



Clinical Rehabilitation Guideline for People with Long COVID

Summary of symptoms and management resources for clinicians

December 2022

This table provides a summary of common symptoms and resources for clinicians supporting people with long COVID, their whānau and carers.

Vaccination	<ul style="list-style-type: none"> The following website has an option for health professionals to make enquiries about specific cases to support complex clinical reasoning. https://www.immune.org.nz/contact-us
Outcome measures	<ul style="list-style-type: none"> The use of specific outcomes measures should align with the recommendations from long-COVID core outcome set Consider paediatric specific core outcome set
Fatigue	<ul style="list-style-type: none"> The Why, When and How of Pacing Long Covid's Most Important Lesson here https://www.youtube.com/watch?v=gUPvNwvkOIA
Breathing pattern disorder	<ul style="list-style-type: none"> https://longcovid.physio/breathing-pattern-disorders
Cough	<ul style="list-style-type: none"> the Leicester cough questionnaire can be found here http://centerforcough.com/wp-content/uploads/2015/01/leicester-cough-quest.pdf Information for individuals and whānau can be found here https://www.nhsinform.scot/long-term-effects-of-covid-19-long-covid/signs-and-symptoms/long-covid-cough/ and here https://theconversation.com/still-coughing-after-covid-heres-why-it-happens-and-what-to-do-about-it-179471
Thought processing, memory and 'brain fog'	<ul style="list-style-type: none"> A range of resources for occupational therapy practitioners supporting people to manage Long-COVID syndrome, and those who are experiencing Long Covid themselves. https://www.rcot.co.uk/post-covid-syndrome-long-covid
Sleep issues	<p>Resources for patients including children and young people can be found below:</p> <ul style="list-style-type: none"> Resources from Sleep Foundation https://www.sleepfoundation.org/ Resource on sleep for children and teenagers can be found here https://www.sleepfoundation.org/children-and-sleep <ul style="list-style-type: none"> and here https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/sleeping/helping-young-children-sleep-better#:~:text=Bedtime%20routine&text=Quiet%20activities%20are%20good%20before,it%20is%20time%20to%20sleep. and here https://www.yourcovidrecovery.nhs.uk/children-and-young-people-with-covid/sleeping-well/ Information on how much sleep do children need can be found here https://www.sleepfoundation.org/children-and-sleep/how-much-sleep-do-kids-need

	<ul style="list-style-type: none"> and here https://www.healthnavigator.org.nz/healthy-living/s/sleep-and-children/#:~:text=Sleep%20is%20important%20for%20restoring,%2C%20health%2C%20wellbeing%20and%20weight
Post-exertional malaise and post-exertional symptom exacerbation	<ul style="list-style-type: none"> Information for clinicians can be found here https://www.jospt.org/doi/10.2519/jospt.blog.20220202 Helpful poster can be found here https://workwellfoundation.org/wp-content/uploads/2021/03/HRM-Factsheet.pdf Information on fatigue and PESE can be found here https://world.physio/sites/default/files/2021-06/WPTD2021-InfoSheet3-Fatigue-and-PESE-Final-A4-v1.pdf Pacing information can be found here https://longcovid.physio/pacing How to conserve energy information can be found here https://www.rcot.co.uk/conserving-energy – see here for a downloadable poster (How to conserve energy guide link at bottom of the page in previous link) How to manage post-viral fatigue after COVID-19 can be found here https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-covid-19-0 Top ten energy saving tips can be found here https://workwellfoundation.org/wp-content/uploads/2020/09/Top-Energy-Saving-Tips.pdf Additional information links are available on long COVID Physio website here https://longcovid.physio/ Resources specific to children can be found here (pacing penguins) https://www.longcovidkids.org/_files/ugd/eabf28_ab86649a5dcf4f67bd07a7f4f953c08b.pdf and here (cautious tortoise) https://www.longcovidkids.org/_files/ugd/eabf28_b3a244eaf8a44278b746a1a260bc67a8.pdf Resources to share with teachers can be found here https://www.longcovidkids.org/post/long-covid-kids-back-to-school-tips-for-teachers
Dysautonomia, orthostatic intolerance and postural orthostatic tachycardia syndrome	<ul style="list-style-type: none"> Further information for clinicians can be found here https://www.potsuk.org/pots-for-medics/gp-guide/
Communication or swallowing issues	<ul style="list-style-type: none"> Resource from the New Zealand Speech Language therapists' association can be found here https://speechtherapy.org.nz/for-whanau/resources-for-whanau-and-carers/
Care plans and action plans	<ul style="list-style-type: none"> Examples for patient use can be found here https://www.healthnavigator.org.nz/healthy-living/c/care-plans-and-action-plans/
Children and young people	<ul style="list-style-type: none"> Kids Health is an Aotearoa New Zealand site which also has information on recovering from COVID including long COVID for individuals and whānau here https://www.kidshealth.org.nz/recovering-covid-including-long-covid



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