

HAMPSHIRE AND ISLE OF WIGHT

## Paediatric Long Covid and Chronic Fatigue Multidisciplinary Team

The Children's Long COVID service has been extended until March 2025 and we are now able to expand this to include **children are young people with a diagnosis of ME/CF** (Chronic Fatigue). Solent NHS Trust and partners are now taking referrals from GP's and primary and secondary care networks for children under the age of 18, experiencing ongoing symptoms of persistent fatigue and the impacts from COVID-19.

Our experiences of Long COVID have helped us develop a therapy lead service, demonstrating effective outcomes including a reduction in fatigue, improved sleep and functional gains e.g., increasing school attendance.

The service has been developed to help support and manage children and young people who have a diagnosis of long COVID or Chronic Fatigue; it is not a diagnostic service, and this is why we require all test to be completed, providing as much information as possible. If there is any diagnostic uncertainty a referral to their local paediatric service should be made instead or as well as to this service.

**The primary role of the multidisciplinary team (MDT) is:**

- To undertake virtual assessment (face to face where clinically required)
- To undertake MDT triage that consists of a paediatrician, occupational therapist, physiotherapist and psychologist.
- To work with colleagues in primary Secondary or specialist care services to provide ongoing investigations and support as required
- To provide therapy sessions directly where clinically indicated
- To signpost and support the child and their family to appropriate self-help and to community resources

- Children's fatigue referral form is found on Arden's template under L for Long COVID; referrals can only be accepted when accompanied by full blood tests results (details on the referral form).
- From our experience the earlier we provide the intervention and support the better the outcomes, therefore **early referral is strongly recommended**.
- To enable early support and management please visit resource is below. Families can be signed posted to this to Healthier Together website <https://www.what0-18.nhs.uk/professionals/hospital-staff/safety-netting-documents-parents/resource-pack/chronic-fatigue>.  
And World Health Organisation Patient resource <https://iris.who.int/bitstream/handle/10665/344472/WHO-EURO-2021-855-40590-59892-eng.pdf?sequence=1>

Send completed referrals to

[SolentChildrensTherapyService@solent.nhs.uk](mailto:SolentChildrensTherapyService@solent.nhs.uk)

