

Long Covid Service –

Questions and answers for patients

What is Long Covid?

Most people who have had COVID-19 usually get better after a few weeks. For some, though, it may take a lot longer to recover with the virus having a much greater effect on their day-to-day lives. This is called Long Covid. The condition is sometimes also called post-acute Covid 19 syndrome or post-Covid syndrome. If you would like to learn more about Long Covid, and how to manage it the “Your Covid Recovery” website is a good place to start. www.yourcovidrecovery.nhs.uk

What are the common symptoms of Long Covid?

Here are some of the main symptoms to look out for but you may experience others, as they can be wide-ranging and fluctuate. Please discuss any concerns you may have with your clinician.

- Respiratory symptoms – breathlessness; cough, phlegm or mucus
- Cardiovascular symptoms - chest tightness or pain; heart racing or pounding
- General symptoms – feeling tired; fever; joint and muscle pain
- Neurological symptoms – trouble remembering or learning new things; headache; sleep disturbance; changes in physical co-ordination; pins and needles and numbness; dizziness
- Gastrointestinal symptoms - abdominal pain, nausea, diarrhoea; anorexia and reduced appetite;
- Psychological or psychiatric symptoms - symptoms of depression/symptoms of anxiety
- Ear, nose and throat symptoms – buzzing in your ears or earache, sore throat; dizziness; loss of taste and/or smell
- Dermatological - skin rashes

How should I seek additional help if I think I need it?

You should contact your GP practice, as a GP or Clinician at the practice will need to physically assess you and discuss how you are feeling.

The GP may want to refer you for tests that relate to how you are feeling. If needed this may include a heart tracing (ECG), blood tests or chest x-ray.

Once the GP has excluded other potential health causes, they may refer you to the Long COVID service.

What happens if you are referred to our Long Covid service?

We will give you access to a new digital assessment form, so that you can tell us how you feel, and what you would like to achieve from working with us. The assessment questionnaire includes physical, psychological, emotional and social questions to assist us to decide which services may be of most benefit to you.

Once we have received the information, we will arrange an assessment appointment with you to discuss the next steps, which may include:

- 'Living with Covid' App to support, monitor and track your progress
- Onward referral to another service
- Goal setting with one of the clinical team
- Access to a time limited rehabilitation program dependant on identified needs

We work as a multidisciplinary team to help you develop a plan to manage your condition and improve your wellbeing.

What other services may get involved to help?

Within our area we have a variety of specialist services that can support in your journey back to feeling well again. They can work together to support you and may include:

Well-being coaches	Physiotherapy	Social Prescribing teams/ Social Support groups
Heart and Lung Specialists	Occupational therapy	Psychological therapy

This information has been developed by the HIOW Integrated Care System and personalised by your local service. The service providers are Solent NHS Trust Southern Health Foundation Trust and Isle of Wight NHS Trust.

Useful contacts

NHS Your Covid Recovery	www.yourcovidrecovery.nhs.uk
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If you require this document in another format such as **large print** or audio or in another language, please let us know by contacting: andoverhc@nhs.net 01264 321550.