

Mid and South Essex Long COVID Service

Patient Information

Mid and South Essex
Long COVID Service



What is Long COVID?

Long COVID (otherwise called “**Post COVID Syndrome**”) is a health condition that affects people in **many ways** varying from day to day. It is defined as a **collection of signs** and **symptoms** that develop during or after **COVID-19** and continue for **more than 12 weeks** and are **not explained** by an alternative diagnosis.

In March 2023, the Office for National Statistics reported that an estimated 1.9 million people in the UK (2.9% of the population) were experiencing self-reported Long COVID symptoms for more than four weeks after confirmed or suspected COVID-19 infection.

What are the most common signs and symptoms of Long COVID?

There are other symptoms, and you may be experiencing a combination of symptoms, which fluctuate. Some are more common than others and it is important to remember that no two people are affected in the same way.



What is the Mid and South Essex Long COVID Service and how can we help you?

We are a team of doctors, nurses, physiotherapists, occupational therapists, clinical psychologists, speech and language therapists and other health professionals, who deliver treatment that aims to help people's recovery and help them manage their condition. We do this through assessment, advice, education, rehabilitation and support groups (where you can chat with other patients), We also have a co-production group, where clinicians and patients work together to shape and improve the range of treatment options available to people with Long COVID.



What happens when you are referred to Mid and South Essex Long COVID Service?



First, we'll check your GP record to make sure you've had other problems ruled out and that this is the **right service for you**. We will then contact you, asking you to complete some questionnaires.



This is usually done through the **C-19 YRS app**. If you are willing and able use the app, you will be sent details of how to download it on your phone or access the website online. This will include a username and password that are specific to you. There are also YouTube video guides available to show you how to get the most out of the app, or telephone support is available.



The **C-19 YRS website/app** can also be used as part of your Long COVID recovery, allowing both you and clinicians to track your progress and providing useful tools to help you to self-manage your symptoms. There is also information that will help your family/carers to support you.



The **first step on your road to Long COVID Recovery** is to complete the **questionnaires**, so please do this as soon as you are able. You can then book your first assessment and the questionnaire results will provide our clinicians with vital information about how COVID has impacted on you, ie, your symptoms, functional disability and overall state of your health. This will ensure that you **get the most out of the assessment** and that all future treatment is **tailored to you as an individual**.



'I would like to thank everyone that has helped me for their kindness, support and understanding and for sharing their extensive knowledge. From the point of view of a patient and a nurse, I have learnt a huge amount and it has helped me so much already.'

Your First Appointment

This will most likely be a **video call** with one of our clinicians. If you are not comfortable with using technology, we do offer some face-to-face assessment appointments.

If you feel you need **help** with using the C-19 app or completing the questionnaires, or have any questions, please call the Care Coordination Centre on 📞 **0300 1310111** or email 📧 **provide.askus@nhs.net**

