

# COVID-19

# Long COVID

**Dr Martin Chadwick**

Chief Allied Health Professions Officer

Ministry of Health

**Te Kāwanatanga o Aotearoa**  
New Zealand Government



Unite  
against  
COVID-19

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## Long COVID Programme Principles

- giving effect to our obligations under Te Tiriti o Waitangi, including considering the interests and needs of Māori
- ensuring equity, which involves inclusiveness for all communities, particularly those most affected by COVID outbreaks i.e. Māori and Pacific
- ensuring equity of access to services and outcomes
- ensuring services are effective, timely and reflects best-practice as the evidence emerges
- ensuring services are patient centered, including patient self-management and digital enablement to support patients with long COVID

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## Long COVID in Aotearoa New Zealand

- Internationally, New Zealand is the only country to experience COVID 19, Omicron variant coupled with higher vaccination rates at a later stage in the pandemic
- Higher rates of COVID 19 infections for Māori and Pacific Peoples
- Currently there is limited literature and statistics available for Long COVID relevant to the population of New Zealand making modelling challenging.

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## Long COVID Programme Workstreams

### Long COVID is managed like other long-term conditions:



Most people with COVID-19 have symptoms lasting up to 2 weeks. Longer-term symptoms after 6 weeks are considered Long COVID.

Long COVID symptoms are investigated, treated, and funded in the same way as other long-term conditions.

### Four workstreams looking at Long COVID:



#### Tool Kit

Monitor DHBs with specific services for Long COVID to develop a tool kit for others to use.



#### Advisory group

Establish an Expert Advisory Group, including people with lived experience, to guide and input into the change package and evidence.



#### Evidence

Monitor emerging evidence to inform clinical pathways for identifying and managing Long COVID.



#### Further research

Identify research gaps that are particular to Aotearoa New Zealand and how they might be addressed.

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## Long COVID programme updates

- **Expert Advisory Group** established
- Updated **acute COVID-19 rehabilitation** guidelines, in final publishing stage
- **Coding** confirmed: Read and SNOMED diagnostic codes for Long COVID for Post COVID (4-12 weeks), and Long Covid (over 12 weeks).
- Ongoing **literature analysis** of both academic and grey literature on what other health systems are doing to respond to Long COVID international briefings with other countries via diplomatic arrangements to discuss long COVID
- Discussions with **other jurisdictions** to understand policy, health system impacts overseas
- **Communications:** website & sector updates: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19/long-covid#understand>