



Clinical Rehabilitation Guideline for People with Long COVID

Summary 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.

Issues with mental health and wellbeing	<ul style="list-style-type: none"> Resources for patients can be found here https://mentalhealth.org.nz/ and here 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
Fatigue	<ul style="list-style-type: none"> pacing activities https://longcovid.physio/fatigue
Link to find ...	<ul style="list-style-type: none"> Occupational Therapist here https://www.otnzwna.co.nz/find-an-occupational-therapist/ Physiotherapist here https://physio.org.nz/#find-a-physio Speech Language Therapists here https://speechtherapy.org.nz/find-a-therapist/ Dietitian here https://dietitians.org.nz/find-a-dietitian/
Breathing pattern disorder	<ul style="list-style-type: none"> https://longcovid.physio/breathing-pattern-disorders
Cough	<ul style="list-style-type: none"> 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
Sleep issues	<ul style="list-style-type: none"> 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 Resources for patients including children and young people can be found below:

	<ul style="list-style-type: none"> Resources from Sleep Foundation https://www.sleepfoundation.org/
Post-exertional malaise / post-exertional symptom exacerbation	<p>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</p> <ul style="list-style-type: none"> Post exercise malaise (PEM), information can be found here 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 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"> Resources for patients can be found here https://www.potsuk.org/managingpots/
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/
Headache	<ul style="list-style-type: none"> Practising 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 pacing technique https://www.waitematadhb.govt.nz/hospitals-clinics/north-shore-hospital/long-covid/managing-long-covid/#fatigue
Taste or smell issues	<ul style="list-style-type: none"> 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/
Muscle and joint pain	<ul style="list-style-type: none"> 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 and videos links below

	Time	Type of exercises	Link
	18mins	Chair shaped: Seated & standing options for posture work	https://youtu.be/2r4cRTMYZUo
	12mins	Easy Sit & Fit 1: General fitness sit or stand	https://youtu.be/kko8fMZ212Y
	21mins	Easy Sit & Fit 2: General fitness sit or stand	https://youtu.be/qr_rDxkvLbo
	17mins	Crossing activities: 8mins seated, 8mins standing	https://youtu.be/gbb8Ldzsat4
	20mins	Intro to strength & balance: warm up, 3 strength, 3 balance	https://youtu.be/xXrkmyx4h0
	35mins	Strong & Stable Class 2021, seated or standing	https://youtu.be/WlwHCbfLaxY
	43mins	Strong & Stable Class 2020, seated or standing	https://youtu.be/wmWsa_TWVsU
	49mins	Strong & Stable Class 2021 #2, seated or standing	https://youtu.be/zWyeo6b_4qg
	60mins	Chair yoga including strength & balance, gentle	https://youtu.be/r3-S4lBuQ1A
Peer support group links	<ul style="list-style-type: none"> Find peer support, advocacy, information and consultancy services for people affected by mental health and addiction distress here. 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/ 		
Care plans and action plans	<ul style="list-style-type: none"> Find examples of care plans for patient use 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 people and whānau here https://www.kidshealth.org.nz/recovering-covid-including-long-covid 		



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