground coffee beans in one of the pots.
- In each of the remaining five jars:
 - Put 50 mL of water in the jar.
 - Choose an essential oil and add 20 drops (about 1 mL) to the jar.
 - Label the bottom of the jar with the name of the essential oil.
 - You should not be able to read the label without turning the jar upside down.

Starting the exercises

The exercises are done **twice a day:**

- In the morning on an empty stomach, before eating or drinking; and
- In the evening, before supper.
- Each exercise lasts from 2 to 5 minutes.

How to do the exercises

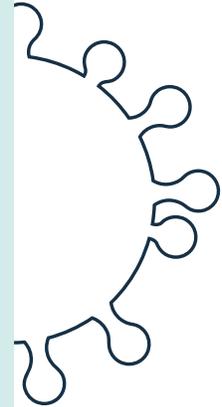
- Choose a quiet place with no particular odours that could disturb the test (avoid the kitchen).
- Shake each jar without looking at the labels.
- Choose a jar at random:
 - Open the jar without looking at the label.
 - Hold the jar about 2 cm under your nose.
 - Sniff the contents by sweeping the jar from right to left for about 30 seconds.
- Repeat the exercise with each of the jars.

After two weeks, the intensity of the odours will diminish. Then you will have to clean the jars and prepare a new batch.

OBSERVATIONS

Recording your observations in a notebook to see your progress could be a source of motivation.

	No odour perception	Impression of odour perception	Definitely perceived an odour
Day # _____ Time : <input type="checkbox"/> morning <input type="checkbox"/> evening			
Day # _____ Time : <input type="checkbox"/> morning <input type="checkbox"/> evening			



CAUTION

You must check your smoke detector's batteries and determine that it functions properly.

If something happens, you might not be alerted by the odours!

AUTHOR

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REVISION AND LAYOUT

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