
**Long COVID Symptoms**
The two most common symptoms of ‘Long COVID’ are breathlessness and fatigue. Ensuring quality rest, energy management and re-establishing efficient breathing is essential for recovery. 4 patients with long COVID trialled a digital 6-week breathing & energy management programme which was subsequently commissioned by South East London CCG.

**The Programme**
- 6 group sessions
- Online platform (MST)
- Led by Specialist Physios & Psychological Well-Being Practitioners
- Educational- efficient breathing, promoting quality sleep, finding stability in energy, quality proactive rest, relaxation, pacing, nutrition, hydration, mood management, bronchial hygiene and advice on when to exercise.

**Outcome measures**
- Chronic Respiratory Disease questionnaire
- Fatigue severity scale
- Nijmegen Questionnaire
- Breathing Pattern assessment tool (BPAT)
- GAD7 & PHQ9

**The Patients**
- 105 patients
- Aged 21-81
- 83 White British, 22 Ethnic Minority
- 75% BPAT >4
- 66% Hyperventilating (>23)
- 70% severe fatigue (>5 on FSS)
- 44% mod/high GAD7
- 63% Mod/high PHQ9

**Results**
- 29% 71% Significant improvement in 1 domain or more of CRDQ
- 50% 50% significant improvement in Fatigue score
- 42% 58% significant improvement in GAD7 or PHQ9

**Patient Feedback**
- “This course has been amazing - the information provided was spot on & level of knowledge & understanding from the team was unreal”
- “The course was extremely relevant and met my needs in more ways than I imagined”
- “Brilliant course, would highly recommend”
- “Most helpful, informative and supportive course. The team were excellent, highly professional, seeking to support us physically and emotionally. Their knowledge and approach elicits trust and confidence.”

**Long COVID Cycle**
COVID causes over stimulation of Sympathetic NS

- Inefficient breathing, dysregulated energy system
- Disrupted sleep & difficulty returning to pre-COVID life

**Pre-programme – reduction in energy resource**

**Post-programme – stabilised energy resource**

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