

Long Covid Clinics

This condition, which is thought to affect more than 60,000 people in the UK, can cause continuing fatigue, brain fog, breathlessness and pain.

One in ten people who get COVID-19 are still unable to shake off the side effects eight weeks after infection.

These new clinics will bring together doctors, nurses, therapists and other NHS staff to physical and psychological assessments of those experiencing enduring symptoms.

Ten sites have been earmarked for the Midlands, seven in the North East, six in the East of England, South West and South East respectively, five in London and three in the North West. We will let you know as soon as we have information about the local provision for the Milton Keynes area.

This service will be available to anyone suffering symptoms that are likely due to COVID-19, regardless of location or whether they have spent time in hospital. It is most likely that patients will access the service through their GP, but they could also be referred through another healthcare professional following assessment. It will provide doctors an opportunity to rule out any other possible underlying causes for symptoms, such as suspected stroke, lung cancers or respiratory conditions.

NHS Chief Executive Sir Simon Stevens said: "Long COVID is already having a very serious impact on many people's lives and could well go on to affect hundreds of thousands. That is why, while treating rising numbers of patients who are sick with the virus and many more who do not have it, the NHS is taking action to address those suffering ongoing health issues."

More recent evidence is also showing that long COVID can be categorised into four different syndromes: post intensive care syndrome, post viral fatigue syndrome, permanent organ damage and long term COVID syndrome.

'Your Covid Recovery' is an online rehabilitation service which provides personalised support to patients. Over 100,000 people have used the online hub since it launched in July.

<https://www.yourcovidrecovery.nhs.uk/>