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| Clinical Rehabilitation Guideline for People with Long COVIDSummary of symptoms and management resources for people and whānau | December 2022 |

This table provides a summary of common symptoms and resources to support people with long COVID, their whānau and carers.

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| **Issues with mental health and wellbeing** | * Resources for patients can be found [here](https://mentalhealth.org.nz/) [**https://mentalhealth.org.nz/**](https://mentalhealth.org.nz/)
* and [here](https://www.healthnavigator.org.nz/healthy-living/m/mental-health/) [**https://www.healthnavigator.org.nz/healthy-living/m/mental-health/**](https://www.healthnavigator.org.nz/healthy-living/m/mental-health/)
* Helpline numbers
* The team at 1737 are available to free call/text 24/7.
* Healthline 0800 611 116
* COVID Healthline 0800 358 5453
* Government helpline 0800 779 997
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| **Fatigue**  | * [pacing activities](https://longcovid.physio/fatigue)[**https://longcovid.physio/fatigue**](https://longcovid.physio/fatigue)
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| **Link to find …** | * Occupational Therapist [here](https://www.otnzwna.co.nz/find-an-occupational-therapist/) [**https://www.otnzwna.co.nz/find-an-occupational-therapist/**](https://www.otnzwna.co.nz/find-an-occupational-therapist/)
* Physiotherapist [here](https://physio.org.nz/#find-a-physio) [**https://physio.org.nz/#find-a-physio**](https://physio.org.nz/#find-a-physio)
* Speech Language Therapists [here](https://speechtherapy.org.nz/find-a-therapist/resources-for-families/) [**https://speechtherapy.org.nz/find-a-therapist/**](https://speechtherapy.org.nz/find-a-therapist/)
* Dietitian [here](https://dietitians.org.nz/find-a-dietitian/) [**https://dietitians.org.nz/find-a-dietitian/**](https://dietitians.org.nz/find-a-dietitian/)
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| **Breathing pattern disorder** | * <https://longcovid.physio/breathing-pattern-disorders>
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| **Cough** | * 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/) [**https://www.nhsinform.scot/long-term-effects-of-covid-19-long-covid/signs-and-symptoms/long-covid-cough/**](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) [**https://theconversation.com/still-coughing-after-covid-heres-why-it-happens-and-what-to-do-about-it-179471**](https://theconversation.com/still-coughing-after-covid-heres-why-it-happens-and-what-to-do-about-it-179471)
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| **Sleep issues**  | * Resource on sleep for children and teenagers can be found here <https://www.sleepfoundation.org/children-and-sleep>
* 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**](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/**](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**](https://www.sleepfoundation.org/children-and-sleep/how-much-sleep-do-kids-need)
* 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**](https://www.healthnavigator.org.nz/healthy-living/s/sleep-and-children/#:~:text=Sleep%20is%20important%20for%20restoring,%2C%20health%2C%20wellbeing%20and%20weight)
* Resources for patients including children and young people can be found below:
* Resources from[Sleep Foundation](https://www.sleepfoundation.org/) [**https://www.sleepfoundation.org/**](https://www.sleepfoundation.org/)
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| **Post-exertional malaise / post-exertional symptom exacerbation**  | Individuals who experience a worsening of symptoms following exercise should seek advice from their family doctor or a physiotherapist. Graded exercise therapy may not be an appropriate treatment option and can cause harm to some people with Long COVID* Post exercise malaise (PEM), information can be found [here](https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-exercise/)[**https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-exercise/**](https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-exercise/)
* 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) [**https://world.physio/sites/default/files/2021-06/WPTD2021-InfoSheet3-Fatigue-and-PESE-Final-A4-v1.pdf**](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) [**https://longcovid.physio/pacing**](https://longcovid.physio/pacing)
* How to conserve energy information can be found [here](https://www.rcot.co.uk/conserving-energy) [**https://www.rcot.co.uk/conserving-energy**](https://www.rcot.co.uk/conserving-energy) – see [here](https://www.rcot.co.uk/file/6694/download?token=sbwRd3Y0) 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) [**https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-covid-19-0**](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) [**https://workwellfoundation.org/wp-content/uploads/2020/09/Top-Energy-Saving-Tips.pdf**](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/) <https://longcovid.physio/>
* Resources specific to children can be found [here](https://www.longcovidkids.org/_files/ugd/eabf28_ab86649a5dcf4f67bd07a7f4f953c08b.pdf) (pacing penguins) [**https://www.longcovidkids.org/\_files/ugd/eabf28\_ab86649a5dcf4f67bd07a7f4f953c08b.pdf**](https://www.longcovidkids.org/_files/ugd/eabf28_ab86649a5dcf4f67bd07a7f4f953c08b.pdf)
* and [here](https://www.longcovidkids.org/_files/ugd/eabf28_b3a244eaf8a44278b746a1a260bc67a8.pdf) (cautious tortoise) [**https://www.longcovidkids.org/\_files/ugd/eabf28\_b3a244eaf8a44278b746a1a260bc67a8.pdf**](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) [**https://www.longcovidkids.org/post/long-covid-kids-back-to-school-tips-for-teachers**](https://www.longcovidkids.org/post/long-covid-kids-back-to-school-tips-for-teachers)
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| **Dysautonomia, orthostatic intolerance and postural orthostatic tachycardia syndrome** | * Resources for patients can be found[here](https://www.potsuk.org/managingpots/)[**https://www.potsuk.org/managingpots/**](https://www.potsuk.org/managingpots/)
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| **Communication or swallowing issues** | * Resource from the New Zealand Speech Language therapists’ association can be found [here](https://speechtherapy.org.nz/for-whanau/resources-for-whanau-and-carers/) [**https://speechtherapy.org.nz/for-whanau/resources-for-whanau-and-carers/**](https://speechtherapy.org.nz/for-whanau/resources-for-whanau-and-carers/)
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| **Headache**  | * Practising [self-care](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#self-care) [**https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#self-care**](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#self-care)
* [sleep schedule](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#sleep) [**https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#sleep**](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#sleep)
* [pacing](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#fatigue) technique [**https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#fatigue**](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#fatigue)
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| **Taste or smell issues** | * information for patients can be found [here](https://www.yourcovidrecovery.nhs.uk/i-think-i-have-long-covid/effects-on-your-body/taste-and-smell/) [**https://www.yourcovidrecovery.nhs.uk/i-think-i-have-long-covid/effects-on-your-body/taste-and-smell/**](https://www.yourcovidrecovery.nhs.uk/i-think-i-have-long-covid/effects-on-your-body/taste-and-smell/)
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| **Muscle and joint pain**  | * Gentle exercise resources for patients can be found [here](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#exercise) [**https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#exercise**](https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#exercise)
* and videos links below

| **Time** | **Type of exercises** | **Link**  |
| --- | --- | --- |
| 18mins | Chair shaped: Seated & standing options for posture work | [**https://youtu.be/2r4cRTMYZUo**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYDXdrgARpA&u=https%3a%2f%2fyoutu%2ebe%2f2r4cRTMYZUo) |
| 12mins | Easy Sit & Fit 1: General fitness sit or stand | [**https://youtu.be/kko8fMZ212Y**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYDOKoFVL_A&u=https%3a%2f%2fyoutu%2ebe%2fkko8fMZ212Y) |
| 21mins | Easy Sit & Fit 2: General fitness sit or stand | [**https://youtu.be/qr\_rDxkvLbo**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYGSK_QIYpA&u=https%3a%2f%2fyoutu%2ebe%2fqr%5frDxkvLbo) |
| 17mins | Crossing activities: 8mins seated, 8mins standing | [**https://youtu.be/gbb8Ldzsat4**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYGTc_gJJ-w&u=https%3a%2f%2fyoutu%2ebe%2fgbb8Ldzsat4) |
| 20mins | Intro to strength & balance: warm up, 3 strength, 3 balance | [**https://youtu.be/xXrkmfyx4h0**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYDSHqlAdrA&u=https%3a%2f%2fyoutu%2ebe%2fxXrkmfyx4h0) |
| 35mins | Strong & Stable Class 2021, seated or standing  | [**https://youtu.be/WlwHCbfLaxY**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYDeP-QdNqQ&u=https%3a%2f%2fyoutu%2ebe%2fWlwHCbfLaxY) |
| 43mins | Strong & Stable Class 2020, seated or standing | [**https://youtu.be/wmWsa\_TWVsU**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYGeNoQQRpQ&u=https%3a%2f%2fyoutu%2ebe%2fwmWsa%5fTWVsU) |
| 49mins  | Strong & Stable Class 2021 #2, seated or standing  | [**https://youtu.be/zWyeo6b\_4qg**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYDeH_lEQqQ&u=https%3a%2f%2fyoutu%2ebe%2fzWyeo6b%5f4qg) |
| 60mins | Chair yoga including strength & balance, gentle | [**https://youtu.be/r3-S4lBuQ1A**](https://scanmail.trustwave.com/?c=15517&d=p4-G46nh_A8jTmmuValRgH65l_OyIVmTYGWL_gVLpA&u=https%3a%2f%2fyoutu%2ebe%2fr3-S4lBuQ1A) |

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| **Peer support group links**  | * Find peer support, advocacy, information and consultancy services for people affected by mental health and addiction distress [here](https://balance.org.nz/). [**https://balance.org.nz/**](https://balance.org.nz/)
* Find information and advice for people with long-term conditions [here](https://www.healthnavigator.org.nz/healthy-living/l/looking-after-yourself-with-long-term-conditions/). **https://www.healthnavigator.org.nz/healthy-living/l/looking-after-yourself-with-long-term-conditions/**
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| **Care plans and action plans** | * Find examples of care plans for patient use [here](https://www.healthnavigator.org.nz/healthy-living/c/care-plans-and-action-plans/). [**https://www.healthnavigator.org.nz/healthy-living/c/care-plans-and-action-plans/**](https://www.healthnavigator.org.nz/healthy-living/c/care-plans-and-action-plans/)
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| **Children and young people** | * Kids Health is an Aotearoa New Zealand site which also has information on recovering from COVID including long COVID for people and whānau [here](https://www.kidshealth.org.nz/recovering-covid-including-long-covid) [**https://www.kidshealth.org.nz/recovering-covid-including-long-covid**](https://www.kidshealth.org.nz/recovering-covid-including-long-covid)
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