



Long COVID Service

Pre Appointment Information



You have been referred to the Long COVID Service by your doctor. This information leaflet will provide some more information about what that means and what you can expect from the Long COVID Service.

What is Long COVID?

Following the initial COVID 19 infection some people continue to have symptoms for longer than others. When the symptoms last for longer than 12 weeks this could be called Long COVID or Post COVID Syndrome. The exact number of people who are experiencing Long COVID is unknown, we think this may effect up to 1 in 10 people.

Some common symptoms of Long COVID include:

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

- Fatigue
- Breathlessness
- Fast heart beat (or palpitations)
- Altered Cognition or Brain Fog (affecting memory, thought processing, attention)
- Altered Taste or Smell
- Anxiety
- Low Mood
- Change in Sleep Pattern



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About the Long COVID Service

Most people who develop COVID 19 improve with time and support from their GP. However when symptoms don't improve after about 12 weeks you may need more specialist help. The Long COVID Service aims to work with you to understand your individual experience and develop a plan to help you.

The Long COVID Service is a multidisciplinary team including:

- Specialist doctors/consultants
- Occupational therapists
- Physiotherapists
- Psychological therapists
- Wellbeing for life

What will happen now?

Once your doctor has referred you to the Long COVID Service you will have an initial assessment appointment which will take place in the hospital and may be with 1 or 2 specialist doctors. During this appointment the aim is to explore your current symptoms and how these symptoms are impacting on your life.

Following this assessment appointment the information will be discussed with the specialist multidisciplinary team and a treatment plan will be developed. Some people may require further tests or assessments. You may be referred to occupational therapy, physiotherapy or psychological therapy (or a combination of these). You and the person who referred you to the service will receive information about this plan.



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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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