

Finding the 'right' GP: a study of the experiences of people with long-COVID

Why was this study carried out?

People have been struggling with ongoing symptoms following COVID-19 infection in early 2020.

We wanted to find out about people's experiences and the sort of help people have received.

How did we do the study?

We consulted with people who were suffering from persisting symptoms to help **design the study and guide our questions.**

In July and August we **interviewed 24 patients** who had continuing symptoms, **to hear their experiences.**

What did we find?

People describe the hard work of enduring and trying to manage ongoing symptoms; seeking help and accessing care has been reported to be difficult.

Living with uncertainty is hard – about cause and unpredictability of problems; how to manage problems, whether further tests are needed.

What will 'recovery' look like?

Fear over what the will future hold.

Finding the 'right' GP is important: being believed and symptoms taken seriously; empathy and understanding needed.

Access to tests/investigations vital – discussion with GP needed.

Differentiate between RECOVERY and REHABILITATION.

A multidisciplinary team assessment may be needed - followed by on-line support and resources.

What next?

- The findings will raise awareness of long-COVID – to healthcare professionals and the public
- The findings will contribute to the development of person-centred interventions