



Long COVID Fact Sheet

Long COVID is where COVID symptoms persist for at least 12 weeks since initial infection, and where these symptoms cannot be explained by an alternative diagnosis.

What are the symptoms of long COVID?

Long COVID symptoms may include, but are not limited to:

Pulmonary symptoms

- Shortness of breath
- Cough

Neurological symptoms

- Fatigue
- Headache
- Cognitive dysfunction
- Sleep disturbance
- Loss of smell
- Paraesthesia

Psychological symptoms

- Anxiety
- Depression
- Mood swings

Cardiac symptoms

- Chest pain

Musculoskeletal symptoms

- Non-specific pain
- Myalgia

Fever

- Low-grade fevers

Reduced activity and functional level

Reduced nutritional status and weight loss

Post-Intensive Care Syndrome (PICS)

PICS refers to one or more of the following symptoms that people experience following care in ICU: anxiety, depression, cognitive impairment, memory loss, muscle weakness, dysphagia and reduced quality of life.

Note: Long COVID symptoms may be a new onset following initial recovery from an acute COVID-19 episode or the symptoms many still persist from the initial illness. Symptoms may also fluctuate or relapse over time.

This rehabilitation program could be the start of your long COVID recovery.

How long is the Long COVID rehab program?

The Healthscope Long COVID program is a 6-week program, for a maximum of 6 patients in a group setting for intensive sessions with our accredited multidisciplinary team.

What's included in Long COVID rehab program?

With comprehensive medical supervision coordinated by The Hills Long COVID Rehabilitation Team, this program provides a structured recovery pathway including:

- Exercise sessions under the instruction of a Physiotherapist
- Skills development sessions delivered by a multidisciplinary team which includes Exercise Physiologist, Physiotherapists, Occupational Therapists and Psychologists
- Energy conservation, fatigue management and goal setting
- Stress management and mindfulness
- Functional nutrition and healthy lifestyle habits
- Return to work, sport and hobbies



About The Hills Private Hospital

We are one of New South Wales' largest dedicated rehabilitation centre specialising in inpatient and day rehabilitation services to help patients return to functioning at their best after an illness, injury or surgery

What are the long COVID rehab program's measure of success?

Patients will receive preliminary medical screening to determine suitability and establish a baseline to build on throughout the program. This program is evaluated based on routine outcome measure collection, including:

- 6 Minute Walk Test (monitoring SpO2, HR, BORG PRE scale, Shortness of Breath Scale)
- Sit to Stand 30/60 seconds
- Fatigue Scale for Motor and Cognitive Functions
- DASS-21
- EQ-5D

Progress within program and outcome measure achievements will be summarised and reported to your referring GP on program completion.

Who can I speak with to check my suitability?

If you are experiencing any of the long COVID symptoms mentioned above, discussing this rehabilitation program with your GP is the first step to assess your suitability.

Your GP can provide a referral through to our program at The Hills Private Hospital.

GPs wishing to discuss this program can do so by contacting our Long COVID Rehabilitation Team at The Hills Private Hospital on (02) 9686 0454 or email us at: dayrehabilitation.hills@healthscope.com.au.

References:

This program has been designed in accordance with current research to assist in the recovery of COVID-19.

World Health Organisation [https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-\(covid-19\)-post-covid19-condition](https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-(covid-19)-post-covid19-condition) (Sourced 1 June 2022)

Australian Guidelines for the Clinical Care of People with COVID-19 National Covid-19 Clinical Evidence Taskforce: <https://app.magicapp.org/#/guideline/L4Q5An/section/jDJJJQ> (sourced 1 June 2022)