

The Royal Society of Medicine

Spotlight on LONG COVID



Thu 8 Jul 2021

12:30pm to 3:30pm BST

About this webinar

It's estimated that there are over 1m people in the UK experiencing Long Covid symptoms.

Leading researchers, expert clinicians, and patient voices join this special extended programme from the COVID-19 Series, to spotlight the latest clinical understanding and evidence surrounding Long Covid.

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Speaker biographies

Session 1



Graham Lawton

Staff Writer at New Scientist

Graham Lawton is a staff writer and columnist at New Scientist, and the author of *This Book Could Save Your Life*. He is interested in the environment, wildlife, biomedicine, food and all things Finnish.



Dr Elaine Maxwell

Scientific Advisor, National Institute for Health Research (NIHR) and NIHR Long Covid review lead author

Elaine Maxwell is Scientific Advisor at NIHR. Prior to this she was a content lead in the NIHR's dissemination centre and is the lead author on the two dynamic reviews of evidence on Long Covid, published in October 2020 and March 2021.

Elaine has also been both an Executive Director and a Non-Executive Director in NHS Foundation Trusts.



Dr Melissa Heightman

Clinical Lead for Post-Covid Services, University College London Hospitals (UCLH)

Dr Heightman specialises in interstitial lung disease and integrated respiratory medicine. She qualified from the University of Cambridge in 2000 and trained in respiratory medicine at the Brompton Hospital and in North London and held a Wellcome Trust Clinical Training Fellowship from 2007 to 2011.

She is a member of the clinical leadership group of the London Respiratory Clinical Network which develops guidance for London in meeting respiratory priorities in the NHS long term plan and relating to the COVID19 pandemic.

Dr Heightman has been clinical lead for the COVID follow up service at the trust which is a multiprofessional and multispeciality service which integrates with community assessment and community rehabilitation services. She is a member of the NHSE task force considering COVID follow up service development and the NICE guideline group looking at management of the long-term effects of COVID19. She has a broad interest in transformation of outpatient services and in developing new models of care for long term conditions across the integrated care system.

Session 2



Dr Betty Raman

Lead of C-MORE study, and British Heart Foundation Oxford Centre for Research Excellence Intermediate Transition Clinical Research Fellow, John Radcliffe Hospital, University of Oxford

Dr Betty Raman is a British Heart Foundation Oxford Centre for Research Excellence Intermediate Transition Clinical Research Fellow at the John Radcliffe Hospital, University of Oxford. She is a cardiologist with expertise in non-invasive imaging and inherited heart conditions.

Dr Raman moved to Oxford from Australia to do a DPhil in Hypertrophic Cardiomyopathy which was successfully completed in 2019. She was the recipient of a number of early career awards for this work. Dr Raman is currently leading a UK-wide multi-centre study which aims to characterise the prevalence of persistent multiorgan injury in previously hospitalised COVID-19 survivors and in those with Long COVID.



Professor Danny Altmann

Professor Danny Altmann, Professor of Immunology, Department of Immunology and Inflammation, Imperial College London

Dr David McWilliams is a Clinical Academic Physiotherapist and Associate Professor at University Hospitals Coventry and Warwickshire Centre for Care Excellence. He is also the current physiotherapy lead for the European Society of Intensive Care Medicine and a deputy chair of the Intensive Care Society National Rehabilitation Collaborative.

David was a member of the guideline development group for the NICE guideline 'Critical Illness rehabilitation' and subsequent quality standard on the same topic. He is recognised as an international expert on critical care physiotherapy and rehabilitation, regularly presenting both nationally and internationally on the subject.



Dr David McWilliams

Clinical Academic Physiotherapist and Associate Professor, University Hospitals Coventry and Warwickshire Centre for Care Excellence

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Dr Nathalie MacDermott

Academic clinical lecturer, King's College London funded by the UK National Institute for Health Research (NIHR)

Nathalie is an academic clinical lecturer at King's College London funded by the UK National Institute for Health Research (NIHR). She works clinically as a paediatric infectious diseases registrar, but her research background is in epidemic and pandemic diseases. Her PhD, undertaken at Imperial College

London, investigated genetic susceptibility to outcome from Ebola virus disease in Sierra Leone. This research also involved determining disease transmission dynamics in rural and urban communities, and understanding outcomes from Ebola such as asymptomatic infection and post-Ebola conditions in Ebola survivors.

She have cared for children with multi-system inflammatory syndrome related to COVID-19 and is also personally suffering from a Post COVID-19 condition, so brings her own personal insights of the condition as well as clinical expertise



Dr Victoria Miller

Consultant Clinical Psychologist and Long Covid clinic team member, Royal Victoria Hospital, Newcastle upon Tyne

Dr Victoria Miller is a Consultant Clinical Psychologist based at the Psychology in Health Care Department at the Royal Victoria Hospital in Newcastle upon Tyne. She qualified as a clinical psychologist in 2006 and has always worked in acute physical health conditions, working in several different acute health trusts in the North East of England.

Victoria is a manager for the Long-Term Conditions Faculty in the psychology department. She normally works with cardiac and Type 1 Diabetic patients in her current role supporting patients with adjustment, anxiety, low mood and adherence. She also manages psychologists in her team who work into haemophilia, cystic fibrosis, obesity, fertility and medically explained fatigue. She specialises in trauma and first responses to trauma and supervises and supports many of the psychologists in the wider department with Eye Movement Destination Reprocessing therapy (EMDR).

During the pandemic, as well as normal business, she worked in staff support and directly with COVID patients supporting respiratory rehab and addressing any psychological barriers. She was then asked to work with a new MDT to set up and support the psychological issues that were beginning to emerge from COVID.

Session 3



Professor Sir Simon Wessely

Professor of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London and past-President, Royal Society of Medicine

Sir Simon Wessely is Professor of Psychological Medicine at the Institute of Psychiatry, Psychology & Neuroscience at King's College London. He is a Consultant Psychiatrist at King's College Hospital and the Maudsley Hospital.

After studying medicine at Trinity Hall, Cambridge, he finished his medical training at University College Oxford, graduating in 1981. He obtained the MRCP in Newcastle, before moving to London to train in psychiatry at the Maudsley. He is an active clinical academic psychiatrist and was elected to the Academy of Medical Sciences in 1999.

Starting his research career in unexplained symptoms and syndromes, he established the Chronic Fatigue Syndrome Research Unit in 1991 and was a founder member of the Cochrane Depression and Anxiety Group. In 1996 he established the Gulf War Illness Research Unit which, in 2003, subsequently became the King's Centre for Military Health Research.

Sir Simon is currently Chair of the government's Independent Review of the Mental Health Act.



Professor Esther Crawley

Professor of Child Health, University of Bristol and co-author of 'Non-hospitalised Children & young people with Long Covid' (The CLoCk Study)

Esther has been interested in post-infectious fatigue, ME/CFS and other fatigue related conditions for over 17 years. She leads the Bath Specialist fatigue service which provides assessment and treatment for children and young people throughout the UK.

In response to a steep rise in Long-COVID, she and her team have developed a rapid access Long-COVID clinic so children and young people can quickly get the help they need. In her university role, Esther conducts epidemiological studies in adults and children with fatigue, and randomised controlled trials for children and young people.

She is particularly interested in ensuring services are available for disadvantaged families and young people. When she is not at work, you will probably find her walking, cycling or gardening.



Professor James Chalmers

British Lung Foundation Professor of Respiratory Research at Dundee University, and Scottish Lead of Post-Hospitalization COVID-19 study (PHOSP-COVID19)

James Chalmers is British Lung Foundation Professor of Respiratory Research at the University of Dundee and a Consultant Respiratory Physician. He is chair of the European Respiratory Society Clinical Guidelines on the Management of COVID-19 and through the pandemic has led multicentre treatment trials for COVID-19.

He is a member of the management board of the PHOSP-COVID19 study investigating long term outcomes of COVID-19 across the UK.



Professor Paul Elliott

Director, REACT programme, Principal Investigator of the REACT-Long COVID (REACT-LC) study and Director of the MRC Centre for Environment and Health, Imperial College London

Paul Elliott is clinical professor of epidemiology and public health medicine in the School of Public Health at Imperial College London, and an honorary consultant in public health at the Imperial College NHS Healthcare Trust. His research program focuses on improving the understanding of the role of environmental and genetic factors in human health. He is a Fellow of the Academy of Medical Sciences and recently awarded CBE for services to public health.

Paul Elliott is Director of the MRC Centre for Environment and Health at Imperial, a major international collaborative centre for environmental sciences research and training, and Director of the NIHR Health Protection Research Unit for Chemical and Radiation Threats & Hazards. He is an associate director of Health Data Research UK London, a founding member of the UK Biobank and a UKDRI Professor at the Imperial College Dementia Research Institute leading a programme in molecular epidemiology.

He is director of the REal time Assessment of Community Transmission (REACT), a national programme of home testing for COVID-19 to track the progress of SARS-CoV-2 viral infections across England. He is also PI of two

related studies: REACT-GE study “Multi-omics to identify biological pathways underlying severity of SARS-CoV-2 infection” working in collaboration with Genomics England”; and the REACT-Long COVID (REACT-LC) study, which is recruiting participants from REACT for follow-up to investigate variations in health, symptoms and experiences and testing samples for genetic and biological markers.



Dr Shamil Haroon

Clinical Lecturer in Primary Care, University of Birmingham and Co-Principal Investigator of ‘Therapies for long COVID’ (The TLC Study)

Shamil Haroon is a Clinical Lecturer in Primary Care at the University of Birmingham and Honorary Consultant in Public Health.

He specialises in respiratory and chronic disease epidemiology using routine healthcare data. He co-leads the Therapies for Long COVID in non-hospitalised individuals (TLC) Study with Professor Mel Calvert.



Professor Nishi Chaturvedi

Director of MRC Unit for Lifelong Health & Ageing, University College London, and Lead of ‘Characterisation, determinants, mechanisms and consequences of the long-term effects of COVID-19’ study

Nish is a professor of clinical epidemiology. She obtained her first degree in medicine at London University in 1985, and then went on to specialist training in general medicine, public health and epidemiology. She was appointed to a chair in the National Heart & Lung Institute at Imperial College London in 2000, and then to the Institute of Cardiovascular Sciences at UCL in 2014.

Her research career includes leadership of international observational studies and clinical trials in understanding and mitigating the complications of diabetes. She leads the Southall and Brent Revisited (SABRE) tri-ethnic cohort, designed to study ethnic differences in risks and consequences of cardiometabolic disease. She was appointed director of the MRC Unit for Lifelong Health & Ageing at UCL in 2017.

In 2020, she was asked to lead the Lifelong Health & Wellbeing Covid-19 National Core Study, uniting research using national anonymised electronic health records and population cohorts.

For more information, visit: www.rsm.ac/LongCovidSpotlight

You will receive the webinar link 2 hours before the meeting. Late registrations will not be accepted. All webinars will be available for registered delegates 30 days after on Zoom. The link will be sent 24 hours after the webinar takes place.



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