



Long Covid information for medical professionals.

Because Long Covid is such a new illness, medical professionals are often learning about it alongside their patients. Here's what NZ Long Covid patients want their GPs and healthcare providers to know.

Consider Long Covid

With research showing that approximately 20% of Covid-19 infections result in ongoing symptoms the possibility of Long Covid needs to be front of mind.

Despite no confirmatory laboratory tests yet, The Ministry of Health provide clinical guidelines that can be applied. The possibility of this diagnosis leads patients to better support, understanding of related conditions (such as POTS) and a higher chance of being able to get the rest they need.

[Use the SNOMED CT codes](#). This is important, as it is one of the ways that the MoH can measure prevalence.

Note: the [diagnosis of Long Covid does not have to be by exclusion](#). (See BMJ guidelines).

Provide information – and be open to learning from the patient

Offer information about Long Covid and the current understanding of the condition. Be aware that the patient may not have much capacity to take this in, and may need information in writing. Be honest about not knowing everything and be open to learning, including from the patient. As a patient group we are generally comfortable understanding that knowledge is being developed and that we don't yet have all the answers. While we would love an instant fix we recognise that often there will be a long term partnership with our medical carers.

Help set realistic goals for recovery, and explain energy conservation techniques such as [pacing to avoid Post-Exertional Symptom Exacerbation \(PESE\)](#) (see Long Covid Physio resources).

Refer

Our support group has members who have had specialist referrals that they have found helpful. This includes cardiologists, neurologists, and physiotherapists who are familiar with the latest biomedical research. Please consider making a referral.

Thank you for supporting us through this life changing illness.

For further information:

Ministry of Health Clinical Guidelines

https://www.health.govt.nz/system/files/documents/publications/clinical_rehabilitation_guideline_for_people_with_long_covid_13_dec.pdf

The British Medical Journal (BMJ) Primary Care guideline.

<https://www.bmj.com/content/bmj/378/bmj-2022-072117.full.pdf>

Long Covid Physio resources <https://longcovid.physio/resources>

Information for patients www.longcovidsupport.co.nz

Facebook support group. <https://www.facebook.com/groups/nzlongcovid/?mibextid=uJiRxx>