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# Nursing Long COVID

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## Resource Pack

To accompany the Nursing Long COVID General, Breathlessness and Fatigue, Brain fog and Sleep Pathways

This is a selection of resources to accompany the three Nursing Long COVID pathways. Initially visit - <https://www.england.nhs.uk/coronavirus/post-covid-syndrome-long-covid/> for context and an introduction.

## Current Pathways & Guidelines

NHS England Long COVID Plan - <https://www.england.nhs.uk/coronavirus/documents/long-covid-the-nhs-plan-for-2021-22/>

NHS England Long COVID Enhanced Service Specification - <https://www.england.nhs.uk/publication/enhanced-service-specification-long-covid-2021-22/>

Royal College of General Practitioners - <https://elearning.rcgp.org.uk/mod/page/view.php?id=11512>

Queen's Nursing Institute - <https://www.qni.org.uk/wp-content/uploads/2020/12/Living-with-Covid-19-Community-and-Primary-Care-Nursing-Resource.pdf>  
<https://qni.org.uk/caring-for-people-with-long-covid/>

National Institute for Health and Care Research - <https://evidence.nihr.ac.uk/themedreview/researching-long-covid-addressing-a-new-global-health-challenge/>

## Patient Apps that support Long COVID management

NHS Better Health - <https://www.nhs.uk/better-health/>

Your Long COVID Recovery - <https://www.yourcovidrecovery.nhs.uk/app/>

Living With - <https://livingwith.health/>

Elaros (C-19) - <https://www.elaros.com/>

## Other Resources

Long COVID – eLearning for healthcare (e-lfh.org.uk) - <https://www.e-lfh.org.uk/programmes/long-covid/>



## Academic References (Provided by Keele University School of Nursing and Midwifery & Health Library)

Evidence paper can be accessed at: [https://bit.ly/nhs\\_nlc\\_evidence](https://bit.ly/nhs_nlc_evidence) (Registration to FutureNHS required)

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## Nursing Long COVID Stakeholders

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### **Pilot Sites** -

NHS Kent & Medway ICB

York & Scarborough Teaching Hospitals NHS Foundation Trust

Suffolk and North-East Essex ICB

Airedale NHS Foundation Trust

Lancashire and South Cumbria ICB

### **NHS England Long COVID Team** –

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