

# Information for patients and carers about Derbyshire 'Post (Long) Covid Assessment Service'



## What is post COVID-19 syndrome?

Post COVID-19 Syndrome is also known as 'Long COVID' and can cover a large range of symptoms that persist for 12 weeks or more after you first contracted COVID-19. You do not need to have had a positive COVID-19 test to be experiencing Post COVID-19 Syndrome.

## What should I do?

Following your initial doctor's appointment, your doctor will refer you to the Derbyshire Post-Covid Syndrome Assessment Clinic. This service deals with complex problems, related to being infected with COVID-19. You will be assessed and have a discussion with the expert about the best way to manage your health. You may also be sent for more tests, if needed.

## What happens next?

Your doctor will send your referral straight to the service. A team of specialists will look at your case to make sure that you are directed to the correct service. A team member will call you and provide you with the next steps. These could be:

- A telephone call to help the team get more information about you and your condition
- Setting up a face-to-face appointment with a doctor
- Getting advice on how to manage your problem
- Booking a hospital appointment; this be at Ilkeston or Whitworth hospital as they are best-equipped to treat this condition.

If needed, you will be offered an appointment at a time and place suitable for you. Additional appointments may be set up for other services, if the specialists think you need it. The team will need to be able to see your medical record. If you are worried about this, please speak to the person on the phone when they call. This service is under regular review and development and will adapt to the changing needs of our population.

## How will we contact you?

**Calls from your doctor or the referred service will be made Monday – Friday between 9:00am and 5:00 pm.** You might be called from an unknown or withheld number. To request a copy of the information discussed with you via telephone, you can ask the person on the call and they will send it to you.

