

Long Covid Rehabilitation

Most people's symptoms of Covid-19 resolve within a few weeks although some people may experience persisting or new symptoms after this initial time period.
This is referred to as Long Covid.

Long Covid symptoms include those that develop during or after a Covid-19 infection that are consistent with symptoms. These continue for more than 12 weeks and are not explained by another cause.

Long Covid can affect anyone who has had Covid-19 regardless if you were seriously unwell or had mild symptoms.

There is no 'cure' for Long Covid currently, however we know that by looking at symptoms we can help with symptom management and improve people's quality of life

The condition is usually made up from common symptoms, these can affect any system in the body. The most common symptoms are listed below. There are more that are not listed.

Fatigue	Difficulty Sleeping
Breathlessness & Cough	Dizziness
Loss of smell and taste	Anxiety
Muscle pain	Depression
Chest pain	Problems with speech
Problems with memory and/or concentration – referred to as 'Brain Fog'	

If you want to find out more or are unsure whether to seek help for your symptoms, please visit [NHS Inform's Long Covid page](#) for more detailed guidance.

Long Covid is still a relatively new condition with an emerging evidence base. Lanarkshire's current advice and support has been informed by the Scottish Intercollegiate Guidelines Network, specifically their guideline on [Managing the long-term effects of COVID-19](#).

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NHS Lanarkshire's Long Covid Rehabilitation Pathway -

For some people, their symptoms of Long Covid are too severe or will not respond to self-management alone. These people may benefit from more targeted rehabilitation by attending a group programme or more focused 1:1 sessions.

People can only be referred for rehabilitation by their health or care professional (such as a GP, physiotherapist, social worker). Once referred, we ask you to complete some questionnaires that help us understand your symptoms and experience better.

This gives us the information we need to best plan your rehabilitation journey supported by our specialist team made up of the following health professionals:

Dieticians

Occupational Therapists

Physiotherapists

Psychological Practitioners

Speech and Language Therapists

Please note that waiting times are approximately 10-12 weeks for a routine referral

What can help you manage your Long Covid?

Many of the symptoms of Long Covid can respond well to some simple actions and strategies.

NHS Lanarkshire have developed the '[My Long Covid Self-Management Workbook](#)' to give you the information and tools you need to support your recovery. We recommend following the guidance in this workbook for at least 3 months before you may notice some change.

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Helpful Websites for further support -

NHS inform

<https://www.nhsinform.scot/long-covid>

Chest Heart & Stroke Scotland

<https://www.chss.org.uk/coronavirus/coronavirus-information-and-support/long-covid/>

Long Covid Scotland – support network/group

<https://www.longcovid.scot/support>

If you are experiencing fatigue:

Post viral-fatigue and conserving energy – Royal College of Occupational Therapy:

<https://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy>

If you are experiencing breathlessness:

Resources for Breathing Pattern Disorders

<https://www.physiotherapyforbpd.org.uk/>