

Do your employees know how to deal with the symptoms of Long Covid?



Long Covid is an increasingly recognised problem, causing those affected to experience symptoms ranging from fatigue and breathlessness to loss of taste and brain fog.

With the NHS under pressure and symptoms typically lasting for 8-12 weeks, leaving employees to cope alone can result in long-term absence, putting pressure on colleagues to cover their work.

Supporting individuals, reducing absence

An hour-long workshop, delivered online by our multidisciplinary team of experts, can help employees manage Long Covid symptoms, keep them in work and ensure they feel supported.

LONG COVID WORKSHOP PRESENTED BY

Physiotherapist

To discuss shortness of breath, fatigue and coping with muscle pain

Wellness Expert

To explore sleeplessness, loss of taste and sustaining appetite

Psychotherapist

To advise on managing anxiety and dealing with brain fog

“It was very reassuring to know there were things I could do to care for myself and manage my symptoms to stay in work.”

Emma, Client Services Manager, Oxford

Contact - For more information, contact your PAM Group account manager, or a member of our Long Covid team:



Email us

longcovid@people-am.com



Call us

0808 196 6923

Benefits



✔ Boost wellbeing

The ultimate objective of the workshop is to help employees understand Long Covid symptoms, boost their overall sense of wellness and strengthen their ability to cope with the condition.

✔ Reduce absence

Designed by accredited multidisciplinary professionals, each workshop is delivered with your specific organisational needs in mind, to reduce absence and alleviate performance issues.

✔ Clinically sound

The advice provided during the workshops is based on the latest World Health Organisation (WHO) research and evolving National Institute for Health and Care Excellence (NICE) guidelines.

✔ Respect privacy

Participants have the option to turn on their camera and microphone and ask questions during the online workshop. Or keep their privacy settings switched on and just watch and listen.

Need a treatment plan?

Employees in need of further support can be signposted to existing support services or a Long Covid Health Assessment, to determine an individual treatment plan - be this additional support to manage physical or cognitive symptoms, or a mixture of both.

If the decision is made to go ahead with treatment, a dedicated case manager will provide regular updates on the individual's progress and any changes to working conditions required.

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Case Study: Emma gets help to manage Long Covid symptoms



When Emma, a client services manager from Oxford, caught coronavirus, she recovered relatively quickly from the fever and cough she developed but many of her other symptoms lingered.

“Months on I’m still experiencing breathlessness, muscle pain and have no sense of taste or smell,” explains Emma. “My eyesight has become significantly worse and I’ve been affected by brain fog, meaning halfway through a task my brain can disengage and I lose track of what I’m doing.”

In response, her employer arranged for her, and other colleagues also affected, to take part in an online Long Covid group workshop, provided by the occupational health consultancy, PAM Group.

Since then Emma says she’s been better able to manage her symptoms. “A physiotherapist, wellbeing expert and psychologist explained the symptoms to us and things we could do to help ourselves,” says Emma.

“It was a really hands on workshop, so we got to practice the breathing and joint pain exercises which I found really useful.”

She adds, “Working from home, as we are now, you know in theory that it’s important to stop for breaks and eat well, but when an expert reiterates the importance of that for managing Long Covid, and gives you useful tips on how to do that in practice, it makes you really want to look after yourself. To help with the brain fog, I learned how to use mindfulness and make sure I was getting enough sleep to lessen the severity of that symptom.”

The best thing about the workshop was knowing she wasn’t alone says Emma, “It was very reassuring to know that other people were going through the same thing as me. Although we had different symptoms, to greater or lesser degrees, it was very helpful to know I wasn’t the only one and that there were things I could do to care for myself and manage my symptoms to stay in work.”

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