



Module name: Community Care and
Management of Longer-term Conditions
(LCHS7003_LON)
Presentation Title: Long Post-COVID-19
syndrome.
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Acknowledgement of the use of AI tools

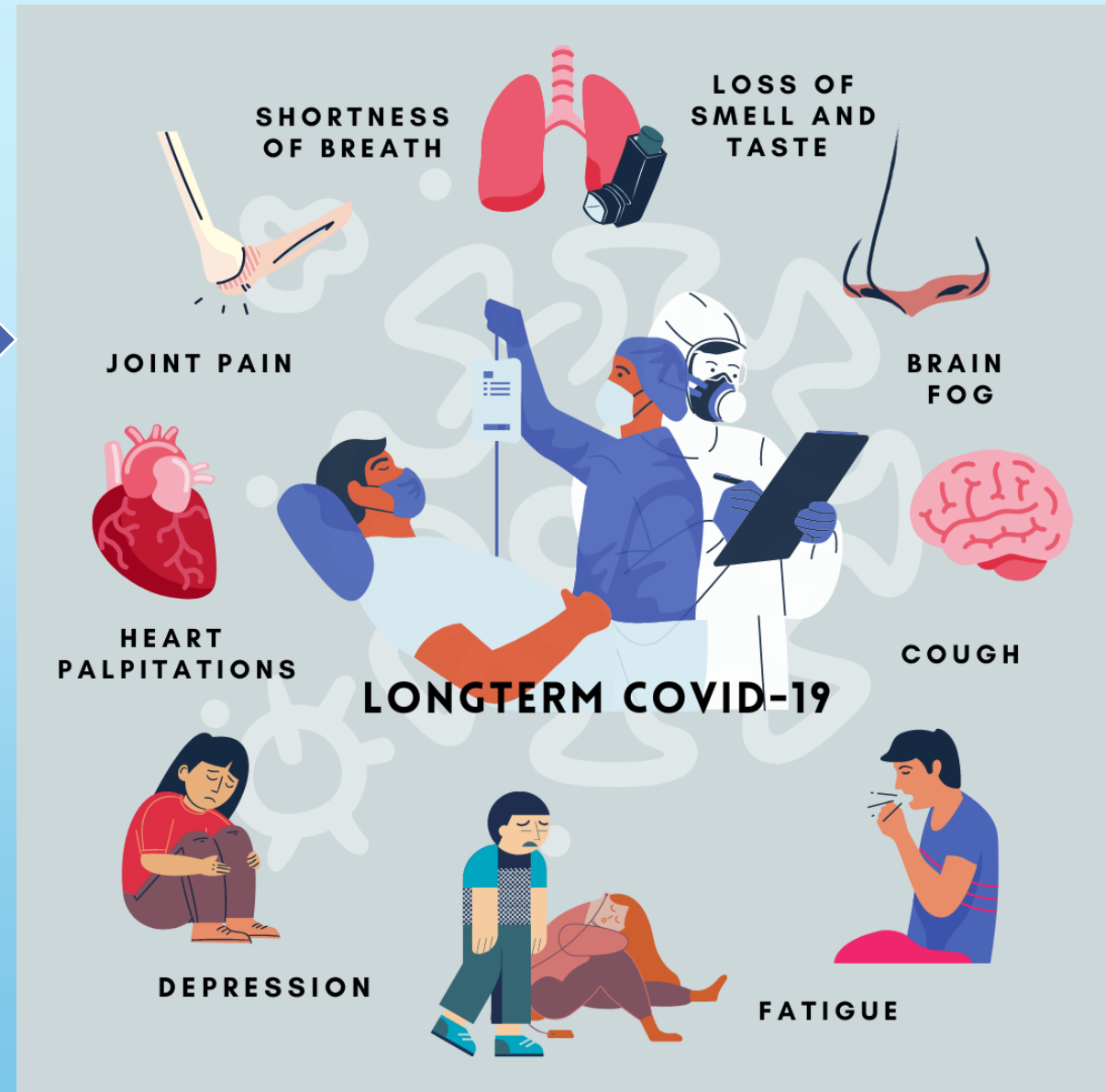
I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI-generated materials as my work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide as evidence.

Symptoms of Long Covid-19

At the moment, Long COVID is linked to more than 200 symptoms that affect many body systems.

These include:

- Shortness of breath,
- Tiredness,
- Brain fog,
- Joint pain
- High temperature
- Blocked nose
- A cough
- A painful throat
- Stiffness
- Skin rashes like hives
- Migraines
- Hair loss
- Soreness in the chest
- (NHS,2025)



(Ortega, 2021)

Aetiology /Causes

- Long COVID's causes are complex and not fully understood,

- Viral Persistence:

- Immune System Dysregulation:

- Organ and Tissue Damage

- Microclots and Circulatory Issues

- Dysautonomia-ANS (Autonomic Nervous System)

- Reactivation of Latent Viruses
(Editors of ScienceNewsToday, 2025)

Risk Factors

- People who haven't received a complete vaccination against COVID-19.
- Women.
- Older groups of people; in the UK's ONS statistics, long COVID symptoms were most prevalent in people aged between 50 and 69 years. Nonetheless, long COVID can affect people of all ages.
- People with other long-term medical conditions.
- People who are overweight or obese.
(Patient.info, 2022)

Prevalence in the UK and Worldwide

Globally: Hospital patients: 54% get Long Covid-19

Non-hospital patients: 34% get Long Covid-19

Women: 49%, Men: 37%

Asia: 51%, Europe: 44%, North America: 31%, South America: 51% (Hou et al., 2025)

(Chen et al., 2022)

Approximately 1.9 million people in the UK suffer from Long COVID (Rea, Pawelek and Ayoubkhani, 2023)

Increased prevalence in women ages 35-69, healthcare workers, and those with severe acute infections. (Office for National Statistics, 2022)

Work impact, daily life and mental health have high public health significance.

Economic and Social Burden

Impacts employment,
productivity and healthcare
costs

UK:£1.5 billion lost
productivity each year
(Institute for Fiscal Studies,2023).

Social isolation, anxiety, and
depression

£11,2billion /year lost
health related quality of life
£ 5,7 billion /year lost
income
£ 4,8 billion lost of informal
caregiving(Supporting
Healthcare Heroes UK, 2025)



(Researchoutreach.org, 2025)

Diagnosis

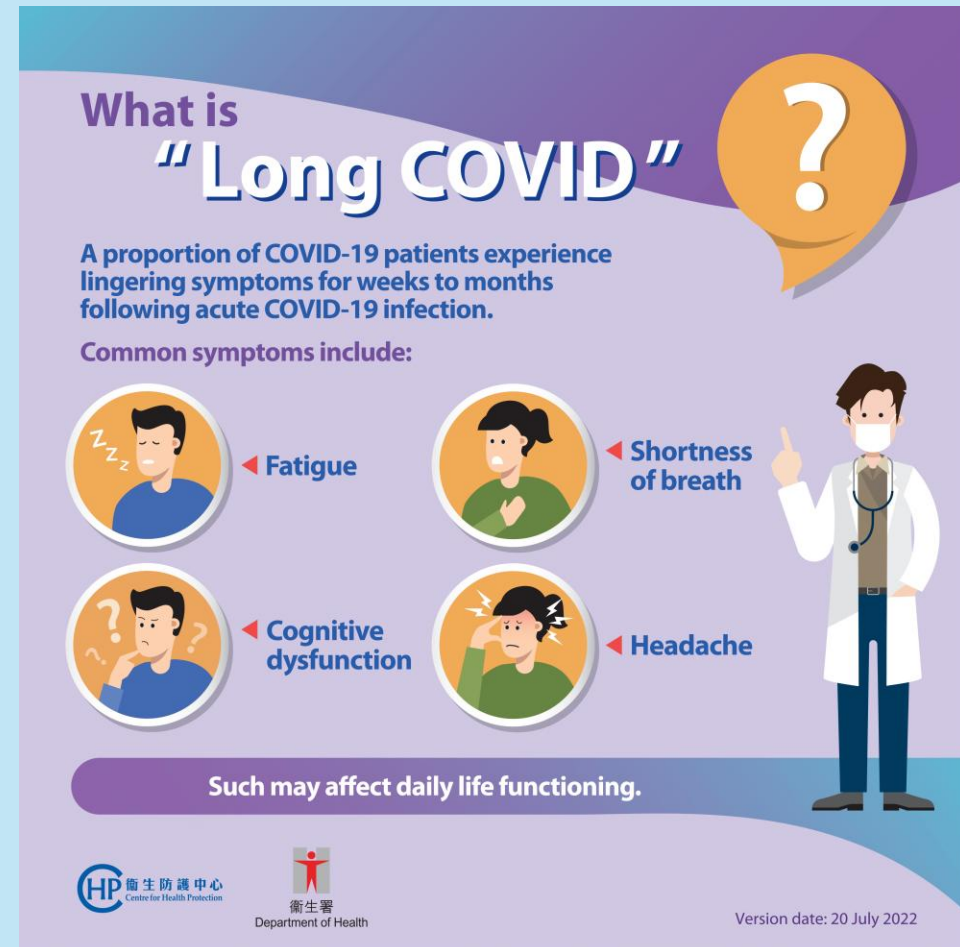
- Based on clinical history and exclusion of other conditions.
 - Blood tests
- NHS England involves various specialists in the assessment of patients. (Heightman et al., 2021)

Management

- Primary Care Physician: Coordinates care and referral to the specialists.
 - Specialists: Neurologists, Cardiologists, Psychologists, Occupational therapists, Respiratory physicians.
 - Lifestyle Modifications
 - Medication(NICE, 2020)
 - Cognitive Strategies: improve memory via games and puzzles. (Ziyad Al-Aly and Topol, 2024)
 - Patient Education and Self-Management (Nice.org.uk, 2020)
- Follow-up and Monitoring Symptoms
- Support service: Social prescribing.
 - Rehabilitation (World Health Organisation, 2024)

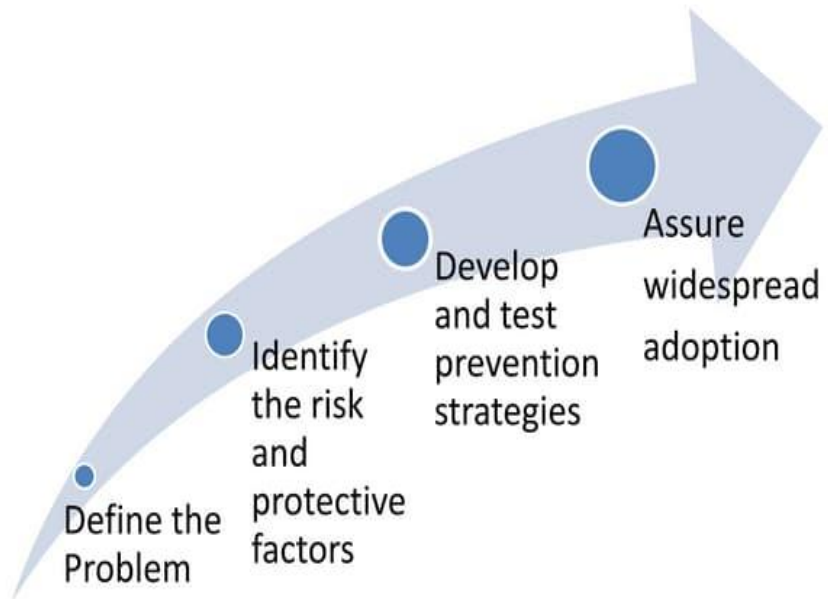
Initial Assessment

- Symptom assessment (fatigue, breathlessness, brain fog, memory issues, concentration difficulties) (Davis et al., 2021)
- Mental health issues like anxiety and depression



Models of Care

The Public Health Model



Texas Council on Family Violence

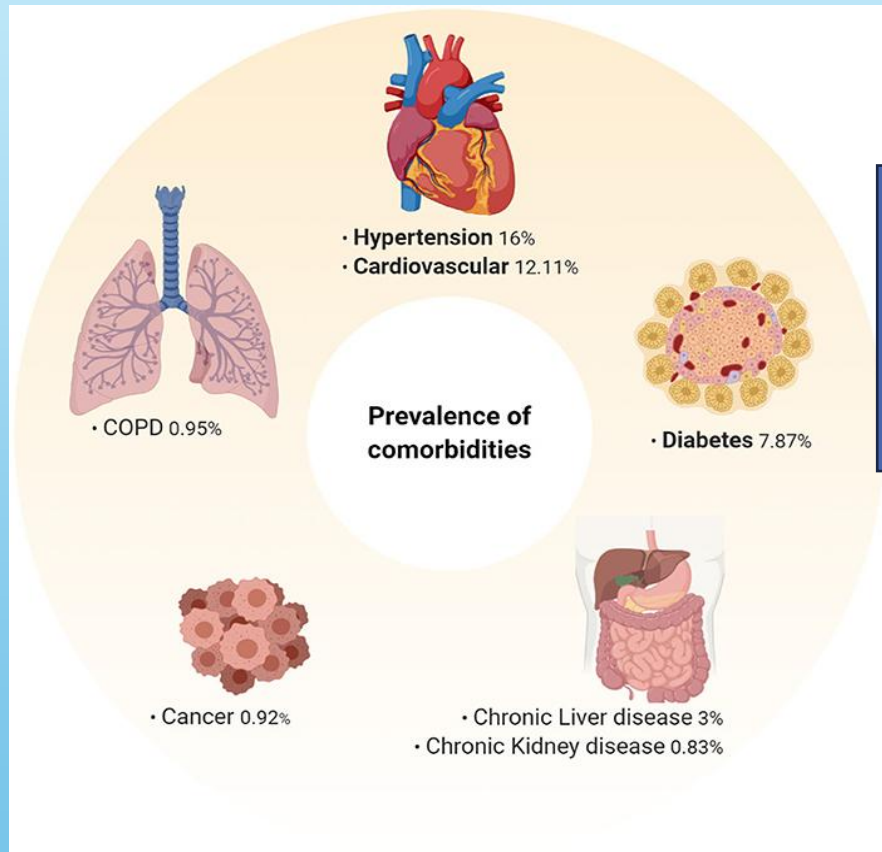
(New, 2017)

Integrated Care Model



(NHS England, 2022)

Comorbidity



(Frontiersin.org, 2020)

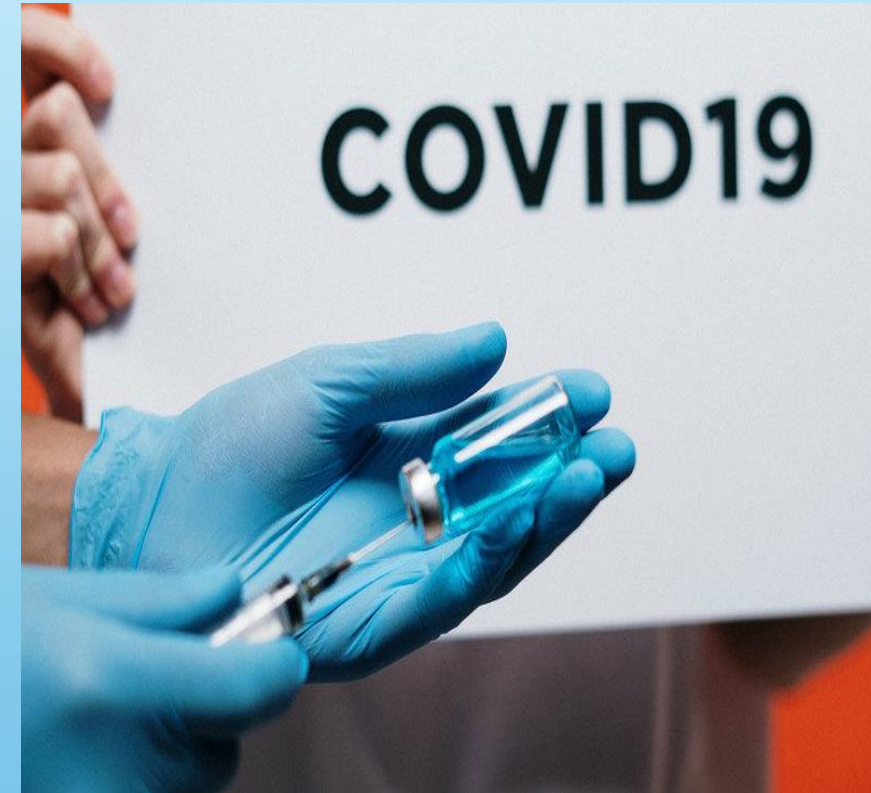
Prevention

1. Managing Comorbidity

(Coronado et al., 2022)

1. Vaccination
2. Early rehabilitation
3. Public Health Education

(World Health Organisation, 2025)



(Faculty of Medicine, 2021)

Comprehensive Model of Personalised Care



(Transformation Partners in Health and Care, 2025)

1 Shared decision-making with the patient
2 Self-management care and referrals.

3 Legal rights to the choice to give the authority and flexibility.
4 Helps people via community to address isolation and anxiety, and the life impact of Long Covid-19

5 Supported self-management
6 Personal health budgets: Home support, Specialist rehabilitation.

(NHS England, 2021)

Self-management

Regular gentle activity:
walking, exercise.

Sleep well, Balanced diet,
Hydration.

Cognitive behavioural
therapy, relaxation

(Greenhalgh et al.,
2024)



CONCLUSION

- A post-COVID-19 management patient needs long-term follow-up.
- The UK supports patient recovery by combining public health, Integrated care coordination, and person-centred approaches.
- It emphasises prevention, rehabilitation, and patient empowerment to encourage a healthy lifestyle long post-COVID-19.



Thank you

Keep yourself
healthy and
happy. Enjoy
your life with
family and
friends!



Happy New Year!!!

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