



Long COVID 2022: an update for people in North Central London from your local Healthwatch

Throughout the second half of 2021, the five Healthwatch organisations across NCL (Healthwatch Barnet, Healthwatch Camden, Healthwatch Enfield, Healthwatch Haringey, and Healthwatch Islington) investigated local people's experiences of Long COVID to identify how their healthcare could be improved.

As a result, treatment for people in the five boroughs with Long COVID has been improved so that more support is available more quickly to help them manage their symptoms.

What to expect from Long COVID services in 2022

Patients with Long (Post) COVID will be assessed at a face-to-face appointment with their GP.

Together, the patient and GP will create a plan to manage the condition. This will include both actions for the GP and self-management actions for the patient.

Patients referred for Long COVID support will have follow up options and likely treatment explained in full. NCL has developed a single point of access for all Long Covid services, so your GP may consider referring patients here for onward care if needed.

Treatment options might include:

Help from primary care services to support the patient's self-care, making use of the www.yourcovidrecovery.nhs.uk website

Referral to the Single Point of Access for onward care

Additional support

Developing Long COVID can affect a person's mental health. The GP may make a referral for IAPT (Improving Access to Psychological Therapies) which can help people to overcome depression and anxiety, and better manage their mental health.

Further information

[What is Long COVID](#)

[UCLH Post-COVID follow up service](#)

[Read the NCL Healthwatch Long COVID survey in full.](#)

[Healthcare in North Central London is delivered by the North Central London Integrated Care System \(NCLICS\).](#)

Contact your local Healthwatch with further questions.

healthwatch

Barnet • Camden • Enfield Haringey • Islington