



Department
of Health &
Social Care

Long COVID: Data dashboard

Please note there is information contained within the dashboard that is not in the public domain.

2 February 2021

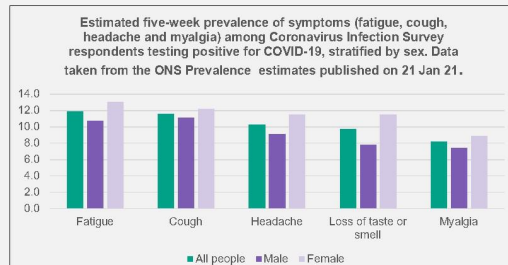
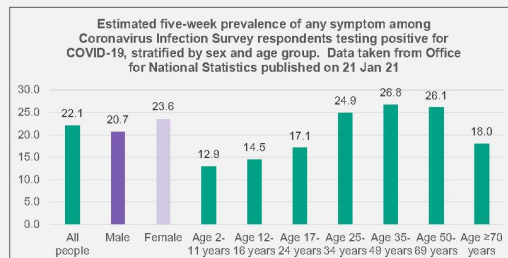
Long COVID Dashboard: Prevalence (ONS prevalence estimates)

Date	ONS point of time estimates of prevalence (living with symptoms between 5 and 12 weeks) in England
W/c 22 November 2020	186,000 (95% confidence interval of 153,000 to 221,000).
W/c 27 December 2020	301,000 (95% confidence interval: 274,000 to 329,000). [Latest version published 21 Jan 21]

COVID Symptom Study app (also known as the ZOE app) suggest lower estimates than the ONS. Of 4182 incident cases of COVID-19 who logged symptoms prospectively, 558 (**13.3%**) had symptoms lasting longer than 28 days, 189 (**4.5%**) for longer than 8 weeks and 95 (**2.3%**) for longer than 12 weeks.

Older people, women and those with a greater number of different symptoms in the first week of their illness were more likely to develop Long COVID.

<https://doi.org/10.1101/2020.10.19.20214494>



Long Covid 5 Point Plan Progress Dashboard 16 February 2020



Rollout post-Covid assessment services

Number of services live	Number due to launch by end Feb 2021
69	16

Indicative activity data 07/02/20

- Work is ongoing to establish routine data flows as services are established
- Early data shows 3,896 referrals recorded so far
- 1,234 assessments recorded as completed so far

Your Covid Recovery online

Your Covid Recovery Rollout	Number
Number of website visits	~900,000
Number of local clinics trained to refer patients to online rehab	160



Patient feedback on YCR

"Would suggest everyone who has COVID is told about this website. It is reassuring when you live on your own and don't know what to expect or where to turn for help."

"Excellent web site and I hope as knowledge of Coronavirus increases and in particular recovery, this web site will improve even more"

"felt the site was very easy to navigate, written in plain English, not full of medical terms I couldn't understand. I found it very helpful indeed, it has definitely answered some of my questions that were troubling me. I felt less anxious after reading through all the sections."

Clinical case definition and guidance + information for patients

RAG	Deliverable
✓	• NICE publish clinical case definition – Nov 2020
✓	• NICE publish clinical guidance – Dec 2020
✓	• HEE Online training for clinicians Nov 2020
✓	• RCGP guidance for GPs – Dec 2020
✓	• NHS England online training for IAPT staff – Dec 2020
✓	• Health inequalities – Taskforce to develop targeted comms for public & patients and specific communities
✓	• Specific guidance on long covid in children
✓	• Further local comms to raise awareness of long covid assessment services

Research

- Post hospital (PHOSP-COVID) research study of 10,000 patients across 504 trusts – interim report due end Feb
- REACT-GE bio markers study (KINS-COVID) neurological study
- NIHR research call for long Covid effects in non-hospitalised patients due to announce w/c 8/2/21
- Covid Infection Survey, the ONS estimates that, in the week commencing 27 December 2020, 301,000 people in England had Covid-19 symptoms that had persisted for between 5 and 12 weeks. They found that:
 - Around 1 in 5 (20%) respondents testing positive for Covid-19 exhibit symptoms for a period of 5 weeks or longer.
 - Around 1 in 10 (10%) of respondents testing positive for Covid-19 exhibit symptoms for a period of 12 weeks or longer.
- The CIS data shows all age groups, including children, are affected post 5 weeks, although more prevalent in 35-49 age group, and in women.
- ONS plans to link data to socioeconomic status + ethnicity
- ONS study of over 47,000 individuals discharged from English hospitals following Covid-19, found elevated rates of multi-organ dysfunction compared with matched control group. Post discharge adverse events included exacerbated diabetes, new onset diabetes, major cardiovascular events and respiratory disease.

Taskforce

The Long Covid Taskforce brings together nearly 100 stakeholders including people with lived experience, clinicians, commissioners, academics, charities and professional bodies. It has met several times and established 5 subgroups to advise and drive implementation of the 5 point plan



Long COVID Assessment Clinic Activity Data 16 February 2020 (New and experimental data)

OFFICIAL SENSITIVE



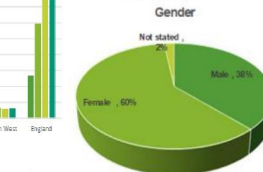
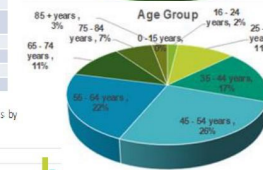
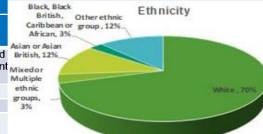
- Data collection from new Long COVID Assessment Clinics in England was launched on 5th January.
- This is the first report of data collected so far by region.
- There was a gradual increase in numbers over the period. Over the 4 week period a total of 3,896 Long COVID referrals were made and 1,234 assessments were completed.
- Note not all services submitted data and some appointments paused due to COVID-19 acute pressures.
- Work is underway to improve data completeness.

Access to Long COVID Clinics:

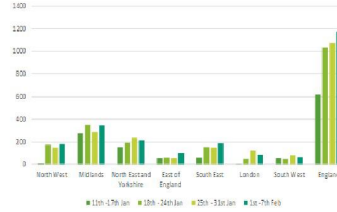
Caution: As this is a new collection the quality of data submitted by services is not always complete – This data should be treated as experimental.

The Number of Long COVID Referrals and Completed Assessment Carried out by Region – Over a 4 Week Period

	11-17th January		18th-24th January		25th-31st January		1st-7th February		4 week Rolling Average	
	All Referrals	Completed Assessment	All Referrals	Completed Assessment	All Referrals	Completed Assessment	All Referrals	Completed Assessment	All Referrals	Completed Assessment
North West	10	0	178	5	148	39	178	30	128	19
Midlands	276	34	362	87	287	76	344	113	315	78
North East and Yorkshire	149	38	192	68	234	109	211	91	197	77
East of England	57	23	59	21	57	33	103	14	69	23
South East	63	14	153	63	145	38	188	72	137	47
London	5	4	49	21	121	97	85	31	65	38
South West	58	21	49	32	81	29	66	31	64	28
Total	618	134	1030	297	1073	421	1176	382	974	309



The Total Number of Long Covid Referrals by Region



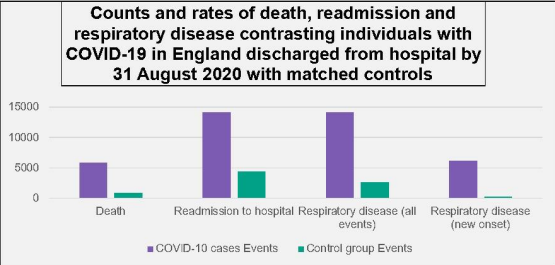
The Total Number of Long Covid Completed Assessments by Region



Long COVID Dashboard: Key statistics Post hospitalisation

ONS and University of Leicester: Epidemiology of post-COVID syndrome following hospitalisation with coronavirus

A large study (n=47,780 participants in hospital with COVID-19 and discharged alive by 31 August 2020 matched to controls) led by the ONS and the University of Leicester found that Covid-19 hospital admission was associated with increased risk of re-admission and death following discharge. **Nearly one third of people were re-admitted and more than 1 in 10 died.** Rates of post-discharge multi-organ dysfunction were elevated in individuals with COVID-19 compared to matched controls (general population). Diabetes and major adverse cardiac events (MACE) were common.



Open Safely: Rates of serious clinical outcomes in survivors of hospitalisation with COVID-19

The rate of cardiometabolic and pulmonary events in COVID-19 patients discharged from hospitalisation was **elevated in a similar manner to patients discharged from hospitalisation with pre-pandemic pneumonia**, with some outcomes observed to have a slightly higher rate in the COVID-19 population.

Long COVID Dashboard: Research (NIHR/UKRI Joint Research call on LONG COVID)

NIHR/UKRI Joint Research call on LONG COVID in non-hospitalised patients (4 studies, Irrelevant)

Applications were considered by an independent panel on 22 January which recommended the following four studies for funding, at a cost of approximately £18.65 million

REACT Long COVID (REACT-LC)	Led by Professor Paul Elliott, Imperial College London	Irrelevant million over 3 years
Therapies for Long COVID in non-hospitalised individuals: From symptoms, patient-reported outcomes and immunology to targeted therapies (The TLC Study),	Led by Dr Shamil Haroon, University of Birmingham	Irrelevant million over 2 years
Characterisation, determinants, mechanisms and consequences of the long-term effects of COVID-19: providing the evidence base for health care services	Led by Professor Nishi Chaturvedi, University College London	Irrelevant million over 3 years
Non-hospitalised Children & young people (CYP) with Long Covid (The CLoCK Study	Led by Professor Sir Terence Stephenson, UCL Great Ormond Street Institute of Child Health	Irrelevant million over 3 years

Long COVID Dashboard: Research (other DH/NIHR/UKRI research)

NIHR/UKRI Rolling Research call on LONG COVID (3 relevant studies, Irrelev		
Post-hospitalisation COVID-19 study: a national consortium to understand and improve long-term health outcomes (PHOSP-COVID) The PHOSP-COVID national consortium and research platform aims to understand and improve long-term outcomes for survivors following hospitalisation with COVID-19. Update: The total recruitment figures for 1 st Feb 2021 are 2,038 (tier 1: 656, tier 2: 1,382); The mean age is 60, with an age range of 21-91. The study population was found to be 72% white, 15% Asian, 7% Black, and 7% other	Led by Professor Chris Brightling, University of Leicester	Irrel
COVID-19: Clinical Neuroscience Study (COVID-CNS) The study will conduct a case control study to determine the phenotypes and genotypes of patients with these complications relative to 500 previously hospitalised controls.	led by Dr Benedict Michael, University of Liverpool, and Professor Gerome Breen, Kings College London	Irreleva
REACT-GE: Multi-omics to identify biological pathways underlying severity of SARS-CoV-2 infection Researchers will delineate biological pathways that are protective of or deleterious to the response to SARS-CoV-2 infection that may identify novel targets for treatment and ultimately prevention of the disease (e.g. vaccine response).	Led by Professor Paul Elliott, Imperial College London	Irrele
Note, in addition the ISARIC – Coronavirus Clinical Characterisation Consortium (ISARIC-4X) may be relevant. while the award was not designed for Long COVID, it provides underpinning information on hospitalised patients and they are now doing immunological follow-up on patients. Funding: Irrel. Led by: Dr Kenneth Baillie (Edinburgh) Prof Peter Openshaw (Imperial) and Prof Calum Semple (Liverpool).		

Long COVID Dashboard: Research (Other research funded by UKRI)

Other research funded by UKRI (3 studies) Irrelevant		
UK Interstitial Lung Disease Long-COVID19 study (UKILD-Long COVID): understanding the burden of Interstitial Lung Disease in Long COVID The study will aim to understand the burden and natural history of Interstitial Lung Disease (ILD) following COVID in hospitalised and non-hospitalised patients, focusing primarily on the imaging and mechanisms of ILD evolution in both the cross sectional and longitudinal analysis.	Led by Professor Gisli Jenkins, University of Nottingham Funded through the UKRI Agile call	Irrelevant
Dissecting innate immune determinants of severity and resolution in a longitudinal study of COVID-19 This project will explore the hypothesis that myeloid cells from patients with severe COVID-19 have impaired endogenous homeostatic mechanisms that limit the pathogenic monocyte and lung macrophage activation in milder forms of disease.	Led by Dr Mariola Kurowska-Stolarska, University of Glasgow Funded through the UKRI Agile call	Irrelevant
Understanding the impact of Covid-19 on long term health to inform the design of mitigating policies This study will generate greater understanding of risk factors related to Covid-19 outcomes (e.g. from individual risk factors to wider environmental risk factors), as well as information on the burden of both short- and long-term health and wider outcomes related to Covid-19 and interventions.	Led by Dr Nish Chaturvedi, UCL funded by UKRI through the National Core Studies Longitudinal Health & Wellbeing programme	Irrelevant
Information not in the public domain: studies yet to be awarded and information shared in confidence by UKRI • Neurophysiological characterisation of post-COVID fatigue, led by Dr Demetris Soteropoulos, Newcastle University Irrelevant • OpenSAFELY, ISARIC, PHOSP: tracking consequences of COVID-19 infection across UK primary and secondary care, led by Dr Ben Goldacre, University of Oxford - Irrelevant		

Long COVID Dashboard: Emerging research/news stories

WHO Director-General's opening remarks at the media briefing on COVID-19 – 12 February 2021

- WHO will focus on recognition, research and rehabilitation and has described Long COVID as Post-COVID Condition.
- WHO released a case reporting form that will allow more data to be collected on long COVID in a standardised way. This will help to improve the understanding, surveillance and clinical management of the condition

[WHO Director-General's opening remarks at the media briefing on COVID-19 – 12 February 2021](#)

Researchers examined more than 4 million blood cells of 17 COVID-19 patients hospitalised at the time of sample collection, 24 from a control group and then 14 people who had recovered (on average 7 months after hospitalisation) and found significant changes in blood cells. While some of the changes recovered to normal values after hospitalisation, others persisted for months after hospital discharge, evidencing the long-term imprint of COVID. The authors hypothesise that persisting changes of blood cell physical phenotypes could contribute to impairment of circulation and oxygen delivery in some patients with Long COVID.

[Physical phenotype of blood cells is altered in COVID-19 | bioRxiv](#)

In a study of 207 SARS-CoV2-infected individuals with a range of severities followed over 12 weeks from symptom onset, researchers suggest that an early robust immune response, without systemic inflammation, is characteristic of asymptomatic or mild disease. The research team noted alterations in many immune cell types persisted for weeks or even months after infection and speculated that immunometabolic inflammatory changes and unresolved immune cell defects could contribute to Long COVID.

[Early immune pathology and persistent dysregulation characterise severe COVID-19 | medRxiv](#)

Long COVID Dashboard: Forward view

Cabinet Office Roadmap

Status: Due for publication on 22 February 2021

The Taskforce has submitted a high-level paragraph outlining Long COVID. We do not yet know if the paragraph on Long COVID will remain in the document.

NHSEI updated publication

Date: 25 March 2021

Status: NHSEI are working to produce a board paper which will update the Five Point Plan. We will want to review drafts and draw up a communications plan.

February Ministerial roundtable

Status: 24 February 2021

Topic: Tech

Speakers: ONS, NHSRI, National Voices, NHSX

March Ministerial roundtable

Status: Date to be confirmed

Topic: To be confirmed

Speakers: To be confirmed