



Long Covid-19 Service

About the OHL Community Long Covid service

Long Covid-19 symptoms are wide ranging and fluctuating, and include severe fatigue, breathlessness, headaches, muscle aches, brain fog, and heart rate changes.

One Health Lewisham's Long COVID Assessment and Rehabilitation Service is designed to provide physical and psychological support for patients who are experiencing ongoing symptoms and complications after having the virus.

Therapy is delivered in the most appropriate place, either as an outpatient at the Long Covid Service based Marvels Lane Clinic, as an online video call appointment or as a telephone consultation.

The service is delivered by a multi-disciplinary team which includes a community GP, a pulmonary rehabilitation physiotherapist, respiratory nurses and clinical psychologists. The team works closely with colleagues in social care, acute hospitals, mental health and the voluntary sector to deliver a holistic approach to each patient's care.

What to expect from our service

- Introductory webinar – meet the team, learn some basic self-management strategies with signposting to online resources such as Your Covid Recovery.
- Online group programmes and workshops including support for breathlessness and fatigue management and Expert Patient Programme for Long Covid.
- Individualised assessment and treatment with our GP, nurses, pulmonary rehabilitation physiotherapist and clinical psychologists.
- Supported use of Living with Covid App.
- Onward referral to English National Opera – Breathe Programme.
- Support with phased return to work including referral to NCL Vocational Rehabilitation Service.

Treatment may include a combination of the above and first contact from our team will be by phone following referral from your GP ensuring all investigations and medical management has been completed.

Referral criteria

Registered with a Lewisham GP practice

Aged 18 and over

At least 12 weeks post-COVID diagnosis

OHL Long Covid referral template completed including required investigations

Required information

- Date/s of Covid-19 infection/suspected infection (if testing was not available)
- Co-morbidities
- Current medication
- Evidence of investigations relevant to presenting symptoms if clinically relevant e.g.: full blood count, kidney and liver function tests, C reactive protein, ferritin, B type natriuretic peptide (BNP), HbA1c and thyroid function tests (NICE, 2021, p. 55)
- CXR
- ECG

Contacting Us or Discussing your Patient Referral

If appointments are not visible or available on your EMIS screen, please email the Long Covid Clinic via ohl.longcovid@nhs.net and our team will be happy to accommodate your patient, providing you have included the patient's details and your reason for referral. We are also happy to discuss any aspect of your referral if required.

Pathway for Long COVID Follow-up in Primary Care

