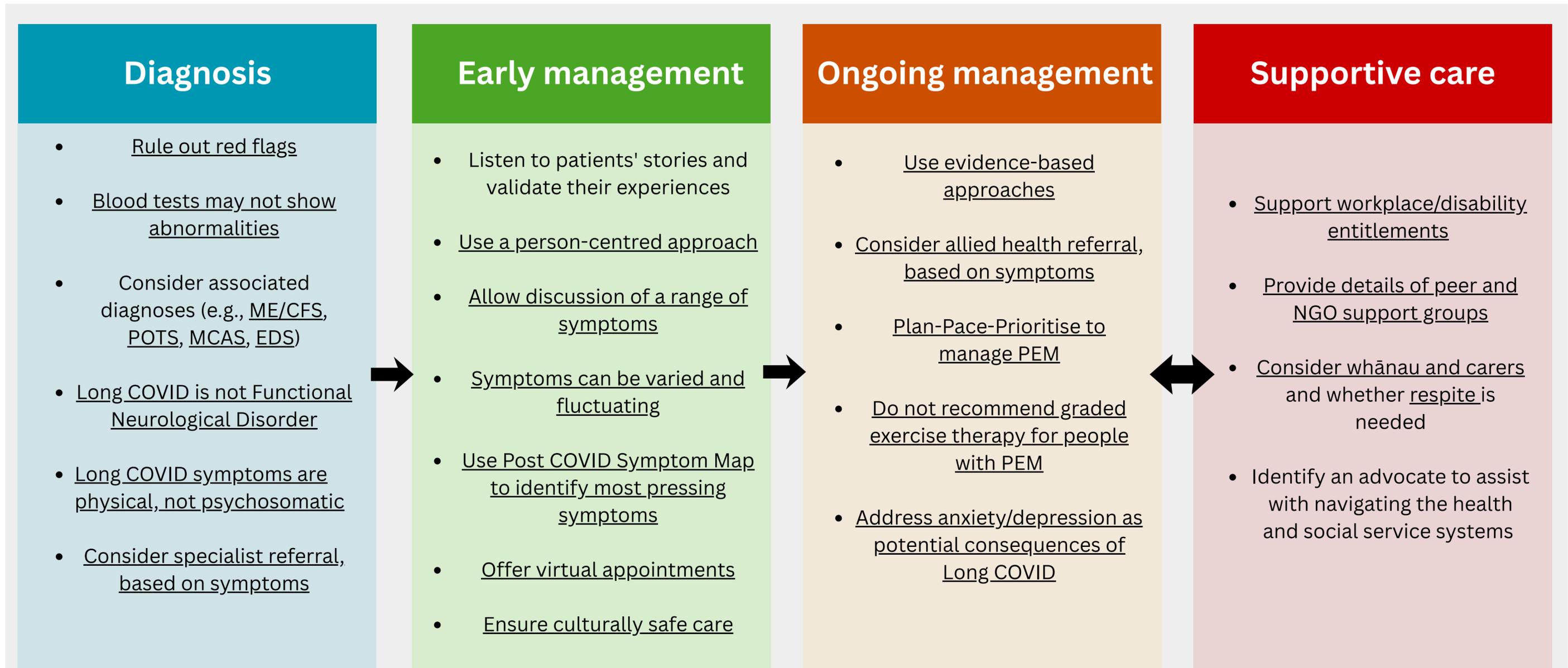


Long COVID is a complex, multisystem, physical disease that can severely limit a person's daily functioning and quality of life. People with long COVID want a whānau ora, holistic approach to management.



Evidence-Based Therapies and Further Reading

- Consider emerging evidence of pharmacological treatments - current therapies can be found [here](#).
- Keep abreast of evidence rather than relying on your patient to be their own advocate.
- There is no evidence that 'brain retraining' is effective.

- Long COVID is a physical disease. As such, therapies such as CBT should not be used as treatment.

Additional resources - A PDF with additional readings and resources can be found [here](#).