



# Ministry of Health's Approach to long COVID

Presented to the Goodfellow  
Long COVID webinar, 7 April 2022

**Te Kāwanatanga o Aotearoa**  
New Zealand Government



Unite  
against  
COVID-19

# COVID-19

## Long COVID Programme principles

- giving effect to our obligations under Te Tiriti o Waitangi, including considering the interests and needs of Māori
- ensuring equity, which involves inclusiveness for all communities, particularly those most affected by COVID outbreaks i.e Māori and Pacific
- ensuring equity of access to services and outcomes
- ensuring services are effective, timely and reflects best-practice as the evidence emerges
- ensuring services are patient centred, including patient self-management and digital enablement to support patients with long COVID

# COVID-19

## Long COVID

### Long COVID is managed like other long-term conditions:



Most people with COVID-19 have symptoms lasting up to 2 weeks. Longer-term symptoms after 6 weeks are considered long COVID.

Long COVID symptoms are investigated, treated, and funded in the same way as other long-term conditions.

### Four workstreams looking at long COVID:



#### Change package

Monitor DHBs with specific services for long COVID to develop a change package for others to use.



#### Advisory group

Establish an Expert Advisory Group, including people with lived experience, to guide and input into the change package and evidence.



#### Evidence

Monitor emerging evidence to inform clinical pathways for identifying and managing long COVID.



#### Further research

Identify research gaps that are particular to Aotearoa New Zealand and how they might be addressed.

# Managing the long-term health effects of COVID-19

Long COVID-19 approach	
“Learning by doing”	“Learning by looking”
DHBs sharing their experience of long COVID service establishment A national community of practice to improve clinical understanding and practical guidance Collating lessons learnt and distilling key principles Equitable model of care design Data collection	Emerging evidence and continual literature reviews Horizon scanning Overseas health system approach, service establishment and development Appropriate clinical coding and performance improvement measures
A long COVID-19 Expert Advisory Group to provide oversight; with broad representation from Māori, Pacifica, researchers (i.e Ngā kawekawe o mate Korona) consumers, clinicians, and service providers.	
Dissemination of emerging models of care, clinical practice, patient self-management and digital enablement to support patients with long COVID-19 in a New Zealand context.	