

Your referral to the Long Covid service

Department of Respiratory Medicine

Information for Patients

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Introduction

This leaflet explains why you have been referred to the Long Covid service at the University hospital of Leicester NHS trust. The leaflet points out Long Covid symptoms and what support and ongoing care is available to you.

What is Long Covid?

After having COVID-19, most people make a full recovery within 4 to 12 weeks. New research and patient testimony, shows a growing number of people who contract COVID-19 continue with symptoms of the virus for more than 12 weeks. This may be called Long Covid or Post Covid.

Most common symptoms

- extreme tiredness (fatigue)
- brain fog, also memory and concentration lapses
- breathlessness
- altered smell and taste
- difficulty sleeping (insomnia)
- heart palpitations, chest tightness or chest discomfort
- dizziness or light headedness
- low mood and anxiety
- joint pain and muscle aches

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Why have you been referred to the Long Covid service?

- Your GP may have referred you to the Long Covid service. The team will assess you over the phone before creating a care plan.
- If you have been discharged from University Hospitals of Leicester, you may receive an automated call by 'DORA' our automated phone service.
- If you need another chest X-ray, this will be arranged about 8 weeks after your discharge.
- You will be phoned to talk about any worries you may have about your Covid recovery.

Research is key to learning about long Covid

You could be asked if you would like to take part in research that is related to Long COVID.

We may talk about this with you during your phone call with the Covid specialist nurse or the research team may contact you.

Participating in studies involving your Covid illness is part of the research. It is helpful for ongoing learning and to manage future symptoms about the virus.

What to expect at your first assessment

Your first review will be a phone call. This review will be done by 1 of the Long Covid specialist nurses.

After this you may be referred to other services such as,

- Covid rehabilitation and physiotherapy for breathing pattern support.
- And for further tests such as; breathing tests (Spirometry)
 - sleep studies
 - blood tests
 - cardiac investigations
- The specialist nurse may also refer you to a follow up appointment in the Long Covid clinic at the Glenfield Hospital out patients department. This will involve a face to face review by a Doctor or senior nurse to check your ongoing symptoms.

For your mental health

If you need help with your mental health, there is a place to contact 24 hours a day, 7 days a week. Call 999, your GP, the Samaritans on 116 123, or the Central Access Service on **0808 800 3302**.

Please find more information on the websites below

For the most up to date information and further advice about COVID 19, please refer to Public Health England.

www.yourcovidrecovery.nhs.uk

<https://www.longcovid.org>

www.england.nhs.uk/coronavirus/post-covid-syndrome-long-covid

Contact details:

The Long Covid service working hours are: Monday to Friday: 8am to 6pm

Our address is:

LLR Long COVID Service,

Mansion House,

Glenfield Hospital

Leicester LE3 9QP

Contact number: 0116 2502662

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાદવારી કિમે હેર જામા વિચ ચાહુંદે હે, ઝાં વિરખા વચ્ચે હેઠાં દિંતે ગદે નંબર 'હે ટેલીફોન વચે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk