

Long COVID Services in City and Hackney

Information for patients and relatives

This leaflet outlines the services supporting patients with Long COVID and how to access them if you are having ongoing symptoms.

COVID-19 is a highly contagious virus that mainly affects the lungs. It is transmitted through droplets created from sneezing and coughing from those who have the infection. The virus enters the body through the nose, mouth and eyes.

What is Long COVID?

It is estimated that one in 10 people have ongoing symptoms from the time they initially become unwell with the virus for 12 weeks or longer. Long COVID is diagnosed when these lasting symptoms cannot be explained by an alternative diagnosis. Symptoms can vary a lot, fluctuate over time and may have an impact on your ability to do your day-to-day activities.

Being diagnosed with Long COVID does not seem to be linked to how ill you were when you first got the virus. As this is a new condition, lots of research is being done to better understand what causes it and how to help people living with it.

Common symptoms include:

- extreme tiredness
- depression and anxiety
- breathlessness
- fast heart beat
- widespread pain
- chest pain or tightness
- changes in taste and smell
- changes in sleep/difficulty sleeping
- pins and needles
- difficulty concentrating and memory (“brain fog”)

Please note: there are many others symptoms which might not be listed. If you are experiencing any ongoing symptoms, it is important to contact your GP to discuss these further.

Your GP will discuss your symptoms with you in more detail. They will take your blood pressure, check your pulse rate, listen to your chest and check your oxygen levels. You will be asked to have a blood test and may also be sent for other investigations such as a chest x-ray or heart scan before being referred to the Long COVID Service.

City and Hackney Long COVID Services

If you and your GP think you have Long COVID; you are aged 18 years and above; with symptoms which are having an impact on your everyday life, then you may benefit from a referral to the Long COVID service. The service is made up of two parts:

1. The Post-COVID Specialist Assessment Clinic
2. The COVID Rehabilitation (CoRe) Service

Please note: we only accept referrals from City and Hackney GPs. Once your referral has been accepted, the team will decide which part of the service will be most appropriate for you.

Post-COVID Specialist Assessment Clinic

The clinic is based at the Homerton Hospital and co-led by a respiratory consultant and respiratory physiotherapist. At this clinic, your symptoms will be assessed to see if further investigations or an onward referral to another care speciality is required.

COVID Rehabilitation (CoRe) Service

Based at St. Leonard's, the CoRe Service provides assessment and treatment from different therapists working within the team. The team is currently made up of: psychological therapists, physiotherapists and an occupational therapist.

The team will work with you to:

- understand your symptoms
- learn ways to manage your symptoms
- manage difficult thoughts and feelings
- identify and work towards goals
- setback planning

Treatment options include:

- an online group programme
- standalone workshops
- one-to-one sessions with a physiotherapist, occupational therapist or a psychological therapist
- enrolment onto the Living With COVID Recovery app
- signposting to other community services

These may be provided in person, over the phone or by video call.

Where can I get further information?

More information can be found at NHS - Your Covid Recovery:

www.yourcovidrecovery.nhs.uk/

How to contact us

Post - COVID Specialist Assessment Clinic

Homerton University Hospital, Homerton Row, E9 6SR

: 020 7683 4336

: huh-tr.post.covidclinic@nhs.net

COVID Rehabilitation (CoRe) Service


St. Leonard's, Nuttall Street, N1 5LZ


: 020 7683 4336

: huh-tr.candhcore@nhs.net

Patient Advice and Liaison Service (PALS)

PALS can provide information and support to patients and carers and will listen to your concerns, suggestions or queries. The service is available between 9am and 4pm.

 (Telephone) 020 8510 7315


 (Textphone) 07584 445 400

 (Email) huh-tr.pals.service@nhs.net

If you want this information in large print, easy read, plain text, audio or braille please contact Patient Information on 020 8510 5302 or email: huh-tr.patientinformation@nhs.net
This information may also be available in other languages.

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