

# Long COVID-19 Assessment

If you were admitted to a High Care or Intensive Care Unit for the treatment of COVID-19 and were discharged over four weeks ago, please complete this assessment to help ascertain your need for support and further consultation with your physician during your recovery.

## Scoring Criteria POINTS ARE ATTRIBUTED AS FOLLOWS:

Never: 0 POINTS

Sometimes: 1 POINT

Usually: 2 POINTS

Always: 3 POINTS

Allocate points to each symptom below that best describes how you have been impacted since you have been discharged.

Example: Since discharge you 'usually' feel 'breathlessness' therefore you allocate 2 points to the symptom.

### PHYSICAL

Enter your points

Breathlessness

Troublesome cough or difficulty breathing

Changes to your voice

Difficulty eating, drinking or swallowing or avoiding any food or drinks

Ongoing weight loss or nutritional concerns

Issues with walking about

Increase in fatigue

Issues with personal care (dressing and washing yourself)

Challenges with daily activities (household role, work, leisure activities)

Pain or discomfort

### PSYCHOLOGICAL

Enter your points

Challenges with concentration or short-term memory

Anxiety and depression

Unwanted memories associated with your illness or hospital admission

Unpleasant dreams about your illness or hospital admission

Avoiding thoughts about your admission or illness

Thoughts about harming yourself in any way

## What your score means

### Your total points:

#### 0 – 10 POINTS

You seem to be recovering well! Continue to take care of both your mental and physical health and seek medical support if and when needed.

#### 11 – 20 POINTS

You are doing considerably well! Continue to monitor any symptoms you may experience and seek medical care if required, do not neglect your health.

#### 21 – 30 POINTS

You are experiencing long COVID-19 symptoms. You should carefully monitor and track these. A check-up with your GP is recommended.

#### 31 – 48 POINTS

You are experiencing a number of long COVID-19 symptoms. It is important that you do not neglect your health and book a consultation with your physician as soon as possible.

### NEED TO BOOK A CONSULTATION?

Details can be found [here](#) on our website.



This simple quiz is aimed at helping patients who have previously been infected with COVID-19 realise that they may have lasting effects from the disease and seeking medical care can assist with these. Any information contained herein is merely a guideline. Always visit your healthcare practitioner for any health-related advice or diagnosis.