

English

Assessing long COVID symptoms

If your healthcare professional thinks you have long COVID, they may:

- take a medical history and ask about whether you have had, or think you have had, coronavirus (COVID-19)
- examine you to find out more about any physical or mental health symptoms you have if required

If you need it, please ask about extra support during your assessment. For example having extra time for your appointment or having an interpreter. Your healthcare professional may ask to include your family or carers in discussions. They'll agree this with you.

繁體中文 Chinese (Traditional)

評估新冠長期症狀

如果你的專業醫護人員認為你患有新冠長期症狀，他們可能會：

- 查詢病歷，詢問你是否曾患上（或認為你自己曾患上）新冠病毒病（2019 冠狀病毒病）
- 如需要時為你檢查，進一步了解任何身體或精神健康症狀

在評估時，如有需要，請尋求其他支援，例如給預約增加額外的時間或申請翻譯員。你的醫護人員可能會請你的家人或照顧者參與討論。他們需要先獲得你的同意。

How your symptoms will be assessed

Your healthcare professional will talk to you about the wide range of possible long COVID symptoms, and how they may come and go over time. They may suggest some tests - for example a blood test.

You'll generally be able to manage most of your symptoms on your own but you may need some help from your primary care team. Your primary care team could include a:

- GP
- nurse
- pharmacist
- physiotherapist
- occupational therapist

In some cases, you may be referred for more specialist advice.

If you have a severe mental health condition or your healthcare

你的症狀會怎樣被評估

你的專業醫護人員會和你討論新冠長期病症可能有的一系列多種症狀，以及它們可能怎樣隨着時間過去而時有時無。他們可能會建議做一些測試——例如驗血。

一般來說，你將能夠自行處理大部分症狀，但可能會需要你的主要護理團隊提供一些幫助。你的主要護理團隊包括一名：

- GP
- 護士
- 藥劑師
- 物理治療師
- 職業治療師

在某些情況下，你可能會獲轉介以取得更多專科建議。

如果你有嚴重的心理健康問題或你的醫護人員擔心你有嚴重的自殘

<p>professional is concerned that you're at risk of serious self-harm or suicide, you'll be referred urgently for assessment by a mental health professional.</p> <p>You may be referred urgently to hospital if you have any signs that could be a life-threatening condition, for example:</p> <ul style="list-style-type: none"> • a low level of oxygen in your blood • severe lung disease • chest pain 	<p>或自殺風險，你會被緊急轉介給心理健康專業人員進行評估。</p> <p>如果你出現可能危及生命的健康問題，你可能會被緊急地轉介到醫院，例如：</p> <ul style="list-style-type: none"> • 你的血液的氧氣處於低水平 • 嚴重的肺病 • 胸痛
<p>Tests</p> <p>Your healthcare professional may carry out some tests to investigate your signs and symptoms. This will also help them rule out other conditions. As a general rule, the healthcare professional who arranges your test will also discuss with you how you'll receive your results.</p> <p>Tests may include:</p>	<p>測試</p> <p>你的專業醫護人員可能會進行一些測試，以查驗你的病徵和症狀。這亦會幫助他們排除其他疾病。作為一般性的規則，為你安排測試的專業醫護人員會和你討論如何讓你獲得測試結果。</p> <p>測試可能包括：</p> <ul style="list-style-type: none"> • 驗血

- blood tests
- an exercise tolerance test suited to your ability (for example a 1 minute sit-to-stand test)
- lying and standing blood pressure and heart rate
- pulse oximetry (a sensor is attached to your finger to measure oxygen levels)
- a chest X-ray if you still have breathing difficulties (for example a cough or breathlessness)

If you have mental health symptoms such as anxiety or depression, you may be referred:

- for psychological therapies
- to a liaison psychiatry service if you have more complex physical and mental health needs

If your healthcare professional thinks your symptoms are not related to coronavirus and may be due to another condition, you may be offered other tests. You may also be referred to a

- 適合你的能力的運動耐受力試驗（例如 1 分鐘的坐-站測試）
- 躺平和站立時的血壓和心跳率
- 脈搏血氧飽和度分析（把一個感應器連接到你的手指以測量氧氣水平）
- 如果你仍然有呼吸困難（例如咳嗽或氣促），則作胸部 X 光檢查

如果你有精神健康症狀（例如焦慮或抑鬱症），你可能會被轉介往：

- 接受心理治療
- 照會精神醫學服務（如果你有較複雜的身體和精神健康需要）

如果你的專業醫護人員認為你的症狀並非和新冠病毒病有關及可能由另一種疾病引起，你可能會獲提供其他測試。你亦可能會被轉

<p>specialist in that condition.</p>	<p>介紹有關疾病的專科醫生。</p>
<p>After your assessment</p> <p>After your assessment, your healthcare professional will discuss with you and agree on what support you need and how you can get it. To work out what support you need and make a plan with you about your recovery, your healthcare professional will talk to you about:</p> <ul style="list-style-type: none"> • the overall impact of your symptoms on your life • how your symptoms may change or come and go • how you might need different levels of support at different times 	<p>評估之後</p> <p>在評估之後，你的專業醫護人員會和你討論，以便彼此同意你所需要的支援及獲得支援的方法。為了知道你需要甚麼支援及與你一起訂立康復計劃，你的專業醫護人員可能會和你討論：</p> <ul style="list-style-type: none"> • 你的不同症狀對生活的整體影響 • 你的症狀可能怎樣改變或時有時無 • 你可能怎樣在不同時候需要不同水平的支援
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>如欲獲得更多繁體中文的資訊，可瀏覽 www.nhsinform.scot/translations/languages/chinese</p>

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