Your address

Name of GP

Address of GP Date

Dear Dr ,

 REQUEST FOR REFERRAL TO LONG COVID CLINIC [AND INCLUSION FOR COVID-19 VACCINATION

[**INCLUDE/DELETE AS APPROPRIATE**]

I am writing to request an urgent consultation to discuss my on-going health situation related to Covid-19 and to ensure that it is being recorded as such on my medical records.

I **[MY CHILD]** became ill on **[INPUT DATE]** and remain unwell **[NUMBER OF MONTHS/WEEKS]** later. After all this time, I am still left with debilitating symptoms, I am still unable to ‘function’ at my pre Covid levels and this continued situation has seriously affected my **[INPUT/DELETE AS APPROPRIATE e.g ability to work, caring duties, family life]**.

In light of new lines of evidence and services (outlined below\*), I would like an urgent consultation to discuss the following points:

1. I would like to ensure I **[MY CHILD]** have been assigned to the Long Covid diagnostic code so that my illness is formally recognised and counted. If possible I would like you to apply this retrospectively to my record.
2. I would appreciate a referral to our local Long Covid clinic as soon as this is possible.
3. I would like to be considered for priority vaccination under the group “Persons with underlying health conditions” due to the risks of reinfection and my vulnerability.
4. While awaiting the Long Covid clinic referral I would like to discuss if there is anything further you can do to investigate or relieve my symptoms.

**\*[please add here key points from the table below as is relevant to your individual case]**

Now that Long Covid is widely recognised, I have hope that I **[MY CHILD]** can get specialist help for ongoing, debilitating symptoms, in order to improve my **[MY CHILD’s]** quality of life.

Yours sincerely

**[your name in print, signed on behalf of...childs name]**

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| **\*Key Points:**On 18th December the NICE guidelines on the long-term effects of COVID-19 were published. These include the following guidelines: *“3.10 After ruling out acute or life-threatening complications and alternative diagnoses, consider referring people to an integrated multidisciplinary assessment service (if available) any time from 4 weeks after the start of acute COVID-19 [including children see 5.8 in guidelines].”**“3.11 Do not exclude people from referral to a multidisciplinary assessment service or for further investigations or specialist input based on the absence of a positive SARS-CoV-2 test (PCR, antigen or antibody).”**“8.1 Provide access to multidisciplinary services (these could be 'one-stop' clinics) for assessing physical and mental health symptoms and carrying out further tests and investigations. “*<https://www.nice.org.uk/guidance/ng188>A Diagnostic (SNOMED) Code has also now been designated for counting Long COVID, which will allow the burden of illness to be counted, and also allow me access to services. On 7th October the NHS chief executive Sir Simon Stevens announced £10 million was to be invested in additional local funding to designate Long Covid clinics in EVERY area across England to complement existing primary, community and rehabilitation care. These should bring together NHS staff to conduct physical and psychological assessments of those experiencing enduring symptoms. On 18th Dec the locations of the clinics (actually called assessment services) were announced. [NHS England » Long COVID patients to get help at more than 60 clinics](https://www.england.nhs.uk/2020/12/long-covid-patients-to-get-help-at-more-than-60-clinics/). Further clinics were announced at the parliamentary debate on Long Covid on 16th Jan 2021 APPG meeting [https://www.youtube.com/watch?v=UXakeS4Edac](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DUXakeS4Edac%26fbclid%3DIwAR3VfDwOqttt6o7tB6Vvuf1sBYU9gx0-jTbFv-oukFYPZ1-4kh-VqpnVWEY&h=AT0Qc-DLjuoqKRw5eVNqA-pHukfTJNqM4YGFXcN5Ey0dMlKXkAARYAz13ZFY5jRcn5vlVPNE_GwAcLk4YTH5rnChUnW63agyu7hg0GpNXn4I9e695XBjqVhc1R4ikdQVOcL7wVU&__tn__=-UK-R&c%5B0%5D=AT1ZPB08xDFSNln6meq-Jx1mKLJQEiX5LsT7qI4llSTd2fAlzUsWMhcPAXUDN-z6rlaGUwcrOxan0mURmpdNiZRKMNoH7nwJyKkRejtBa9gLJ56mUeQjV3ACHTnjWxw3jvrJhMK77efTOTtD3HeR-uMyL88YCxdYL3fQ90AuINOhF91CdZyKvyknXqZ_JPLqgbou2HihmthdARBJxg). National Guidance for post-COVID syndrome assessment clinics including referral pathway:<https://onedrive.live.com/?authkey=%21AJ1cMu4Rl9XorqM&cid=5B6CA84061D3754C&id=5B6CA84061D3754C%2163688&parId=5B6CA84061D3754C%2163372&o=OneUp>As we are now seeing, Immunity to COVID is not long lasting with many reinfections similar as happened with MERS and SARS after a few months. I am clearly vulnerable to Long Covid and the risks of a new infection, including an exacerbation of my ongoing symptoms. This is especially now a concern as we are seeing the spread of a new variant of Coronavirus with an increased transmission rate. On 11 Nov Prof Van Tam (government Deputy Chief Medical Advisor) said *“one option for phase two was to focus on people who were most likely to need hospital treatment if they caught the virus, or those at risk of "Long Covid*”". (https://www.bbc.co.uk/news/health-54902909). On 11th August 2020 the BMJ published ‘Management of post-acute Covid-19 in primary care’, with initial discussions about access to specialist rehabilitation services for those assessed as needing this pathway, including those without positive PCR or antibody tests. *BMJ* 2020; 370 doi: <https://doi.org/10.1136/bmj.m3026> (Published 11 August 2020).On 3rd September the BMJ hosted an on-line webinar on the diagnosis. management and prognosis of “Long Covid”. *BMJ* 2020; 370 doi: <https://doi.org/10.1136/bmj.m3489> (Published 07 September 2020).On 15th October the NIHR themed review on “Living with Long Covid” was published, emphasising the multisystem nature of the disease and the need for holistic treatment. This was accompanied by a series of webinars. It will be updated in March 2021.<https://evidence.nihr.ac.uk/themedreview/living-with-covid19/><https://evidence.nihr.ac.uk/themedreview/living-with-covid19-webinars/>Long COVID is recognised by international bodies including the WHO and the US NIH. For example, see the international Long Covid Forum 9-10 Dec 2020, and opening remarks by the WHO: Day one <https://youtu.be/LmjJ2yuhT-o> Day two <https://youtu.be/bxoR98OYwQ4>According to an ONS report published 16 December, 20% of people who have Covid will be ill for more than 5 weeks and 12% will have symptoms beyond 12 weeks. <https://www.ons.gov.uk/news/statementsandletters/theprevalenceoflongcovidsymptomsandcovid19complications>According to UK Government Vaccine guidelines “*Having prolonged COVID-19 symptoms is not a contraindication to receiving COVID-19 vaccine”* “https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/943589/COVID-19\_vaccination\_programme\_guidance\_for\_healthcare\_workers\_December\_2020\_V2.1.pdf |