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| 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.

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| **Vaccination** | * 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**](https://www.immune.org.nz/contact-us) |
| **Outcome measures** | * The use of specific outcomes measures should align with the recommendations from long-COVID [core outcome set](https://www.pc-cos.org/) * Consider paediatric specific core outcome [set](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(22)00211-9/fulltext) |
| **Fatigue** | * The Why, When and How of Pacing | Long Covid's Most Important Lesson[here](https://www.youtube.com/watch?v=gUPvNwvkOlA) [**https://www.youtube.com/watch?app=desktop&v=gUPvNwvkOlA**](https://www.youtube.com/watch?app=desktop&v=gUPvNwvkOlA) |
| **Breathing pattern disorder** | * [**https://longcovid.physio/breathing-pattern-disorders**](https://longcovid.physio/breathing-pattern-disorders) |
| **Cough** | * the [Leicester cough questionnaire](https://thorax.bmj.com/content/thoraxjnl/58/4/339.full.pdf) can be found [here](http://centerforcough.com/wp-content/uploads/2015/01/leicester-cough-quest.pdf) [**http://centerforcough.com/wp-content/uploads/2015/01/leicester-cough-quest.pdf**](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/) [**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) |
| **Thought processing, memory and ‘brain fog’** | * 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-covi**d](https://www.rcot.co.uk/post-covid-syndrome-long-covid) |
| **Sleep issues** | 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/) * Resource on sleep for children and teenagers can be found [here](https://www.sleepfoundation.org/children-and-sleep) [**https://www.sleepfoundation.org/children-and-sleep**](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**](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/**](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**](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**](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** | * Information for clinicians can be found [here](https://www.jospt.org/do/10.2519/jospt.blog.20220202) [**https://www.jospt.org/do/10.2519/jospt.blog.20220202**](https://www.jospt.org/do/10.2519/jospt.blog.20220202) * Helpful poster can be found [here](https://workwellfoundation.org/wp-content/uploads/2021/03/HRM-Factsheet.pdf) [**https://workwellfoundation.org/wp-content/uploads/2021/03/HRM-Factsheet.pdf**](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) [**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://longcovid.physio/pacing) 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) * 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) |
| **Dysautonomia, orthostatic intolerance and postural orthostatic tachycardia syndrome** | * Further information for clinicians can be found[here](https://www.potsuk.org/pots-for-medics/gp-guide/) [**https://www.potsuk.org/pots-for-medics/gp-guide/**](https://www.potsuk.org/pots-for-medics/gp-guide/) |
| **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/) |
| **Care plans and action plans** | * Examples for patient use can be found [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/) |
| **Children and young people** | * 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) [**https://www.kidshealth.org.nz/recovering-covid-including-long-covid**](https://www.kidshealth.org.nz/recovering-covid-including-long-covid) |



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