rpavirtual Long COVID Service
Information for General Practitioners

About the service

The RPA Virtual Hospital (**rpa**virtual) Long COVID Service provides care for patients with long COVID symptoms who may benefit from a virtual program of assessment, support and education.

Care includes:

- A comprehensive nursing assessment of the patient's symptoms and treatment goals
- Multidisciplinary team review, including medical and psychology, of the patient's condition and treatment recommendations
- Support and education via an Allied Health group program

Eligibility criteria

To be eligible for this program, the patient must live in Sydney Local Health District and meet the following criteria:

- Aged 16 years and older
- History of confirmed SARS CoV-2 infection
- Have long COVID symptoms as per the World Health Organisation definition "continuation or development of new symptoms 3 months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months with no other explanation."
- Have moderate to severe symptoms and risk factors impacting their quality of life and functional status
- Significant symptoms that have not resolved with primary care management
- Will benefit from patient support and education
- Have access to a smart phone or other device with videoconferencing capacity
- No current red flags, as per the ACI Long COVID Model of Care

What is provided?

Patients will be asked to participate in a comprehensive assessment of their current symptoms and functioning. The assessment includes:

- Nursing review of current symptoms and treatment to date
- Completion of the C19, PCFS and K10 questionnaires
- Multidisciplinary team review of the patient's condition
- Treatment recommendations provided to referrers
- Interest in the Allied Health group programs

About the Allied Health group programs

Long COVID Support Group

- Weekly, time limited online group
- Facilitated by Clinical Psychologists
- Semi-structured and provides an opportunity to share experiences, challenges, coping strategies and group problem solving

Long COVID Management Group

- Weekly, time limited online group
- Provides evidence-based strategies for managing long COVID symptoms from psychology, occupational therapy, physiotherapy, dietetics and speech pathology professionals
- Provides an opportunity to share experiences and provide support to others in the group

For more information on RPA Virtual Hospital visit https://slhd.health.nsw.gov.au/rpavirtual

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How do I refer?

Referrals can be accepted via Health Link or by completing the referral form.

Search 'Long COVID assessment' In HealthPathways for more information.