



Resources page

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Long COVID

Primary Care Nursing's 'huge role' in long Covid, by Kate Oxtoby, *Nursing in Practice*, 22 December 2021

<https://www.nursinginpractice.com/community-nursing/primary-care-nursings-huge-role-in-long-covid/>

Primary care and community nurses have an important role in supporting patients with long COVID and can use their existing knowledge and skills in relation to long-term conditions to help individuals with this *new condition*.

Long Covid Kids

<https://www.longcovidkids.org/>

The vision of this organisation is to achieve recognition, support and recovery for long COVID and related illnesses in children and young people.

SOM: Supporting occupational health and wellbeing professionals

<https://www.som.org.uk/coronavirus-resources.php>

This website hosts a list of coronavirus resources with a focus on the specific needs of healthcare providers and the difficulties of returning to work after a COVID-19 diagnosis.

British Journal of General Practice 2021; 71 (712): e815-e825. DOI: <https://doi.org/10.3399/BJGP.2021.0265>. Recommendations for the recognition, diagnosis, and management of long COVID: a Delphi study, by Martine Nurek, Clare Rayner, Anette Freyer, Sharon Taylor, Linn Järte, Nathalie MacDermott and Brendan C Delaney

<https://bjgp.org/content/71/712/e815>

A Delphi study was conducted with a panel of primary and secondary care doctors with the aim of providing a rapid expert guide for general practitioners (GPs) and long COVID clinical services.

Thirty-three clinicians representing 14 specialties reached consensus on 35 recommendations. The conclusion is that long COVID clinics should operate as part of an integrated care system, with GPs playing a key role in the multidisciplinary team.

Long Covid Work

<https://longcovidwork.co.uk/>

Organisation dedicated to supporting people with long COVID to stay in, return to or leave work well.

NIH: National Library of Medicine, COVID-19 rapid guideline: managing the long-term effects of COVID-19

<https://pubmed.ncbi.nlm.nih.gov/33555768/>

This guideline covers identifying, assessing and managing the long-term effects of COVID-19, often described as 'long COVID-19'. It makes recommendations about care in all healthcare settings for adults, children and young people who have new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It also

includes advice on organising services for long COVID-19.

WHO: In the wake of the pandemic: preparing for Long COVID (2021)

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/2021/in-the-wake-of-the-pandemic-preparing-for-long-covid-2021>

COVID-19 can cause persistent ill-health. Around a quarter of people who have had the virus experience symptoms that continue for at least a month but 1 in 10 are still unwell after 12 weeks. This has been described by patient groups as 'long COVID-19'.

Long COVID has a serious impact on people's ability to go back to work or have a social life. It affects their mental health and may have significant economic consequences for them, their families and for society.

Policy responses need to take account of the complexity of long COVID and how what is known about it is evolving rapidly.

This policy brief is one of a new series to meet the needs of policymakers and health system managers. The aim is to develop key messages to support evidence-informed policymaking and the editors will continue to strengthen the series by working with authors to improve the consideration given to policy options and implementation.

Fatigue, cardiopulmonary, neuropsychiatric, and other long-term effects following COVID-19 with Dr. Monica Verduzco-Gutierrez

<https://thecurbsiders.com/podcast/315>

Explore the actively evolving clinical landscape of long COVID as we discuss epidemiology, pathogenesis, manifestations and patient-centred management options including the role of a dedicated long COVID clinic.

Scientific American, Public Health, Opinion: A Tsunami of Disability Is Coming as a Result of 'Long COVID'

<https://www.scientificamerican.com/article/a-tsunami-of-disability-is-coming-as-a-result-of-lsquo-long-covid-rsquo/>

'Many who survive the initial viral illness suffer debilitating long-term sequelae. Unlike the common cold or even influenza, this virus causes a bewildering array of symptoms that persist long after the acute illness is resolved and can render some affected unable to resume their usual activities.'

New York Times 26 March 2021: Covid Stole Your Sense of Smell? Try Physical Therapy for Your Nose

<https://www.nytimes.com/2021/03/26/well/live/covid-anosmia-smell-training.html>

Doctors are recommending smell training for patients with lingering olfactory problems.

Evaluating and Caring for Patients with Post-COVID Conditions: Interim Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-index.html>

This content offers detailed interim guidance for healthcare providers for the assessment and care of patients with post-COVID-19 conditions.

NHS News (December 2020): Long COVID-19 patients to get help at more than 60 clinics

<https://www.england.nhs.uk/2020/12/long-covid-patients-to-get-help-at-more-than-60-clinics/>

The assessment centres are taking referrals from GPs for people experiencing brain fog, anxiety, depression, breathlessness, fatigue and other debilitating symptoms.

New research has shown one in five people with coronavirus develop longer term symptoms. Around 186 000 people suffer problems for up to 12 weeks, the Office for National Statistics found.

The new centres bring together doctors, nurses, physiotherapists and occupational therapists to offer both physical and psychological assessments and

refer patients to the right treatment and rehabilitation services.

BMJ 2022;376:n3102. Carl Jreidini. 'How can you help me integrate my long covid care?'

<https://www.bmj.com/content/376/bmj.n3102>

Carl Jreidini discusses his search for answers as he navigated recovery from long COVID.

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