

## **Patient Information Leaflet Wandsworth and Merton Post Covid Assessment Service**

Post-COVID syndrome or “Long Covid” is defined as signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by an alternative diagnosis. We currently accept referrals for anyone with ongoing signs and symptoms from 4 weeks following their initial suspected COVID-19 infection. Symptoms are wide-ranging and fluctuating, and can include breathlessness, fatigue, “brain fog”, anxiety and stress. Around 20% of people who test positive for covid19 exhibit symptoms for a period of five weeks or more

### **What to expect**

Your GP will need to complete various tests prior to referring to our service. We will endeavour to contact you within 6 weeks from your complete referral being received. You will get a telephone call from a healthcare professional who will undertake a questionnaire to get a clear understanding of how your symptoms are affecting you. This is a primarily virtual and therapist led service.

This will focus on your physical health and general wellbeing such as your behaviour, mood and emotions. Based on this assessment your healthcare professional will discuss with you what further assessment, review, support, rehabilitation you need and how this will be provided.

- Signposting you to other community services if this is needed.
- Provide advice on enhancing your sleep, diet, physical activity and mental wellbeing.
- Providing advice and guidance on your current symptoms
- Introducing you to the Living with Covid Recovery App
- A rehabilitation worker meeting you virtually or face to face to teach you general exercises, breathing exercises or perform functional tests.
- Onwards referral to members of a multi-disciplinary team of healthcare workers.
- Onwards referral to the Specialist Post Covid Assessment Service at St George’s Hospital in select circumstances.

### **Contacting us**

**If your symptoms worsen or you begin to experience any new symptoms, please contact your GP, 111 or 999 in the case of an emergency.**

If you need to contact the Wandsworth and Merton Post Covid Assessment Service please call our admin team on **0333 300 0950, Available 9-5pm, Monday to Friday.**