



Research Article

Views of healthcare workers to help develop support for people with post-COVID syndrome in Nigeria: a survey study

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Plain language summary

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What was the question?

People living with long term symptoms following coronavirus disease-19 infection or post-coronavirus disease syndrome require support. Countries with existing rehabilitation programmes are adapting those services for people with post-coronavirus disease syndrome. In many low- and middle-income countries, such as Nigeria, these services are scarce. This survey study asked healthcare workers for their views about post-coronavirus disease support and what this might look like in Nigeria.

What did we do?

We conducted a survey study online, asking healthcare workers about the type of support they believe is needed for people living with post-coronavirus disease syndrome.

What did we find?

We received 202 responses to the survey. Overall, healthcare workers in Nigeria recommended post-coronavirus disease-19 support, irrespective of whether people had been admitted to hospital for coronavirus disease. They reported home or community settings to be most appropriate to deliver interventions, along with video and telephone support. Aerobic exercise, coping with the stigma of infection, advice on nutrition and integrating back into the community were considered the most important parts of intervention. Cost of treatment and stigmatisation were deemed the main challenges to patients accepting support.

What does this mean?

The findings may inform the development of interventions to support people living with post-coronavirus disease syndrome in Nigeria.