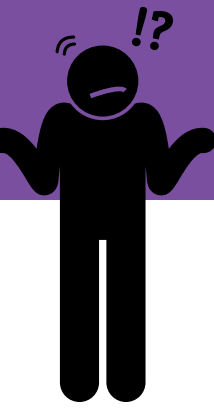




# REFERRING TO LONG COVID SERVICE



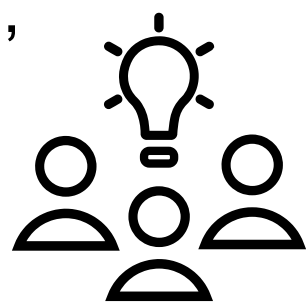
## What is Long COVID?

- Signs & symptoms that develop during or after infection consistent with COVID-19
- \*Persistent for 12 weeks+



## Typical symptoms

- Clusters of symptoms, often overlapping
- Fluctuate & change over time
- Can affect any system in the body
- Common symptoms; fatigue, cognitive dysfunction, breathlessness, palpitations, dizziness, taste & smell changes, pain, post-exertional symptoms, emotional changes, allergy symptoms



## How to refer

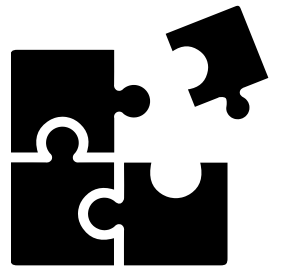
- We accept referrals from 4 weeks post-infection
- Patients with specific physical symptoms should be investigated appropriately in Primary Care & referred to Secondary Care clinic if required
- Please refer to Remedy for mandatory investigations & suggestions for specific symptoms
- Mandatory blood tests within 6 months

[www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)

## Long COVID Service

- Therapy based, biopsychosocial approach
- Multi-disciplinary team, including GP with special interest in Long COVID
- Assessment of needs
- Signposting onto rehabilitation pathways
- Positive COVID-19 test not essential to access service
- \*Referrals accepted four weeks post-acute infection for individuals significantly impacted

## What we offer



- Holistic assessment
- Remote guidance from GP with specialist interest in Long COVID
- Fatigue & activity management, vocational rehab & support with return to work
- PoTS assessment & management advice
- Dysfunctional breathing clinic
- Signposting to self-management resources
- Onward referral to appropriate therapeutic pathways if required
- Close links with services including Bristol ME/Fatigue service, Pulmonary Rehab, Talking Therapies

## Scan for more info



NICE Guidelines



Remedy BNSSG