



'Experts By Experience'

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Occupational Health. Definition :

- Occupational Health is the promotion and maintenance of physical, mental and social well-being of workers in all occupations by preventing departures from health, controlling risks and **the adaptation of work to people**, and people to their jobs.



98 days
fatigue
confusion
red rash
poor coordination

9+ months
chest pain,
dizziness, nausea
memory loss
fatigue, aches
disorientation

283 days
chest pain
tachycardia
extreme fatigue
dizziness, aches

63 days
palpitations
breathing problems
chest pain
lightheadedness
fatigue

172 days
aching muscles
breathing problems
rash, itching
sleep apnoea

76 days
chest pain
extreme fatigue
chills or
muscle aches
blurred vision

262 days
chest pain
high blood pressure
palpitations
brain fog

75 days
fatigue
diarrhea
vomiting
headaches

“Most people recover within one or two weeks without needing medical treatment...”

NIHR EVIDENCE: LONG COVID



Long Covid can be very **debilitating** and some people need help with personal care **months after the initial infection**.

71% of respondents in our own survey said Long Covid was **affecting family life** and 39% said it was impacting their ability to **care for dependents**.

This is having an impact on the workforce, with **80% of respondents** in our own survey saying Long Covid had affected their **ability to work** and 36% said it was affecting their **finance**.

<https://evidence.nihr.ac.uk/themedreview/living-with-covid19-second-review/>

LEADING IN A CHANGING WORLD: How can OD (& OH) practitioners step up to our post-pandemic challenges?



“Those who work in the world of OD know the discipline is complex and varied”.

OD practitioners’ remits include: recruitment, **diversity**, learning, **talent**, reward and internal communication.

“An OD practitioner should take a **systems approach**, consider all the knock-on factors in their work to make the most impact. Each of the **component parts** of OD will be affected in a range of ways.

In most workplaces, OD has seen a number of significant changes due to COVID-19. The ways in which we **attract, retain, develop and engage the workforce** have shifted, with the events of 2020 being the tipping point.

Transitioning to new ways of working will require careful management **and leadership**. The right balance needs to be struck between using in-house, interim and contract labour. OD practitioners with experience in culture and behaviour change will find themselves a sought-after resource.”

<https://www.cipd.co.uk/knowledge/strategy/organisational-development/thought-pieces/leading-changing-world>

NIHR EVIDENCE: LONG COVID



Whilst there is a growing list of symptoms associated with Long Covid, we know little about **different clusters and patterns** of symptoms (sometimes described as phenotypes, syndromes or clusters).

There is increasing evidence of **organ impairment** in both people who were admitted to hospital and those who stayed at home.

The limited evidence of correlation between past history and current pathology would suggest a **need to investigate anyone with persistent symptoms**, including those who were never admitted to hospital.

<https://evidence.nihr.ac.uk/themedreview/living-with-covid19-second-review/>



DIVERSITY & INCLUSION

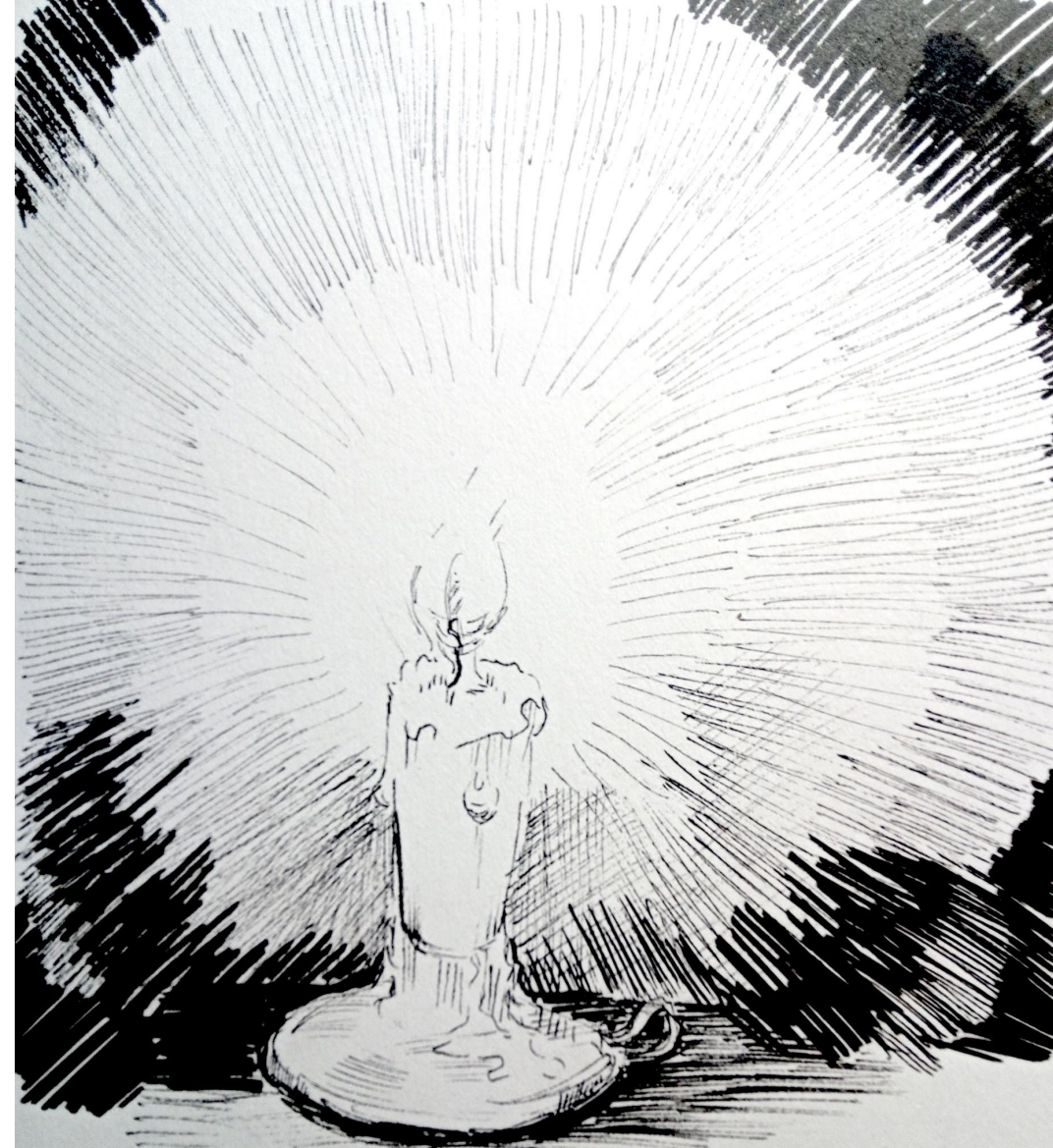
How do you ensure diversity and inclusion in the workplace?

Six practical strategies for creating an inclusive environment:

1. Create a **D & I Strategy & Taskforce**
2. Educate Your **Leaders**
3. Consciously celebrate Employee **Differences**
4. **Listen** to Employees
5. Hold More **Effective Meetings**
6. **Communicate Goals** and Measure Progress

<https://www.cipd.co.uk/knowledge/fundamentals/relations/diversity/factsheet#gref>

You don't have to do everything well. At the Olympics, if you run the 100 metres well, you don't have to do the shot putt...”
— [Warren Buffett](#)



*Be the Light in
the Darkness*

About us

Long Covid Support is a peer support and advocacy group for people living with Long Covid. Our 37,800 members span 100 countries.

Long Covid Support was formed by a group of people struggling to recover from Covid-19, who found each other online and have been facilitating international peer support and campaigning in the UK for recognition, rehabilitation and research into treatments since May 2020.

Our international [Long Covid Support Group](#) is a warm and inclusive space for people experiencing the diverse, debilitating and alarming symptoms of Long Covid to share information, help each other through the bad days and rejoice in the good. We have several sister and affiliate groups that focus on particular areas:

[Long Covid Kids](#), a parent-led campaign and support group

[Long Covid Scotland](#), an action group focused on the specific issues facing people living in Scotland

[Long Covid Wales](#), a patient-led support group focused on the specific issues facing people living in Wales

[Covid-19 Research Involvement Group](#), where investigators can make connections with patients for involvement, participation and engagement in research into Covid-19

[Long Covid Physio](#), a global peer-support and advocacy group for Physiotherapists (Physical Therapists) and support workers living with Long Covid

Find us



LongCovid.org



Long Covid Support Group

<https://www.facebook.com/groups/longcovid>



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@longcovid