



Coronavirus post-acute long-term effects: constructing an evidence base

CONVALESCENCE

Study Update

Early findings highlighted that GP coding for Long Covid is low.

This work led to an enhanced NHS service specification, aimed at GPs, to increase the use of the codes.



Using data from 11 longitudinal studies we show that Long Covid is associated with.....



Female sex



Being overweight



Prior adverse physical and mental health

Daily life is affected in.....



20 year olds



60 year olds



Impact: The above findings directly informed the government via a report for the Scientific Advisory Group for Emergencies (**SAGE**) and the National Institute for Health and Care Excellence (**NICE**) to inform their guidelines.

New results suggest that those infected with COVID-19 experience greater mental distress,

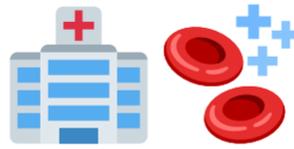


and a greater sense of financial hardship compared to those not infected.



There is an increased risk of heart disease and clots up to a year after COVID-19 infection.

These risks occur even in those not hospitalised with COVID-19 and there is some indication that ethnic minorities have greater risk of events.



Public Involvement



Our Public Advisory Group consists of individuals with Long Covid who play a key role in all stages of the research.

Over 150 participants from existing longitudinal population cohorts have attended our deep phenotyping clinic.



The results from this study will help to determine Long Covid pathways.

The first wave of participant Interviews (the qualitative longitudinal study) is complete.



Results show that people with Long Covid are struggling to access health care services. These findings have been passed onto the NHS England and Improvement Long Covid taskforce.

Ongoing work

To provide a deeper understanding of factors enhancing the recovery from Long Covid our team are now looking into.....

- The role of health and genetics to understand Long Covid pathways.
- The clustering of symptoms to investigate different types of Long Covid.
- The long-term effectiveness of treatments for Long Covid.
- The impact of COVID-19 on the brain, heart, lung, kidney, liver and muscle health and if results vary by COVID-19 variant.