

Post-Covid Service

Information for patients



What is Post-Covid syndrome?

Post-Covid syndrome (also known as 'Long Covid') is a varied condition that affects people in many ways and often varies from day to day. It is defined as a collection of symptoms that have developed since catching Covid and remain for more than 12 weeks.

The team

We have highly-skilled physiotherapists, occupational therapists, rehabilitation assistants, peer support workers and a team of experienced medical professionals including consultants and specialist GPs who provide care and support to our service users. Our clinicians will guide you through your individualised rehabilitation plan to empower and enable you to take charge of your own recovery.

What happens when you are referred to our service?

The first thing we will do is carry out an initial assessment with you to hear and fully understand how your symptoms are affecting you. This consultation is usually done by one of our specialist clinicians via video. We can offer a telephone or face-to-face consultation if appropriate. We recommend that you prepare for this appointment by reporting your symptoms on the C-19 YRSm app - an online tool that we use as a resource and monitoring tool for all our patients. Doing so helps the clinician to prepare ahead for the session.

At the end of the consultation we will talk about and review your symptoms. The clinician will discuss with you the rehabilitation and management pathways available to support your recovery. You will have the opportunity to agree and decide on the appropriate pathway for you with support and guidance from the clinician.

What we offer

We offer a wide range of interventions:

- Nine weeks' virtual self-management programme
- Six weeks' fatigue management group programme
- Six weeks' vocational rehabilitation group programme
- Six weeks' virtual exercises group
- Six weeks' home exercise programme
- Drop-in breathing workshops
- One-to-one respiratory and neuro-physiotherapy input
- One-to-one occupational therapy input
- Peer support group
- Specialist GP input

Our clinicians will guide you through your individualised rehabilitation plan to empower and enable you to take charge of your own recovery. It is important to understand that not everyone will be offered the same input as each person experiences Long Covid differently. The clinician at your assessment will discuss with you and decide the most appropriate pathway for you and your symptoms.

How long will it take for me to get back to 'normal'?

Recovery is individual and there is no timeline for when the symptoms will go. We understand the frustration of living with these symptoms. The symptoms can also vary, so not everyone is affected in the same way. It's important not to compare yourself to others. Our clinicians are experienced and can help you to manage the symptoms in the best way.

Are there any experimental treatments you can offer?

Currently, there are no evidence-based medical treatments for Post-Covid Syndrome. There is a lot of information about new treatments available on the internet and social media, but these treatments have not been tested in vigorous scientific trials. Subsequently, NHS England has yet to approve any medical treatments for Post-Covid Syndrome; therefore, we cannot prescribe experimental treatments.

There are vast amounts of ongoing research worldwide. If you have questions about any of these, you can speak to the team who will be happy to discuss this with you. The treatment offered by our Post-Covid Service follows the current guidance from the National Institute for Health and Care Excellence (NICE).

What can family, friends and employers do to help?

Sufferers of Post-Covid Syndrome can experience a wide range of fluctuating symptoms that can have a big impact on their lives. Naturally, this will often affect their family, friends, loved ones, their work and hobbies that make them the person they are. This can be really hard, but families, friends and work colleagues are vital in helping recovery.

A supportive and non-judgemental attitude is really helpful. It can be useful for family to understand the illness and we are therefore happy (with your consent) for family members to sit in with you for appointments.



Further information

Please consider having a look at some websites our patients have found useful:

www.yourcovidrecovery.nhs.uk/

<https://www.longcovid.org/>

<https://longcovid.physio/>

www.physiotherapyforbpd.org.uk/wp-content/uploads/2017/06/Post-Covid-Syndrome- breathing-final.pdf



Contact us

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Leaflet updated: May 2024

Leaflet review date: May 2025



Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail palsandcomplaints@cpft.nhs.uk

If you feel you are in a mental health crisis

Please call NHS 111 and select the mental health option

Trust HQ:

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