Long COVID Research – Help needed with 2 studies

The NIHR-funded ReDIRECT trial is now open for recruitment of participants via the study website.

Long COVID is a multi-system disease with several potential underlying mechanisms, one of which is thought to be related to inflammation. ReDIRECT will test whether a well-established weight management programme (weight loss being a proven anti-inflammatory intervention), delivered remotely with professional personal support to people at home, can improve symptoms of Long COVID in people who are overweight. We will use a personalised primary outcome measure, with each participant nominating the symptom they would most like to see improve.

Participants entering the intervention immediately (or after 6 months delayed entry in control group) will receive:

- 12 weeks free diet replacement intervention (porridge, soups, shakes) reducing work and cost of meal planning and preparation.
- Personalised support throughout the diet period, including food reintroduction and weight maintenance phases.
- Scales and blood pressure monitor to keep.

For more information, or to take part, please visit the study website. The ReDIRECT study team can also be contacted by email at ReDIRECT-study@glasgow.ac.uk

“Understanding long Covid in families: Communication with GPs”

This research study is looking at how GPs can best support parents with young families, and young people in family settings who report symptoms of long Covid. We want to understand from GPs perspectives how they manage these conversations, so that we can develop clear guidelines to support clinicians.

We are looking for GPs who have talked to patients since March 2020 about long Covid, and management of long Covid symptoms. We aim to recruit GPs with a range of experience, across the UK, to have a brief interview which focuses on communication about long Covid. You will be compensated for your time. This research has been approved by the University of Oxford CUREC: Approval ref: R77804/RE002.

If you think you might be interested, please contact Madeleine Tremblett on madeleine.tremblett@phc.ox.ac.uk.