

COVID-19

Long COVID Programme

Te Kāwanatanga o Aotearoa
New Zealand Government



Unite
against
COVID-19

Long COVID-19 approach

“Learning by doing”	“Learning by looking”	“Learning by listening”
<p>DHBs sharing their experience of long COVID service establishment</p> <p>A national community of practice to improve clinical understanding and practical guidance</p> <p>Collating lessons learnt and distilling key principles</p> <p>Equitable model of care design</p> <p>Data collection</p>	<p>Emerging evidence and continual literature reviews</p> <p>Overseas health system approach, service establishment and development</p> <p>Appropriate clinical coding and performance improvement measures</p>	<p>Listening to our community of practice</p> <p>Listening to people with lived experience</p> <p>Horizon scanning in the media</p>

The programme is based on the principles of ensuring equity, which involves inclusiveness for all communities, particularly those most affected by COVID outbreaks and, ensuring equity of Access to services and outcomes

Dissemination of emerging models of care, clinical practice, patient self-management and digital enablement to support patients with long COVID-19 in a New Zealand context.

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Uniqueness to New Zealand

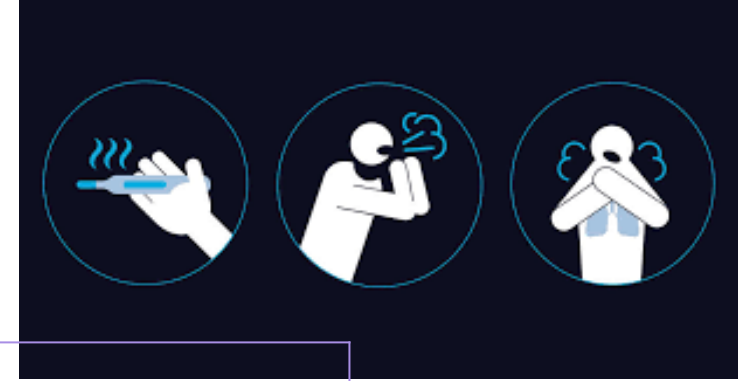
- Omicron dominant COVID-19 outbreak
- Limited research into Omicron & long COVID , post COVID Conditions
- Māori & Pacific peoples suffered disproportionate prevalence of COVID-19



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Symptoms



Common symptoms

- Fatigue
- Breathing difficulties, shortness of breath
- Joint pain
- Chest pain, palpitations
- Cough
- Change in sense of smell or taste
- Cognitive disturbances, brain fog, loss of concentration or memory issues
- Communication or swallowing difficulties
- Reduced exercise tolerance

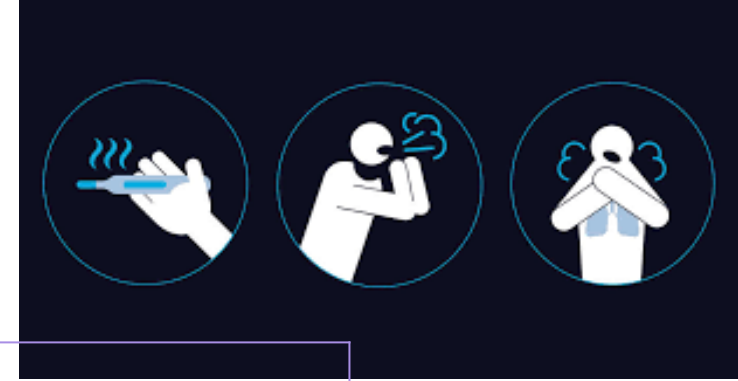
Other symptoms

- Insomnia, sleep disturbance
- Low-grade fevers
- Headaches
- Neurocognitive difficulties
- Myalgia and weakness
- Gastrointestinal symptoms, nausea, diarrhoea
- Rash
- Symptoms of depression, anxiety, loss or reduced appetite

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Key Impacts



Psychosocial impacts

- Functional impairment
- Mental wellbeing, feeling depressed, anxious or worried
- Ability of some individuals to work
- Ongoing Quality of life

Social and economic impacts

- Decreased productivity from a reduction in workforce
- Costs incurred by the individual
 - Healthcare costs
 - Lost wages
 - Lost savings
 - Accrued debt

Treatment and Support



- The need for multidisciplinary, multispeciality approaches to assessment with case management tailored to how the condition manifests for each individual and their whanau
- Individualised management plan
- Useful to keep track of symptoms to identify which symptoms are impacting the most and to identify patterns and changes in symptoms
- Patient and peer support networks have played a key role in the initial response to post COVID conditions

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Tiered Approach examples from Overseas

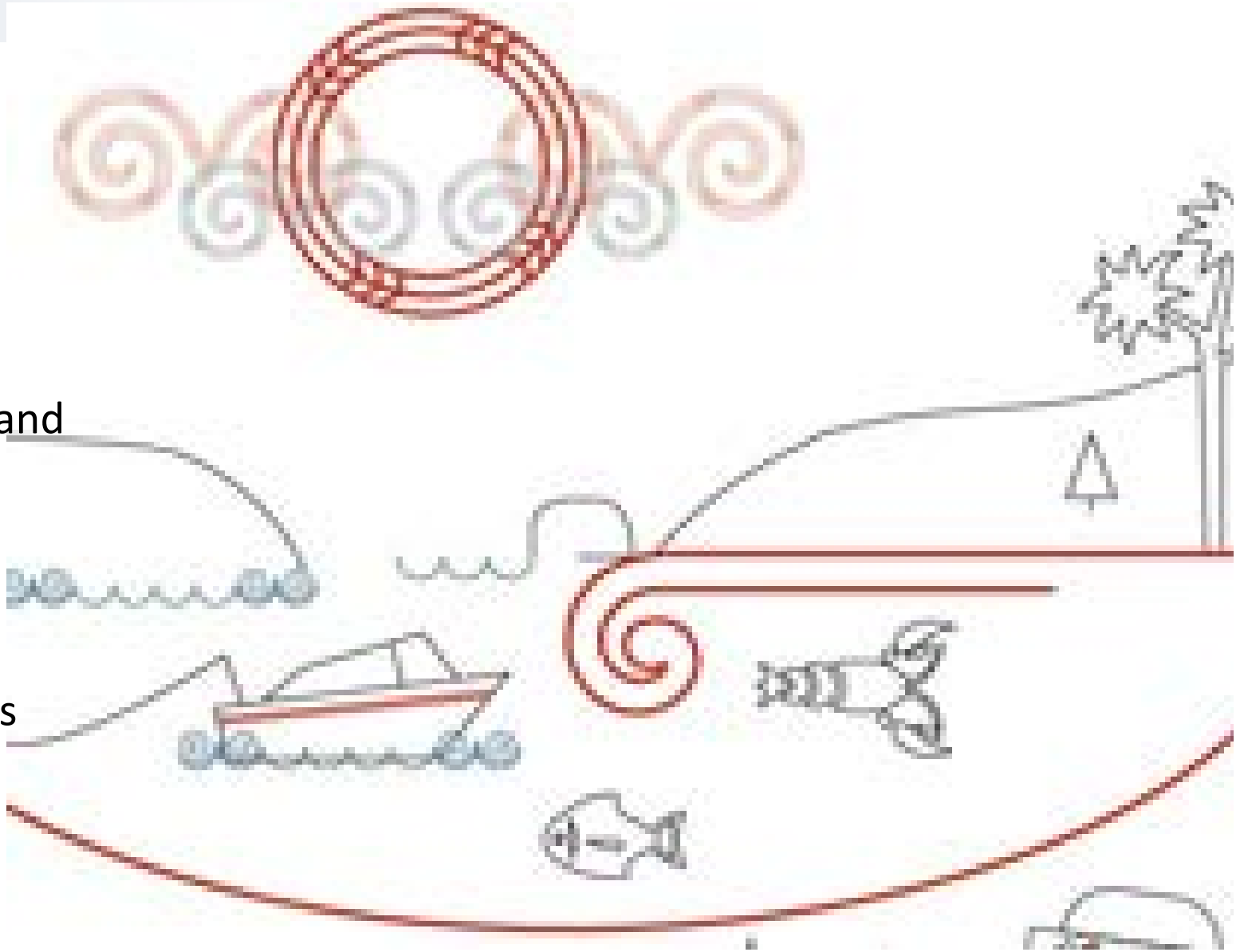


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Treatment, management and support options

Rehabilitation needs to reflect bi-cultural and cultural practices, values and beliefs to ensure that treatment and rehabilitation is culturally safe and appropriate to the person and their whanau to ensure all people receive beneficial rehabilitation which reflects mana motuhake, their aspirations



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Services in Aotearoa New Zealand

Range of services initiated or in the process

- Multi-disciplinary clinics
- Telephone support service
- Engagement with primary care for specific teams
- Referrals to existing allied health services



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Next steps:

- Expert Advisory Group
- Prioritising Māori and Pacifica design from the outset
- Consumers with lived experience



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