

**Long Covid (Post-Covid
syndrome:**

**How it affects Rotherham
residents and what services
they are accessing**

About us

Healthwatch Rotherham:

We are the independent champion for people who use health and social care services in Rotherham. We are here to make sure that those running services put people at the heart of care.

Our sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. We focus on ensuring that peoples' worries and concerns about current services are addressed and work to get services right for the future.

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Summary

Long Covid, or post-Covid syndrome, is a relatively new condition brought on by the contraction of the Covid-19 infection. At Healthwatch Rotherham, we decided to look into the impact Long Covid is having on people in Rotherham and the general South Yorkshire area. We wanted to establish the most common symptoms people were experiencing, how it affects lives, treatment options and recommendations on how services can improve the patient experience. We ran an online survey as well as conducting some in-person engagement, visiting post-Covid services in Rotherham to encourage engagement with our survey. This resulted in 48 responses. Our key findings showed that work, physical health and social life were the area's most affected by Long Covid. Fatigue, breathlessness and cognitive impairment (headaches, lack of focus and dizziness) were the most common symptoms experienced, but a wide variety of symptoms were mentioned by participants, highlighting the different experiences people have with this condition.

Patients who did attend the GP for symptoms felt that they did not recognise Long Covid as the potential cause, putting it down to other conditions such as asthma. This caused a delay in treatment and official diagnosis. 21% of respondents are still waiting for a referral to a post-Covid service at the time of writing, with some respondents having been experiencing symptoms for over a year, with 26% of people having difficulty in accessing appointments for the post-Covid service. For those who have not attended a GP appointment or been referred to a post-Covid service, self-help was the most popular form of treatment, with respondents highlighting the importance of family and friends in supporting them with their wellbeing.

Respondents recommended that GP's and post-Covid services communicate better to ensure patients are not repeating themselves to multiple health professionals, and that medical notes are shared. Respondents wanted more awareness raising of Long Covid and the effects it has on physical and mental wellbeing, and for this information to be shared with employers, as people have reported that they have struggled at work, to access benefits and have felt unsupported due to symptoms fluctuating on a daily basis.

We have recommended that services improve their communication with each other, to ensure patients are regularly updated with appointments, waiting times and test results. We have also recommended that as services grow, more research is done and funding obtained, that services look at not just the physical impacts of Long Covid, but also mental wellbeing and how this affects other areas of a patient's life, such as work.

We understand that this condition is still relatively new, and it is hoped that with an increasing awareness and understanding of it, and how it can drastically affect a person's life, that more research and funding will be put in place to ensure people can obtain a correct diagnosis quickly, and get the most effective treatment to put them on the road to recovery.

Introduction:

“Long COVID” means your symptoms carry on even after your COVID infection has resolved. It can also mean you are having new health problems after your COVID infection. Most COVID infections get better within the first 4 weeks.

Medical professionals say there are two types of long COVID:

- **Ongoing symptomatic COVID:** When COVID symptoms carry on for 4 to 12 weeks
- **Post-COVID Syndrome:** When COVID symptoms carry on for over 12 weeks

We decided to look into Long Covid after monitoring the developments of the local Post-Covid services, and hearing from local residents who were suffering with Long Covid symptoms. We wanted to hear from

those who are suffering with Post-Covid syndrome, or those who are undiagnosed, about their symptoms; how it affects their life and what treatment, if any, has helped. As this is still a relatively new condition, research and treatments are still under development, and will hopefully improve in time to help more people. It is unknown of the long term effects of Long Covid on patients, and what treatments are the most successful in relieving symptoms.

Method

We used an online survey to generate responses. We chose this method as we feel we can reach more people via social media and our mailing lists. Additionally, Covid-19 is still present, and people are still understandably worried about mixing with others. Despite this, we did acknowledge that for many, they have adjusted to the 'new normal', and we therefore decided to add in some in-person engagement to generate responses. We created some Long Covid survey leaflets and posters, and our Community Engagement Officer gave these out to passing staff and patients at Rotherham Hospital, as well as more targeted audiences, such as patients attending the Long Covid Clinic at 'Breathing Space' in Rotherham. We also had the option for people to contact us and we could complete the survey on their behalf, or complete it with them in-person, for those who did not have internet access, or needed assistance with reading and writing.

We used Smart Survey for the first time, and we found this was a great way to build our survey, share the survey link on our social media and collect responses. We were also able to see 'partial responses' and gather additional data from people who had started the survey and then stopped halfway through. These figures also allow us to evaluate what we could do differently next time to ensure people complete the full survey. Options include making the survey shorter by asking less questions or trialling shorter, closed questions that people can do quickly.

The survey ran for 5 weeks and generated 48 responses. We were not expecting a large response rate, due to the specific topic being examined, and the fact it is still a relatively new condition that usually requires you to have been experiencing symptoms for 12 weeks + before receiving a diagnosis.

The survey looked at symptoms and how these affect the respondent's life, visiting the GP and diagnosis, using Post-Covid services in the local area, and what respondents want to see from these services going forward. We gathered responses from patients from 20 different GP surgeries in Rotherham.

The data was collected and the results were analysed, with any common comments and responses being generated into themes. The report was then sent to the services mentioned for comment. You can find the results, recommendations and responses in the following sections of this report.

Findings:

Key Findings:

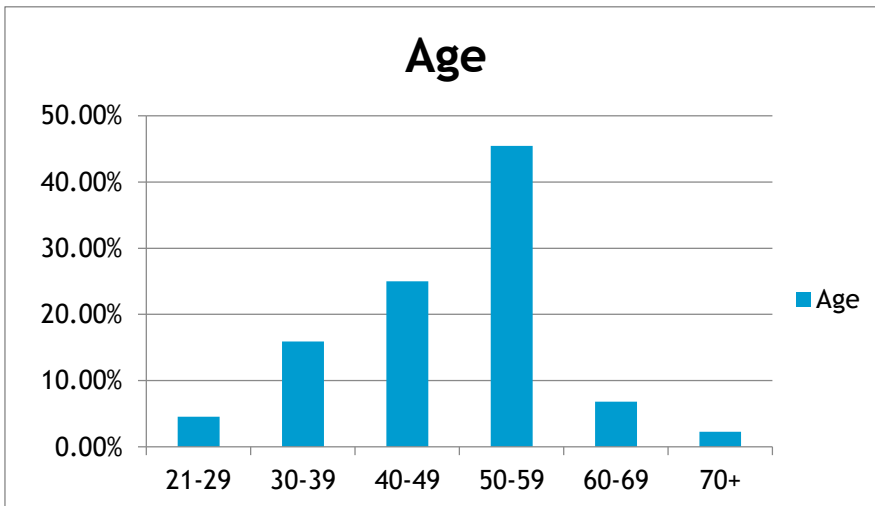
- Physical health, work and social life were the areas of life that Long Covid affected our respondents the most
- Patients feel that Long Covid is still not being recognised by GP's, and as a result is being misdiagnosed as other conditions, delaying treatment. Also, patients feel that GP's have a lack of information regarding Long Covid, and do not know how to support patients, or which services are appropriate and relevant to refer to.
- 21% of people who answered our survey are still waiting for a referral from their GP to a post-Covid service, with 26% struggling to obtain appointments, or having appointments postponed or cancelled.
- For those who attended post-Covid services, the way they responded to treatment was mixed. Some reported improvements of physical and mental wellbeing, and for others

the service had not helped them yet. These services are still in their early stages and more research and funding is needed to establish the most effective treatments for patients.

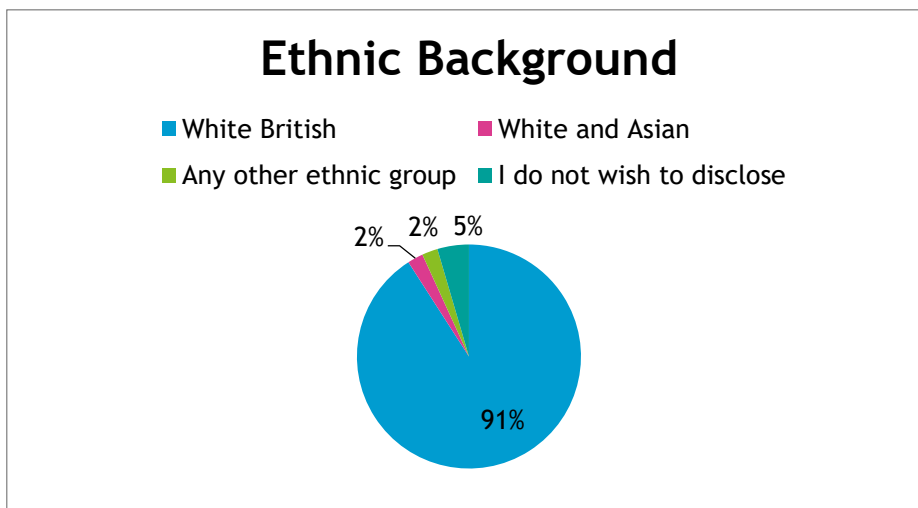
- 63% of participants who had not attended a Post Covid service said they managed their symptoms through self-help instead

Demographics:

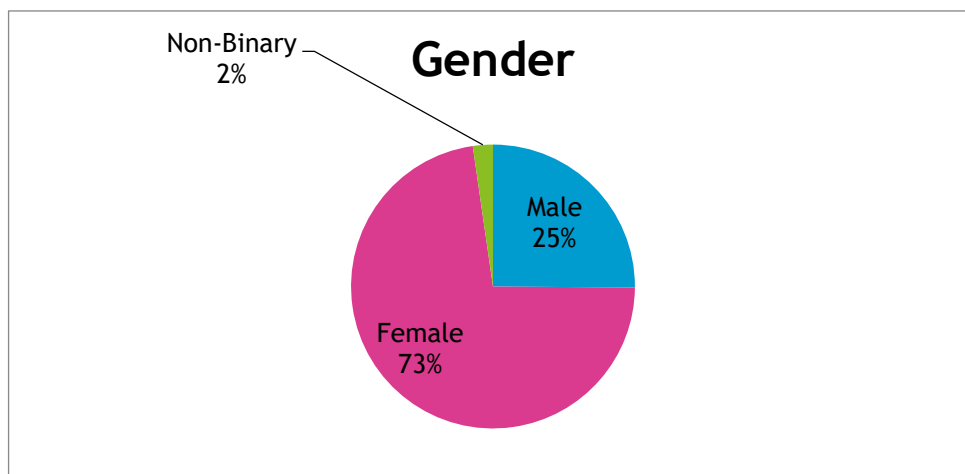
We record our demographics for each report we conduct, to monitor who we are reaching and who we may have missed in our research, and whether there is there a reason for this.



We had a wide range of ages complete our survey, highlighting that people from a variety of ages can suffer from Long Covid, including young people.



We would have liked to have seen more engagement from seldom heard and harder to reach communities. To do this for future reports, we will utilise our community engagement officer to engage more with these communities, with the aim being to get a wider range of data and experiences.



Symptoms:

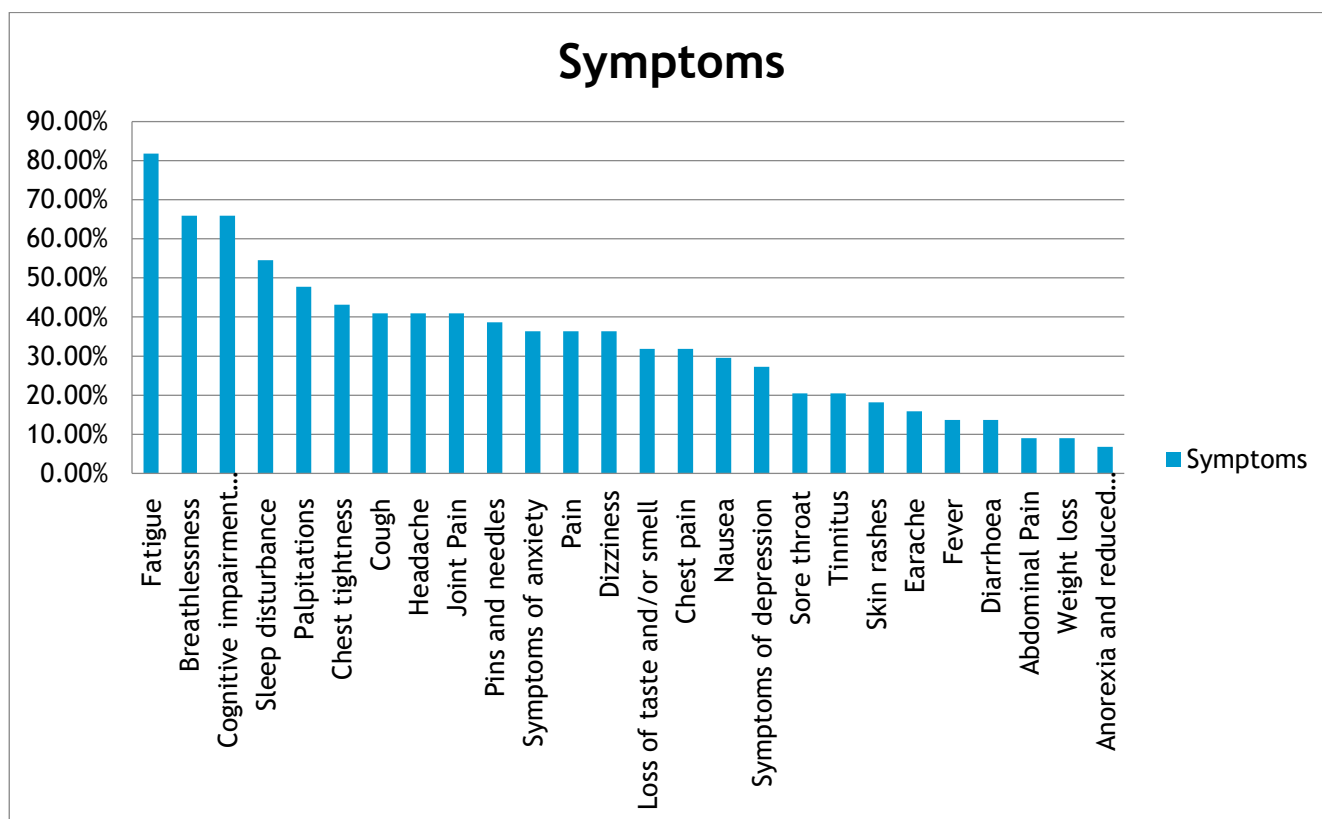
Long Covid can present itself through many symptoms. These symptoms can vary from person to person, and many of these symptoms could also be other illnesses, and not necessarily Long Covid/post-Covid syndrome. Below are the most common symptoms people have presented with after contracting Covid. We have taken this information from the NHS ‘your Covid recovery’ website.¹

The most common symptoms experienced by respondents were fatigue, breathlessness, cognitive impairment (dizziness, headache, lack of focus) and sleep disturbance. Almost 82% of people have experienced prolonged periods of fatigue after contracting Covid. Long-term fatigue can have an impact on multiple aspects of your life, such as work and relationships, and not just your physical health.

We noticed that many respondents ticked multiple answers for this question, highlighting the variety of symptoms people are suffering with. Due to Long Covid/Post-Covid syndrome being relatively new in terms of illnesses, it can be quite hard to get a quick diagnosis, as many of these symptoms can fit with other illnesses. This delay in diagnosis can then lead to a delay in treatment, with many people suffering with these symptoms for long periods of time before receiving rehabilitation or medication.

¹ <https://www.yourcovidrecovery.nhs.uk/what-is-covid-19/long-covid/>

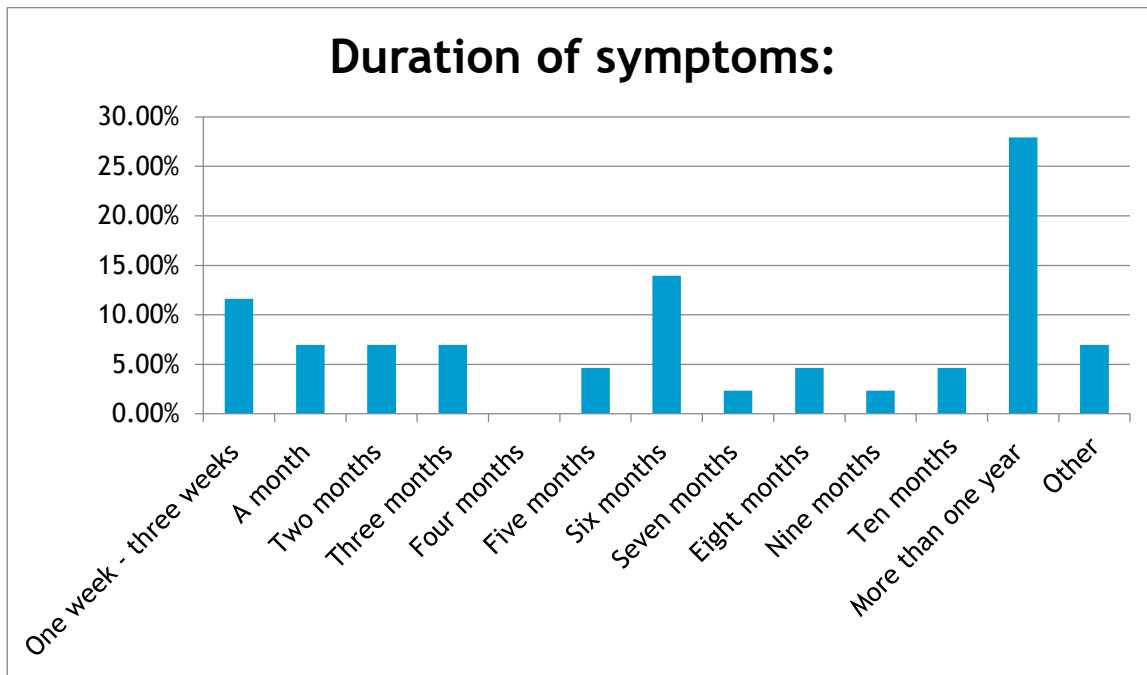
[The full list of results can be found here:](#)



Other: - 22.73%: (10)

- “I had Covid in October 2020, for the first 4 days I didn't know I had it other than I had tested positive, then it hit me fatigue, breathlessness palpitations and I was the same for a good 3 months, I returned to work in late January 2021, I had a phased return and found it so difficult, the brain fog worried me, I knew words but they wouldn't come out of my mouth, couldn't remember codes, processes. As a team manager this made me very anxious and I felt that I couldn't do my job”.
- “The symptoms came in waves, not all at the same time. I still struggle with chronic fatigue 25 months later”
- “My taste and smell have gradually come back, but still experiencing phantom smells all the time”
- “Also affected my heart, I have AF but caused mild heart attack”

How long did your main symptoms last/how long have you currently been experiencing the main symptoms?



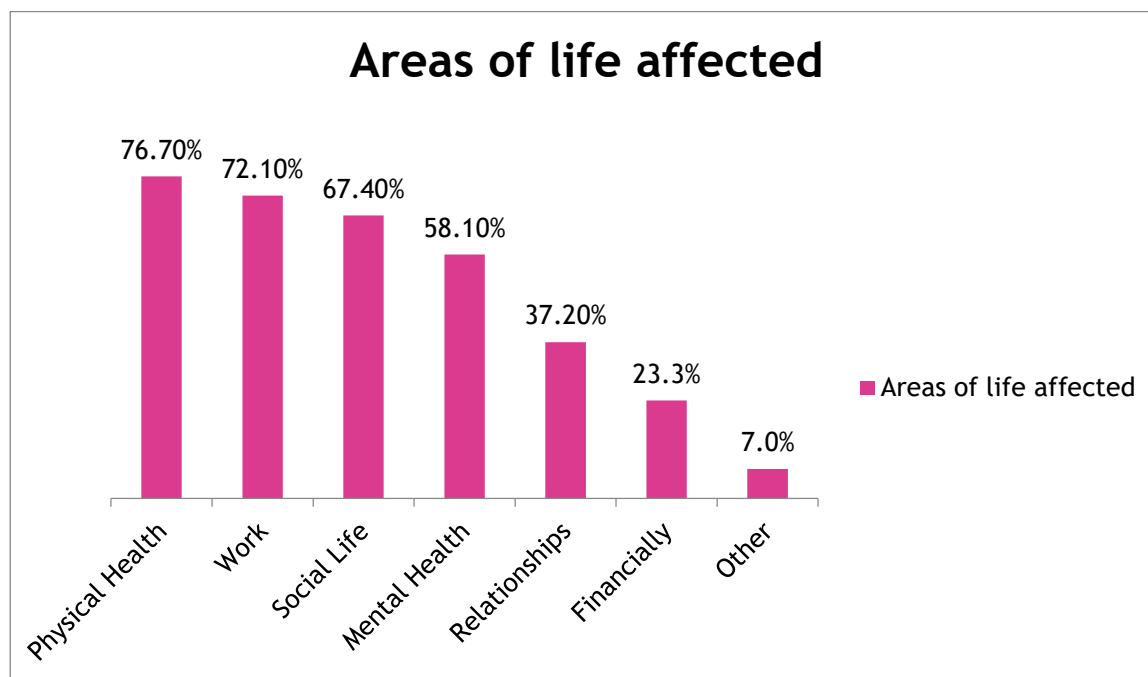
The results above show a variety of time periods. The current guidance states that patients should be experiencing symptoms for 12 weeks or more for it to be classed as post-Covid syndrome/Long Covid. For the respondents that answered one week-two months, this would be classed as ‘on-going symptomatic Covid’. If these symptoms do not ease after the 12 week period, patients would be advised to seek medical assistance and consider a post-Covid diagnosis.

Almost 28% of people had symptoms for more than one year, which was the highest answer.

Other answers included:

- “I got Covid mid Apr 2022 and was very ill. I am still having the above issues”
- “I don’t think that I have been 100% “me” since having COVID and can still have palpitations and bouts of breathlessness”
- “About 11 weeks for Covid symptoms, but 2 years for long Covid symptoms”
- “Still have to have regular appointments with the hospital”
- “I got Covid in March 2020 and I am still experiencing fatigue, ‘brain fog’, sleep disturbance, nausea, and muscle pain. These symptoms get worse when I exert myself physically or mentally”.
- I tested positive 31/10/2020
- “Started at the end of December and is still on-going in June”
- “The acute phase lasted a week. The fatigue and headaches and numerous other symptoms are still persistent 25 months on”.

What areas of your life are affected by these symptoms?

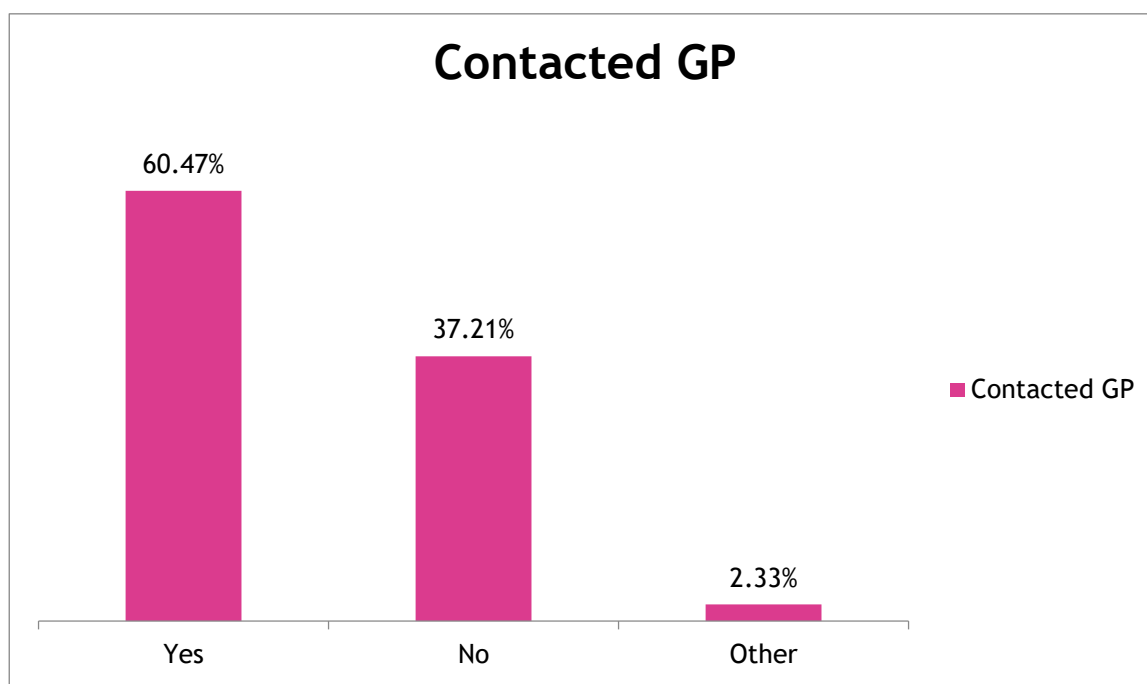


Naturally, respondents reported that their Long Covid symptoms impacted on their physical health the most, with work and social life coming in a close second and third, with almost two thirds of respondents saying symptoms affected these areas in some way. This was closely followed by mental health, as well as relationships and financial issues.

Other answers included:

- “I have now been off sick for 10 months as a result of the effects of long Covid”.
- “I found it really difficult to come back to work, I felt unable to fulfil my role and this made me very anxious, my GP prescribed Sertraline to help with the anxiety, this has helped but the whole experience has changed my outlook on life and as a result I am planning to retire next March”.
- “My compromised taste and smell means I am constantly trying to find food stuff that I can taste which in turn has led to an increase in weight. Brain fog affects my confidence”
- “I’m losing my job due to long Covid”
- “I have not been able to get back to the level of physical fitness that I was before Covid.
- My life has completely changed since getting ill as I can no longer be active as I was before. I have started working part time as I could not manage working full time”.
- “I cannot eat/drink as before as foods and drinks that I used to enjoy now smell and taste rancid”
- “I’ve had to give up work and am pretty much house bound”.

Have you been in touch with your GP surgery about these symptoms?



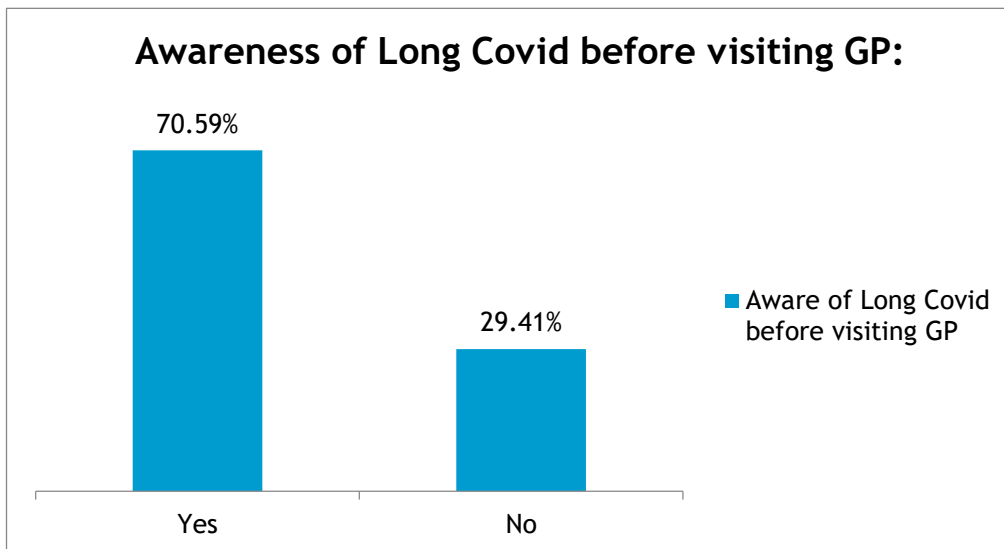
Over 60% of participants had been in touch with their GP surgery about their symptoms. For those who answered 'No', or 'Other', reasons included not being able to get a GP appointment, a lack of diagnosis of Long Covid, or a misdiagnosis of asthma, and feeling that their symptoms were not serious enough to warrant a GP visit.

Comments:

- "Tried to see GP but not been able to get an appointment"
- "Internet research indicates that there is no medical help available, the time each person takes to get back to normal is different"
- "Since January I have tried to get long Covid support from GP. I was refused appointments on several occasions and when tests were done they were done incorrectly. After 3 months of trying I eventually gave up on help from my GP".
- "Had a twelve week course which helped the breathing"
- "I'm open to the Sheffield long Covid clinic and the Sheffield CFS/ME clinic"
- "Under GP since January 2020 where I was misdiagnosed as having chronic asthma. Later antibody tests showed I'd had Covid".
- "It has taken 18 months for them to take me seriously and then the support has been slow. The long Covid clinic was set up in Sept 2021, I saw a consultant for 10 mins who seemed disinterested. The nurses however are exceptional. I am one of the first groups to attend rehab through the long Covid clinic. I also have combined ADHD and my medication Elvance no longer works. My specialist is reviewing the situation".
- "As I can cope I didn't believe it was worth a visit to the GP when there are others that need the services more than me".
- "My doctor doesn't know what he can do to help"
- "Under Pulmonary Rehab - Barnsley Hospital, Asthma nurse (GP's)/ Long Covid Clinic Barnsley January 2021 and due again 19.07.2022/ Breathing Space, Rotherham".
- "I was sent to the Asthma nurse who has tried several inhalers. None have worked so I am now on a waiting list for further tests".

Were you aware of Long Covid before your GP appointment?

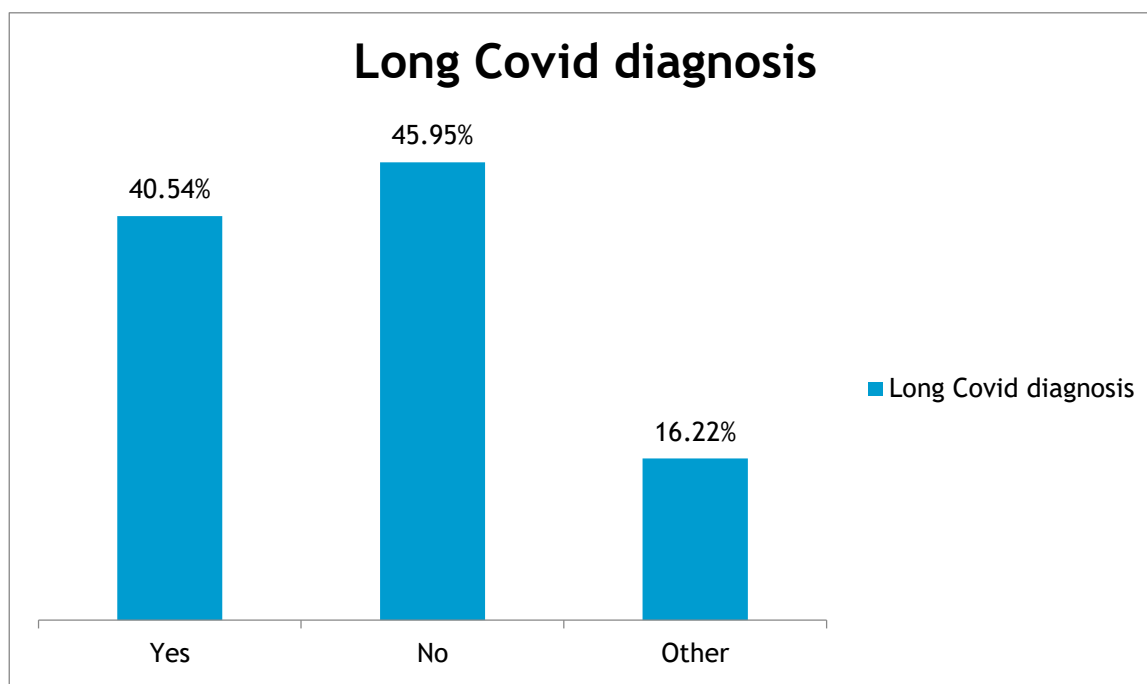
70% of participants were aware of Long Covid/Post-Covid syndrome before their visit to the GP, with 30% being unaware of it. Due to it being a relatively new condition, it is not necessarily the first condition either GP's or patients think of when they initially present with symptoms, which can lead to delays in diagnosis and treatment.



Comments:

- “I was aware of it and had read up on it, but all the doctors said were that they do not have any information and didn't seem interested in trying anything to support me”.
- “It was the hospital that diagnosed the long Covid. No other appointments”

Did you receive a long Covid/post-Covid syndrome diagnosis from your GP?

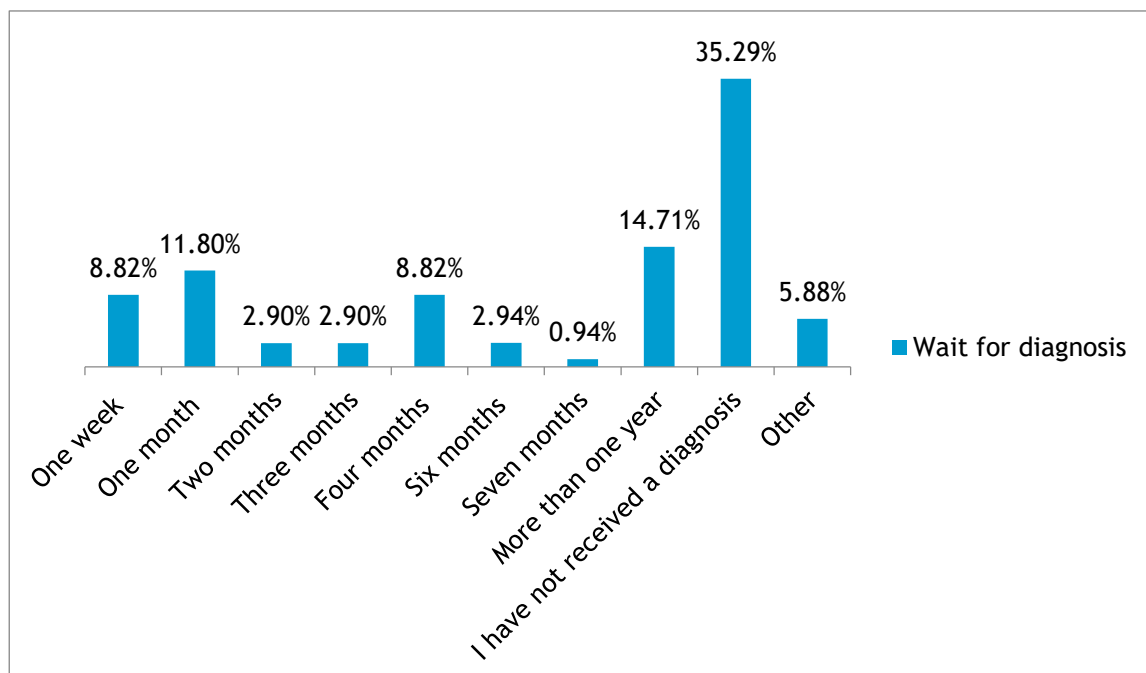


The results of this question were fairly equal, with almost 46% of respondents having not received a diagnosis from their GP, and 40% of respondents receiving a diagnosis of Long Covid/Post-Covid syndrome. Answers to previous questions have also shown that some participants received a Long Covid diagnosis from the hospital, rather than their GP.

Comments:

- “Jan 2021 when I attended GP re this - at that point I was told it was likely long Covid and told to go away and wait 12 weeks, if I still had the symptoms then it would be long Covid. I developed more symptoms but a GP would not see me as everything fell under the 'long Covid' umbrella. It was when my organs started shutting down that I could finally be seen and it was discovered that I had Addison's disease also”.
- “Yes, eventually it has been diagnosed and confirmed at the long Covid clinic. One issue I came across was that I contracted Covid on 18th March 2020, and you were only tested if you went into hospital. At that time I had paramedics out 3 times, but chose to stay home”.
- “The GP I saw till Dec 2021 didn't believe it was Long Covid. I had to change GP's within the same practice to get help. She referred me to the Long Covid clinic that made the diagnosis.
- Referred to the long Covid clinic, still receiving treatment.

How long did it take to get a diagnosis? (from your first report of symptoms)



A variety of time frames were reported, with some respondents only waiting a week to get a diagnosis, and for others, it taking over a year. Looking back on previous data, we saw that many patients had been experiencing symptoms for over a year too. When you couple that statistic with these statistics, some patients have been waiting well over a year to finally receive a Long Covid diagnosis. Again, this could be due to it being a very new condition, and the symptoms present being present in other common conditions. Over 35% of people had not received a diagnosis of Long Covid yet at the time of writing.

Comments:

“My long Covid was suspected for a long time. I went through a number of tests including CT scans, blood tests, and lung function tests”

“When I first got Covid 'long Covid' had not yet been named so I was diagnosed with post-viral fatigue at first, then this changed to a long Covid diagnosis”.

What were your GP’s next recommended steps?

Referral to a post-Covid service - 36.36% (12)

Medication - 21.21% - (7)

Covid-19 support group - 6.06% (2)

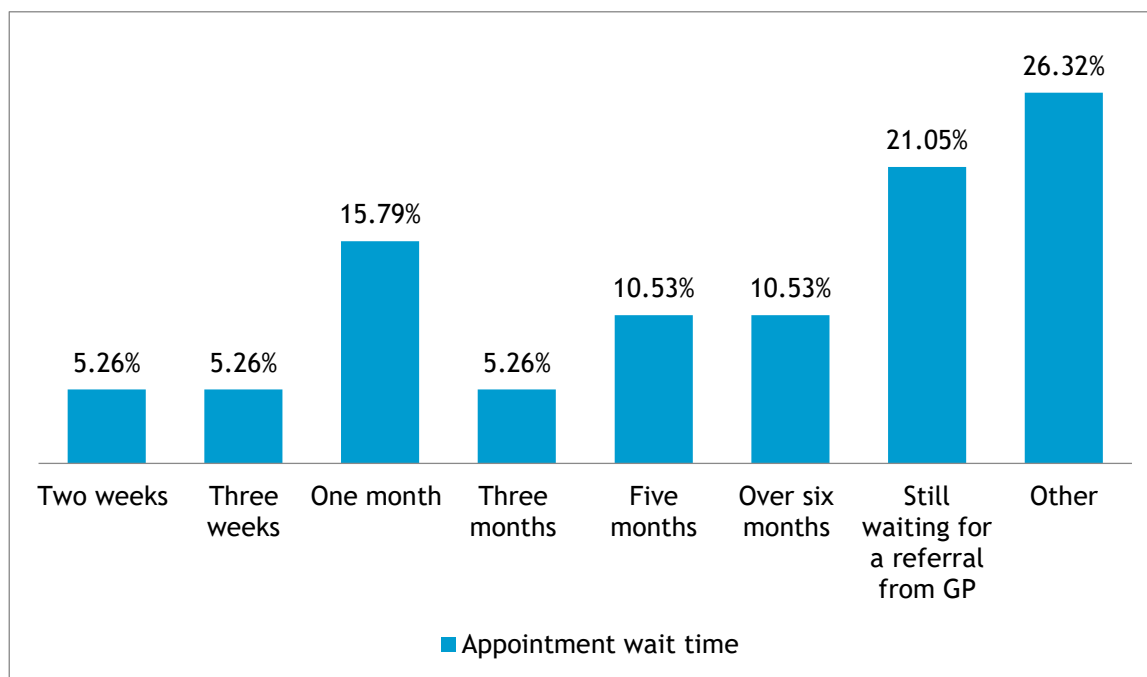
Other: 45.45% (15)

Comments:

- I was referred to the long Covid service and I have been receiving treatment for a few months now.

- No recommendations possibly because it hasn't been formally diagnosed
- The doctor sent me for x-ray, CT scan, breathing tests and given codeine for the pain, which I have been on for 2 years and it no longer helps.

If you were referred to a post Covid service clinic, what was the wait time for an appointment?



Again, the wait times for post Covid clinics varied, with people waiting anything from two weeks to over six months for an appointment. Over 20% of people were still waiting for a referral from their GP at the time of writing. Other participants have stated that they have had to chase up appointments, or appointments have been postponed or cancelled, which has delayed treatment.

- Following referral I was seen quickly, however many subsequent appointments have been postponed or cancelled due to staffing illness which causes me more anxiety.
- We had to chase this several times to obtain the appointment.

If you have attended a Post Covid service, how has this improved your wellbeing?

Improved physical symptoms - 21.43% (3)

Improved mental health - 28.57% (4)

Did not improve mental health - 28.57% (4)

Did not improve physical symptoms - 42.86% (6)

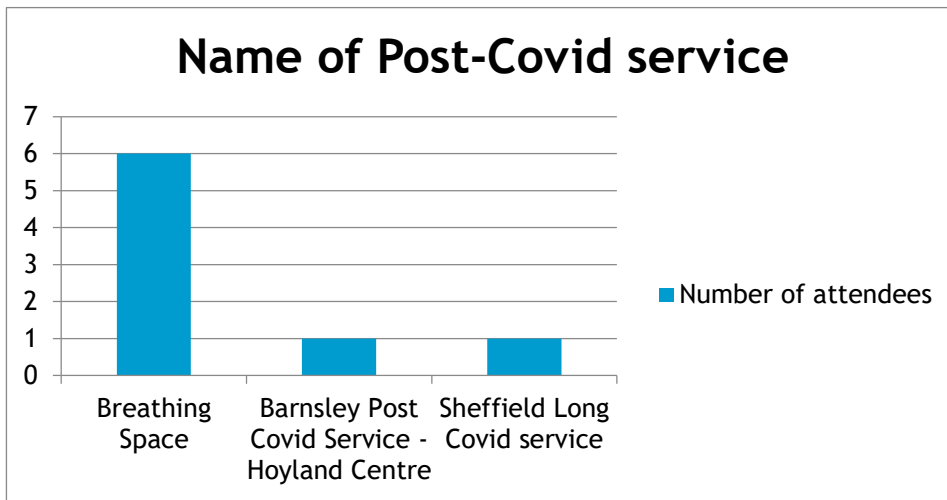
Other: - 28.57% (4)

As we can see from the above results, the way participants responded to treatment at the Post Covid service was mixed. Some felt it did improve their physical and mental health symptoms, whilst others felt it improved one and not the other, and some participants felt it improved neither their physical or mental wellbeing. Post Covid services are still in their early stages and more research is needed to establish effective treatments to improve the effects Long Covid has on people.

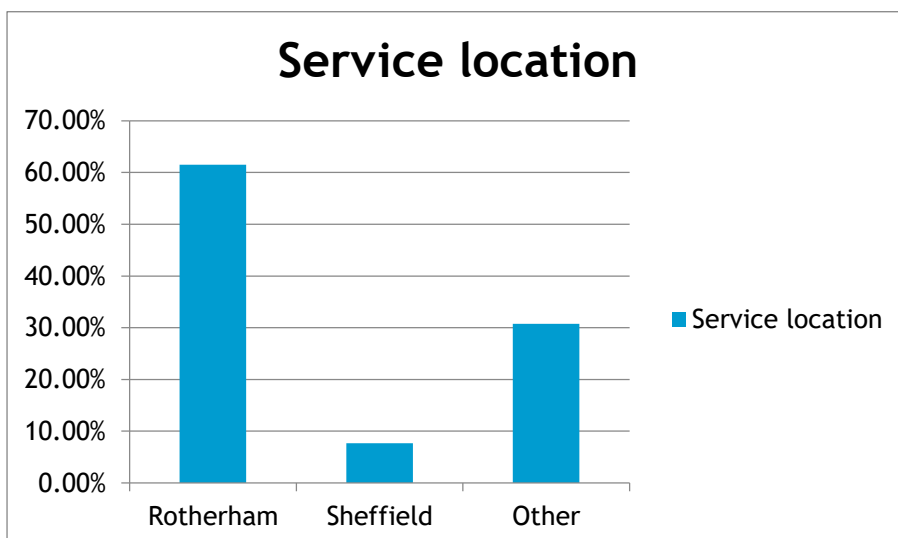
Comments:

Only visited in person once, filled out a 7 page questionnaire and had blood tests.
Treatment ongoing but having little impact
Keeping me ticking over but I have been referred to receive personal rehab support, as I have not improved
Had Covid again since starting treatment, this set me back to square one. Anxiety got worse GP upped my anxiety medication.

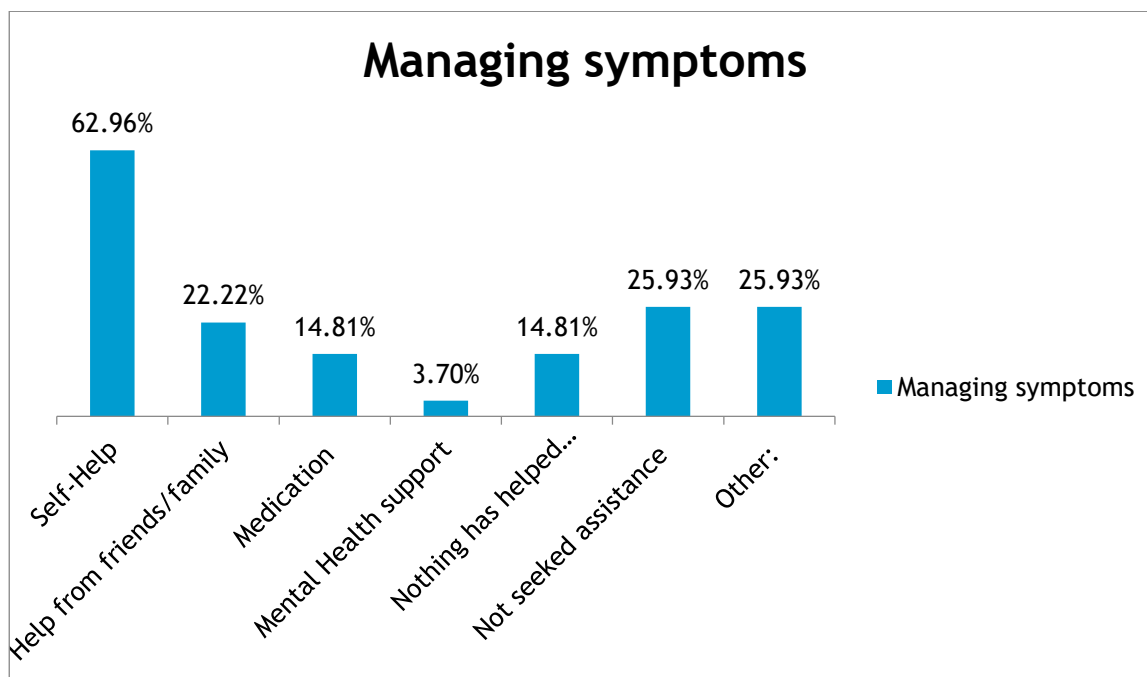
What was the name of the Post Covid service you attended?



Where is the service located?



If you have not attended a post Covid service, how have you managed your Long Covid/Post-Covid syndrome symptoms?



Almost 63% of participants, who had not attended a Post Covid service, had said they managed their symptoms through self-help instead. Other answers included help from friends and family, medication and mental health support. Many feel that nothing they have tried has helped their symptoms, but found support from friends and family has mentally helped them cope better with their symptoms.

Comments:

- Before the clinic, help came from my girlfriend and friends. Nothing has helped, but I know they will support me as they can
- I am not overweight or had any illness prior to having COVID-19. I used to exercise four times a week and go out socialising every Saturday. I visited the beauty salon every Saturday for nails and a facial treatment. This has all stopped. Now I have to build my energy to wash my hair or do laundry.
- Although I used the long Covid service, before getting an appointment, I engaged privately with a Chinese medicine/acupuncturist, private doctor re palpitations, accessed MIND and got lots of help from family.

Recommendations: What would you like to see from Post Covid services moving forward? (What do you think would help you and others throughout the process)

Common comments and themes:

- Easier access to a GP service in order to get a referral to a post-Covid service
- More assistance from the Post-Covid service with issues such as employment (liaising with patients employers and explaining the impact Long Covid can have on a person’s ability to work)
- Provide feedback to GP’s so the same things are not repeated twice (medication reviews etc) - making service providers more connected

- The Post Covid service being able to provide sick notes rather than having to go back to GP and repeat the process
- GP's recognising the symptoms of Long Covid and not assuming it is something else such as asthma
- Better communication of test results, wait times and treatment options
- More options for face to face appointments that focus on physical health, to try and get patients back to how they were pre-Covid
- A clearer pathway with branches for the range of long Covid symptoms, not just respiratory.

Comments:

- I feel like I cannot go to the GP when I have contacted them previously the triage nurse was most dismissive and I felt I had been petty or over reacted so i am now very reluctant you simply cannot speak to a GP very disappointing my feeling is the COVID-19 has become an excuse to some degree.

“Easier access: difficult (not impossible) to get a GP appointment, which therefore delays referral to specialist post-Covid service”.

- The service I have received so far is great but it does little to reduce the symptoms. My main issue is returning to work, i am unable to access any benefits because the benefit system does not recognise that symptoms fluctuate in severity day to day. This is the element that frustrates employers and employees, and very little is understood about it. I am getting support from my union but I think having help from a professional to help liaise with work on these issues would work well. Employers don't seem to understand how debilitating the symptoms are and it would help to have someone to negotiate return to work or at least help people understand. The fatigue symptoms are often viewed as laziness which is very upsetting for someone who has worked all of their life and was very well thought of as a hard worker.
- A shorter wait time for first appointments. The service to feed back to GP/other healthcare so that the same things are not repeated. The service to be able to provide a sick note rather than having to go back to a GP and go through things again.
- To continue with services and more research, this has been on-going during my time of accessing the service.
- More accessible services. Support Groups where people can talk about what their experiences are.

“Updates on waiting list times. More than one meeting with a consultant. More influence back to GPs to help with medication reviews. Everything seems very disconnected”

- GPs to realise these symptoms are real. They are not picked up on any blood test. We need to be listened to
- I'd like to see doctors at all levels recognising post Covid and not just treat people for what they presume is a heart attack or angina or an ITA and when people present with these symptoms and it isn't they get referred to post Covid services
- Keep patients informed of test results, a lot of my anxieties are worrying what the tests will show. I always fear the worst; I've had to chase up test results far too often.

- That there is enough information and support available, shorter waiting lists and a recognition that this exists and impacts on family and work life.
- The most useful thing the long Covid clinic has done for me was to refer me to the 12 week long Covid rehab program run by Nuffield Health. It has been extremely useful, as prior to this, all support was virtual and nothing was focused on my physical health. The course is 6 sessions virtually then 6 in person which has been great both to work on my fitness in a manageable way but to also have social links with other people with long Covid. I would like to be offered more regular appointments with the long Covid clinic as having had it so long I do feel quite isolated and that I have not had much medical support.
- More awareness, information and support not just 'oh it's due to your Covid'

“A clearer pathway with branches for the range of long Covid symptoms, not just respiratory. I would also like to see this being supported with appropriate funding and resources”.

- An action plan to improve my health to pre-Covid levels to allow me to integrate back into my regular life

Please let us know if you have any other comments regarding Long Covid/Post-Covid syndrome, symptoms, diagnosis and post Covid-19 services

- It is very reassuring that the long Covid clinics appear to be growing and developing as more information is known about long Covid.
- Recognition for this is hard because symptoms fluctuate, especially fatigue, which can make it difficult to diagnose and you feel like you are making it up / imagining it. You may appear quite able one day and cannot move the next. My partner has suffered really badly and although there is help available it doesn't help when it comes to employers recognising the issue, they really don't know what to do to help him back to work.
- I understand that the illness is new, but research and best practices have not been shared nationwide. Local NHS services are left to fend for themselves to set up promised services from the Government, when they didn't know the task was being made until it was released to the media. Dealing with disinterested staff is almost as bad as dealing with the illness itself with regards to my mental health. Initial Covid symptoms and now ongoing long Covid symptoms vary greatly between individuals. However, there are links to pre-existing conditions which need to be researched to support existing and future generations, such as the ADHD link. I and a friend are both suffering from Long Covid and do not appear to be improving as others have. Plus there is the issue of our medication no longer working, which could negatively impact others if there are no medications to regulate the condition. A study had already started on this with the US, South Africa and Israel.

“Long Covid is so debilitating, even getting dressed leaves me breathless, and the fatigue, I could sleep all day every day”.

- The fact that the first appointment had all the medical professionals together made a huge difference. It is so exhausting repeating/remembering things at appointments that having everyone there in the room was helpful, you only had to say things once. At the time you couldn't attend with anyone, if my husband had been there he would have remembered more than I could manage.

“I feel they do a great job with the resources they have. They don't give false promises and are helping in every way they can. I think the medical practices have bent over backwards for me and I am very grateful”.

Conclusions

It is clear that Long Covid/Post-Covid syndrome is a relatively new condition and both medical professionals and members of the public still have much to learn about it. We have found that the most common symptoms people with Long Covid/suspected Long Covid are experiencing are fatigue, breathlessness and cognitive impairment. These symptoms can be applied to many other illnesses and as a consequence, patients are being misdiagnosed with other conditions, with asthma seeming to be the most common amongst our respondents. Being misdiagnosed often results in delays to a correct diagnosis and thus, the correct treatment. Some respondents to our survey have reported displaying symptoms for over a year, whilst also waiting for treatment for over a year. The results of our survey showed just how many areas of life Long Covid can affect, with physical health, work and social life being the most common. For those who did see a GP regarding their symptoms, 46% did not receive a diagnosis of Long Covid from their GP.

The Post-Covid service has had mixed reviews, with some feeling it has improved their physical and mental health wellbeing, whilst others feeling it has not currently. Many respondents felt that self-help, and the support from friends and family has been invaluable and has made a difference to how they cope with their symptoms. As more research is conducted into the condition and how it affects people, it is hoped that diagnosis times will be improved, as well as the treatment options available to people and the impact it has on their recovery.

Recommendations:

- Post-Covid services in Rotherham and South Yorkshire to build strong, positive relationships with local GP services to improve communication and prevent patients from having to go back and forth between the GP and the Post-Covid service explaining the same issues. Ensure that both parties have up to date information and treatment recommendation for the patient.
- Post-Covid services to develop in the future to provide help and advice on a variety of issues outside of physical symptoms, such as work and employment; particularly advising workplaces how to support employees suffering with Long Covid, and how it may impact on their ability to work.
- Better communication to patients by GP's and Post-Covid services on topics such as test results, waiting times for appointments and treatment options

- GP's to continue to learn about and recognise Long Covid/Post-Covid syndrome, when patients present with Long Covid symptoms, to prevent a misdiagnosis and delay in treatment
- Ensure treatment pathways for patients are clear, and offer a variety of treatments to help people with a variety of symptoms, not just respiratory.

Responses

We have contacted the services mentioned in the report to allow them the opportunity to comment on anything mentioned above before publication. No services have chosen to make any comments within the deadline set by us. We would like to thank them for taking the time to read the report and confirming this decision with us.

Acknowledgments

We would like to thank everyone who shared our survey, engaged with us and responded to us to get an insight into Long Covid in Rotherham and the effect it is having on people.