

# Northern Health Post COVID-19 Clinic and Rehabilitation

## Information for patients and referrers

### Northern Health Post COVID-19 Clinic

Northern Health Post COVID-19 Clinic provides medical follow-up care for patients who have had COVID-19 and are experiencing any of the following issues:

- Respiratory weakness, including fatigue management and general endurance
- Decreased physical capacity
- Reduced independence or function in daily activities
- Changes in mental health
- Cognition and memory issues
- Sleep disturbances

### Northern Health Post COVID-19 Rehabilitation

Northern Health Post COVID-19 Rehabilitation is facilitated by physiotherapists at the Northern Hospital to:

- Improve exercise tolerance, endurance and strength
- Improve fatigue
- Improve ADLs
- Improve quality of life
- Recover faster

Multidisciplinary meetings are held weekly and referrals

### Further Information:

Referrals to Community Access, Northern Health

- Phone: 9495 3443 and 1300 128 539
- Fax: 8405 8616
- Email: [Community.Access.Helpdesk@nh.org.au](mailto:Community.Access.Helpdesk@nh.org.au)

Please note referrals to Post COVID-19 Clinic will need a provider number.

This information is general only.  
Northern Health encourages you to ask questions  
and get specific advice from your treating team.



If you need an Interpreter or  
the support of an Aboriginal  
Liaison Officer, please speak  
to a staff member.



# Northern Health

[www.nh.org.au](http://www.nh.org.au)