

1. Medical Directors of NHS Boards

5 May 2021

MANAGING THE LONG-TERM EFFECTS OF COVID-19: IMPLEMENTATION SUPPORT NOTE FOR PRIMARY AND COMMUNITY CARE

Dear Colleague,

As you may be aware, on 18 December 2020 the Scottish Intercollegiate Guidelines Network (SIGN), the National Institute for Health and Care Excellence (NICE) and the Royal College of General Practitioners (RCGP) published [a rapid clinical guideline](#) covering the identification, assessment and management of the long-term effects of COVID-19, often described as 'Long COVID'.

To support the implementation of the guideline's recommendations, the Scottish Government has produced additional targeted information for primary care teams, developed with input from key stakeholders, including Specialty Advisors to the Chief Medical Officer and senior medical advisors to the Scottish Government. The Implementation Support Note provides primary care teams with practical information about implementing the SIGN guideline from a whole system perspective..

The document provides information to support a consistent national approach to:

- Recording long-term effects of COVID-19 within clinical information systems
- Screening tools which can be used alongside clinical assessment to capture a person's symptoms and their functional impact
- An accessible flow-chart to guide primary care management of people with Long COVID
- Advice from national specialty advisors to support appropriate investigation and need for referral where clinically appropriate, as part of local pathways which should be jointly developed through good interface arrangements
- Sources of self-management support

[Download 'Managing the Long-term effects of COVID-19: Implementation Support Note V1.0 \(PDF\)](#).

The Implementation Support Note has been developed as a 'living' document which will be updated as required in line with emerging evidence.

Colleagues are therefore requested to ensure that they refer to the most up-to-date version of this guidance, available on the [‘SIGN – Managing the long-term effects of COVID-19 web page’](#) in the ‘supporting material’ menu.

Please could Medical Directors forward this alert to;

- General Practitioners
- Allied Health Professionals
- Primary/Secondary Care Interface Groups

Yours sincerely



Dr Gregor Smith
Chief Medical Officer for Scotland