

1.

**Qualifications:** MB BChir MA, University of Cambridge, FRCP

Consultant physician since 2015.

**Current position:** Clinical Lead Post COVID Service, University College London Hospitals NHS Trust (since May 2020), Clinical Lead Respiratory Network North Central London Region (since 2018), National Speciality Adviser Long COVID Program, NHS England (since Sept 2021)

**Publications:**

**'Long-COVID': a cross-sectional study of persisting symptoms, biomarker and imaging abnormalities following hospitalisation for COVID-19.**

Thorax

2020-11 | Journal article

DOI: [10.1136/thoraxjnl-2020-215818](https://doi.org/10.1136/thoraxjnl-2020-215818)

PMID: [33172844](https://pubmed.ncbi.nlm.nih.gov/33172844/)

PMC: [PMC7661378](https://pubmed.ncbi.nlm.nih.gov/PMC7661378/)

CONTRIBUTORS: Mandal S; Barnett J; Brill SE; Brown JS; Denneny EK; Hare SS; Heightman M; Hillman TE; Jacob J; Jarvis HC et al.

**Implementation and evaluation of a COVID-19 rapid follow-up service for patients discharged from the emergency department.**

Clinical medicine (London, England)

2020-12 | Journal article

DOI: [10.7861/clinmed.2020-0816](https://doi.org/10.7861/clinmed.2020-0816)

PMID: [33355255](https://pubmed.ncbi.nlm.nih.gov/33355255/)

PMC: [PMC7850184](https://pubmed.ncbi.nlm.nih.gov/PMC7850184/)

CONTRIBUTORS: Bell LC; Norris-Grey C; Luintel A; Bidwell G; Lanham D; Marks M; Baruah T; O'Shea L; Heightman M; Logan S et al.

**COVID-19 emergency department discharges: an outcome study.**

Clinical medicine (London, England)

2021-01 | Journal article

DOI: [10.7861/clinmed.2020-0817](https://doi.org/10.7861/clinmed.2020-0817)

PMID: [33419864](https://pubmed.ncbi.nlm.nih.gov/33419864/)

CONTRIBUTORS: Lanham D; Roe J; Chauhan A; Evans R; Hillman T; Logan S; Heightman M

**Patterns of myocardial injury in recovered troponin-positive COVID-19 patients assessed by cardiovascular magnetic resonance.**

European heart journal

2021-02 | Journal article

DOI: [10.1093/eurheartj/ehab075](https://doi.org/10.1093/eurheartj/ehab075)

PMID: [33596594](https://pubmed.ncbi.nlm.nih.gov/33596594/)

CONTRIBUTORS: Kotecha T; Knight DS; Razvi Y; Kumar K; Vimalasvaran K; Thornton G; Patel R; Chacko L; Brown JT; Coyle C et al.

**UK guidelines for managing long-term effects of COVID-19.**

**Response to: Request for Evidence under Rule 9 of the Inquiry Rules 2006 Reference for Request - M2/SAGE/01/MH**  
**Dr Melissa Heightman**

Lancet (London, England)

2021-05 | Journal article

DOI: [10.1016/s0140-6736\(21\)00847-3](https://doi.org/10.1016/s0140-6736(21)00847-3)

PMID: [33965081](https://pubmed.ncbi.nlm.nih.gov/33965081/)

PMC: [PMC8102038](https://pubmed.ncbi.nlm.nih.gov/PMC8102038/)

CONTRIBUTORS: Shah W; Heightman M; O'Brien S

**A Role for Steroids in COVID-19-associated Pneumonitis at Six-Week Follow-Up?**

Annals of the American Thoracic Society

2021-06 | Journal article

DOI: [10.1513/annalsats.202101-048le](https://doi.org/10.1513/annalsats.202101-048le)

PMID: [33735603](https://pubmed.ncbi.nlm.nih.gov/33735603/)

PMC: [PMC8456732](https://pubmed.ncbi.nlm.nih.gov/PMC8456732/)

CONTRIBUTORS: Denny EK; Garthwaite HS; Heightman MJ; Porter JC

**Understanding the burden of interstitial lung disease post-COVID-19: the UK Interstitial Lung Disease-Long COVID Study (UKILD-Long COVID).**

BMJ open respiratory research

2021-09 | Journal article

DOI: [10.1136/bmjresp-2021-001049](https://doi.org/10.1136/bmjresp-2021-001049)

PMID: [34556492](https://pubmed.ncbi.nlm.nih.gov/34556492/)

PMC: [PMC8461362](https://pubmed.ncbi.nlm.nih.gov/PMC8461362/)

CONTRIBUTORS: Wild JM; Porter JC; Molyneaux PL; George PM; Stewart I; Allen RJ; Aul R; Baillie JK; Barratt SL; Beirne P et al.

**Severe Acute Respiratory Syndrome Coronavirus 2**

Encyclopedia of Respiratory Medicine

2021-09 | Journal article

PMC: [PMC7914020](https://pubmed.ncbi.nlm.nih.gov/PMC7914020/)

CONTRIBUTORS: Marks M; O'Hara G; Houlihan C; Bell L; Heightman M; Hart N

**Recommendations for the recognition, diagnosis, and management of long COVID: a Delphi study.**

The British journal of general practice : the journal of the Royal College of General Practitioners

2021-10 | Journal article

DOI: [10.3399/bjgp.2021.0265](https://doi.org/10.3399/bjgp.2021.0265)

PMID: [34607799](https://pubmed.ncbi.nlm.nih.gov/34607799/)

PMC: [PMC8510689](https://pubmed.ncbi.nlm.nih.gov/PMC8510689/)

CONTRIBUTORS: Nurek M; Rayner C; Freyer A; Taylor S; Järte L; MacDermott N; Delaney BC; Delphi panellists

**Post-COVID-19 assessment in a specialist clinical service: a 12-month, single-centre, prospective study in 1325 individuals.**

BMJ open respiratory research

2021-11 | Journal article

DOI: [10.1136/bmjresp-2021-001041](https://doi.org/10.1136/bmjresp-2021-001041)

PMID: [34764200](https://pubmed.ncbi.nlm.nih.gov/34764200/)

PMC: [PMC8587466](https://pubmed.ncbi.nlm.nih.gov/PMC8587466/)

CONTRIBUTORS: Heightman M; Prashar J; Hillman TE; Marks M; Livingston R; Ridsdale HA; Bell R; Zandi M; McNamara P; Chauhan A et al.

**Development, deployment and evaluation of digitally enabled, remote, supported rehabilitation for people with long COVID-19 (Living With COVID-19 Recovery): protocol for a mixed-methods study.**

BMJ open

2022-02 | Journal article

DOI: [10.1136/bmjopen-2021-057408](https://doi.org/10.1136/bmjopen-2021-057408)

PMID: [35131836](https://pubmed.ncbi.nlm.nih.gov/35131836/)

PMC: [PMC8822541](https://pubmed.ncbi.nlm.nih.gov/35131836/)

CONTRIBUTORS: Murray E; Goodfellow H; Bindman J; Blandford A; Bradbury K; Chaudhry T; Fernandez-Reyes D; Gomes M; Hamilton FL; Heightman M et al.

**STIMULATE-ICP-Delphi (Symptoms, Trajectory, Inequalities and Management: Understanding Long-COVID to Address and Transform Existing Integrated Care Pathways Delphi): Study Protocol**

2022-04 | Preprint

DOI: [10.1101/2022.04.06.22273514](https://doi.org/10.1101/2022.04.06.22273514)

PPR: [PPR479149](https://pubmed.ncbi.nlm.nih.gov/35131836/)

CONTRIBUTORS: van der Feltz-Cornelis CM; Sweetman J; Allsopp G; Attree E; Crooks MG; Cuthbertson DJ; Forshaw D; Gabbay M; Green A; Heightman M et al.

**Impaired exercise capacity in post-COVID syndrome: the role of VWF-ADAMTS13 axis.**

Blood advances

2022-05 | Journal article

DOI: [10.1182/bloodadvances.2021006944](https://doi.org/10.1182/bloodadvances.2021006944)

PMID: [35543533](https://pubmed.ncbi.nlm.nih.gov/35543533/)

PMC: [PMC9098525](https://pubmed.ncbi.nlm.nih.gov/35543533/)

CONTRIBUTORS: Prasannan N; Heightman M; Hillman T; Wall E; Bell R; Kessler A; Neave L; Doyle AJ; Devaraj A; Singh D et al.

2.

SAGE- attended once session in July 2022. Also a member of the DHSC Round table meetings in Long COVID and the Long COVID taskforce (NHSE)

3.

a. I was asked at several days notice to attend a SAGE meeting in July 2022 to contribute to an item for discussion around Long COVID.

b. I attended one meeting

c. I was asked to give an update re the clinical picture relating to Long COVID. This was from the perspective of leading the first UK clinical service and experience of having reviewed about 2000 patients at that time. Other scientists were discussing what was known re epidemiology of Long COVID in the same session.

4. I did not submit written material

5. My publications relate to the clinical management of Long COVID presentations rather than the functioning of SAGE or the UKs response to the pandemic. Relevant items are listed above.

6. I had limited involvement with SAGE (just one meeting). It is difficult to judge the composition/expertise of the group therefore but the meeting I attended was well run, with

excellent quality contributions from those present and a welcoming atmosphere where participation was possible. I can not comment on the way the group was commissioned. Papers were shared in advance appropriately.

7. My area of expertise lies in the field of Long COVID. The impact that Long COVID has had on hundreds of thousands of individuals in the UK reinforces the importance for future pandemics of considering post infectious sequelae in decision making re “lockdowns/containment”, public health messaging and service provision. We should consider how to implement methods to accurately track and record post infectious illness from the outset (and code it effectively in electronic health records). We should consider as part of the pandemic response what healthcare service provision might be required for individuals surviving infection (this took 9-12 months to coordinate nationally and funding was constrained and disproportionate to resource allocation for acute care). It remains essential that we learn as much as possible re mechanisms and treatment in Long COVID to improve future preparedness and to improve outcomes for the very significant numbers of people who continue to experience this long lasting illness.

8. I hold the emailed material re my invitation to join the SAGE meeting in July 2021, papers shared and minutes.