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Ymchwiliad i effaith Covid-19, a'r modd y mae'n cael ei reoli, ar iechyd a gofal cymdeithasol yng Nghymru

Inquiry into the impact of the Covid-19 outbreak, and its management, on health and social care in Wales

Ymateb gan Arolygiaeth Long Covid Wales

Response from Long Covid Wales

I'm writing on behalf of Long COVID Wales, a campaign group set up by Long COVID sufferers in Wales. Our purpose is to lobby for recognition for the illness Long COVID - we are campaigning for Multi Disciplinary specialist Long COVID clinics here in Wales as our members and ourselves are struggling to access the diagnostic services and specialist care that we need in order to recover.

Many people with Long COVID are being turned away from GP surgeries without having issues investigated. It is not known whether underlying health conditions are causing symptoms as diverse as palpitations and shortness of breath, severe chest pain, muscle pains, prolonged GI issues, difficulty walking, cognitive impairments, blurry vision and many others. It's imperative we begin fully investigating these conditions.

There is also postural orthostatic tachycardia syndrome (POTS) and other forms of dysautonomia causing symptoms including but far from limited to disproportionate tachycardias, palpitations, lightheadedness, nausea and fatigue; as well as mast cell activation and histamine intolerance. These are very commonly occurring features in Long COVID and need specialist neurology or immunology input as they are unlikely to get better untreated.

Investigations are needed because serious associated diagnoses are not uncommon. There is a need for multi-specialty involvement as Long Covid is not first and foremost a respiratory disease - recent studies show respiratory and cardio equal burden (Coverscan Study initial results - link at bottom of page)

We feel we need specialist Long COVID clinics such as have been rolled out across England. These one stop shop clinics allow clinicians to develop the expertise needed to treat this new illness. Long COVID sufferers across Wales need medical help and treatment to get back to work as many, including a significant number of NHS staff, have been off sick for up to ten months now and without the appropriate treatment many may not recover.

The Coverscan Study webinar link

<https://www.facebook.com/groups/longcovidwales/?ref=share>

I also include a link to a BMJ article written by doctors with Long COVID.

<https://www.bmj.com/content/370/bmj.m356>

With Thanks

xxxx

Joint Lead of Long COVID Wales