

Psychologist

Changes to your physical health, especially unexpected ones, can impact on your mood and behaviour. It is common to feel upset or worried in such circumstances, however support is available. Psychology input may focus on mood, managing physical symptoms (e.g. pain, nausea, or sleep difficulties), or making behaviour changes (e.g. diet, exercise or taking medication). Your treatment plan will be agreed together so that we can help you as best possible.

Referral to the Post COVID Service

If you are experiencing ongoing symptoms of COVID19 which are directly impacting on your daily life, please request that your GP refer you to the PCS service. If you have been referred to the post Covid service we will then contact you to arrange an appointment as soon as possible.

If you are unable to attend your planned appointment please contact the service to arrange an alternative time.

Email: Info.PCS@westerntrust.hscni.net

Telephone: 028 82833100 ext. 272861



Western Health
and Social Care Trust

Getting this leaflet in a different format

We are happy to provide the information in this leaflet in alternative formats. Please speak to the Health Care Professional involved in your care.

If you require further information, please scan the QR Code or visit
Coronavirus (COVID-19) | nidirect



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Excellence



Openness & Honesty



Compassion

Post COVID Syndrome (PCS) Service

Date: February 2022

Date reviewed: June 2022

Post Covid Syndrome (PCS) Service

Patient
Information
Leaflet

What is Post Covid Syndrome?

Following a confirmed diagnosis of COVID19, some people continue to experience a range of symptoms for more than 12 weeks. These can include breathlessness, fatigue, brain fog, aches and pains, loss of appetite and speech/swallowing difficulties. This is known as post Covid syndrome (PCS).

These symptoms could impact on your quality of life, your ability to complete daily tasks, engage in hobbies or return to study/work.

The role of the Multidisciplinary Team (MDT)

As a response to PCS, the Western Trust has established a team of specialist health care professionals who are equipped to help you manage your symptoms. Following a referral to the service, you will be offered an initial assessment with a health care professional. Dependent on your needs/preferences you may be offered advice and education, one to one follow up appointments with relevant specialists or have access to group sessions. This service is available for up to 12 weeks.

Which professionals are involved in the MDT?

Respiratory Nurse

The respiratory nurse will holistically assess you and introduce techniques to help support the management of your breathlessness. Also, by working closely with other professionals they will promote pulmonary rehabilitation.

Occupational Therapist (OT)

The OT will help you to self-manage your fatigue, concentration and brain fog. They will offer advice and practical solutions to help you carry out your activities of daily living. The OT will promote your independence, support your potential return to work and help you to improve your quality of life

Speech and Language Therapist (SLT)

The SLT will assess any voice, swallowing or communication symptoms you may be experiencing. They will help you manage these symptoms through advice, strategies and rehabilitation.

Dietitian

The Dietitian will assess your nutritional and fluid intake, provide information and practical solutions to empower you with cost-effective, nourishing food choices. This will hopefully assist you to self-manage and alleviate your symptoms.

Physiotherapist

The Physiotherapist will help you manage your pain, fatigue, breathlessness and mobility by using a range of techniques, exercises and activities, and may help you to self-manage your symptoms with a home exercise programme. They may see you individually, or as part of an exercise class.

General Practitioner (GP)

The GP on the PCS team, will assess post Covid symptoms that are of concern to yourself and those identified by members of the PCS team. The GP will advise you and your own doctor about the best and safest medication to manage your post Covid symptoms. They will also discuss with you, the team and your own doctor, if any further investigations or additional treatments are required. The PCS GP will liaise with your doctor, about any investigations, treatments, medications and therapies that you have had or need to have in order to help your recovery.

