



Long COVID Service

Therapy Appointment Information





Following your appointment with specialist doctors from the Long COVID service you have now been referred for a therapy assessment. The therapy team includes Occupational and Physiotherapists and your initial appointment will be with either a Physiotherapist or Occupational Therapist.

What can we do to help?

People living with Long COVID are experiencing lots of different symptoms. Some of which can be very distressing and debilitating. Lots of these symptoms can be managed through therapeutic techniques.

Some common symptoms we may help support you with are:

You might be experiencing some or all of these symptoms – everybody's experience is different

- Fatigue *including post exertional malaise*
- Breathlessness
- Altered cognition *including brain fog*
- Sleep disturbance *including sleeping too much or too little*
- Pain
- Difficulties with work *lots of people living with Long COVID struggle to return to work*
- Altered ability to exercise



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www.cdft.nhs.net



What to expect?

Your first appointment with the therapy team will normally be face to face. This appointment may last around 50 minutes, however this will depend on your symptoms and will be guided by you.

After your first appointment, if you require follow up this might be done face to face, virtually or within a virtual group intervention. This will depend on your individual symptoms. Our aim of rehabilitation is to support and educate you about resuming everyday activities within your limitations.

Some management interventions might include:

- Virtual education group
- Fatigue management, energy conservation and pacing strategies
- Strategies to manage cognition including brain fog
- Breathing re-education and training
- Pain management strategies
- Relaxation techniques

What will happen now?

You will receive a letter in the post with an appointment to see a member of the therapy team. The therapy team are integrated into the Long COVID service and will discuss any concerns with the multidisciplinary team throughout your care.



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Whilst you are under our care if you need to contact the team,
please email us at:

cddft.long-covidteam@nhs.net

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Further Resources

- www.yourcovidrecovery.nhs.uk
- Mind. Coronavirus and your mental health:
<https://www.mind.org.uk/information-support/coronavirus/>
- Royal college occupational therapy site for managing fatigue post COVID:
<https://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy>
- Living with worry and anxiety amidst global uncertainty:
<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
- Mental Health Foundation. How to look after your mental health during the coronavirus outbreak. <https://www.mentalhealth.org.uk/coronavirus>



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