



Clinical Post  
COVID Society

# POST ACUTE INFECTION CONDITIONS (PAIC)

## ANNUAL CONFERENCE 2025

# Speaker Profiles





## **Dr Melissa Heightman** **Consultant Physician, UCLH**

### **Long Covid and Other Post Acute Infection Syndromes in 2025: The unrecognised pandemic in adults, children and young people.**

Dr Heightman specialises in interstitial lung disease and integrated respiratory medicine and is the deputy clinical divisional director for medical specialities at UCLH. She qualified from the University of Cambridge in 2000, and trained in respiratory medicine at the Brompton Hospital and in North London. She held a Wellcome Trust Clinical Training Fellowship from 2007 to 2011.

Dr Heightman supports community respiratory services in Camden and Islington and works closely with primary care to support management of patients with respiratory disease at practice level. She is working with NCL CCG to develop pathways to improve the quality of respiratory care in the Integrated Care System. 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.



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## Dr Emma Wall

### Consultant Infectious Diseases, UCLH

#### **The Story So Far: Research Update on Mechanisms and Treatments in Long Covid**

Dr Emma Wall is an academic consultant in Infectious Diseases at UCLH. She holds a Senior Clinical Research Fellowship, leading a partnership on COVID-19 between the Francis Crick Institute and UCLH Biomedical Research Centre.

Emma is a co-investigator and drug trial lead in the STIMULATE-ICP trial [www.stimulate-icp.org](http://www.stimulate-icp.org) evaluating management and drug treatment of Long COVID. She has been working in the UCLH Post-COVID clinic since 2020.

Emma's clinical work encompasses inpatient Infection and outpatient work in the PCS clinic and the Hospital for Tropical Diseases. She contributes in an advisory role to both the PCS and the NHNN Encephalitis MDT. She is vice-chair and scientific affairs secretary for the ESCMID study group ESGIB (European study group for infections of the brain).

Emma graduated from the University of Bristol in 2000, following UK-based post-graduate training in medicine, she worked in Northern Australia, Uganda and Cambridge prior to higher specialist training in infection and internal medicine in Northwest London. Emma did her PhD at the Liverpool School of Tropical Medicine and the Malawi Liverpool Wellcome Trust Clinical Research Programme in Malawi, studying clinical management and epidemiology of bacterial meningitis. Prior to joining the Francis Crick Institute as a post-doctoral clinical fellow, she was a NIHR clinical lecturer in Infection at UCL. Her current research interest is on evaluation of humoral and cell-mediated responses to COVID-19 vaccines, and mechanisms underpinning sequelae of COVID-19 infection in previously healthy adults.





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## **Dr Rob Wüst** **Muscle Physiologist, Vrije** **Universiteit Amsterdam**

### **Physiology of Post Exertional** **Malaise in Long Covid**

Rob Wüst is an assistant-professor at the Faculty of Behavioural and Movement Sciences at the Vrije Universiteit Amsterdam. His research group investigates skeletal and cardiac muscle metabolism and function. His recent interest include skeletal muscle adaptations after bed rest, in collaboration with astronauts from ESA and NASA and after acute and chronic inflammation. Recent work focuses on skeletal muscle abnormalities and exercise responses in patients with diabetes and Long COVID, which has led to a lot of international media attention.

To better understand how muscle metabolism changes under different conditions, muscle biopsies from humans, mouse models, immunofluorescence and electron microscopy and various cellular and molecular techniques are used. The research is funded by ZonMw, and various European and American (patient) organisations for diabetes, Long COVID and ME/CFS.



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# Lauren Thompson

## **Co-designing a Smartwatch App to Support Management of Paediatric Fatigue**

Lauren Thompson is a PhD researcher in Digital Health specialising in qualitative and co-design research methods.

Her doctoral research centered on co-producing a smartwatch app aimed at supporting paediatric fatigue management, collaborating closely with children, families, and healthcare professionals.



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# Mr Tommy Parker

## CEO, KiActiv

**Data driven insights into  
improving outcomes through  
physical activity and pacing**

Tommy is the CEO of KiActiv® and a Alumni of the NHS Innovation Accelerator. He and his team are passionate about improving health by rethinking exercise and making everyday movement an accessible medicine, and they have been supporting multiple healthcare pathways in the NHS for the past 8 years. They have supported thousands of people with Long Covid, signposted from 13 NHS Post Covid Services, generating significant insights into physical activity and pacing from their dataset of over 105,000 days of objectively measured physical activity.

KiActiv® is a technology-enabled, mentor-guided digital service that empowers sustainable self-care with a personalised understanding of how to optimise physical activity in the context of health, capacity and surroundings. As an economist, Tommy strongly believes in demonstrating measurable health outcomes as well as positive economic and social impact at scale.



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# Anna Gregorowski

## Consultant Nurse

### Working with Children and Young People and their families

Anna Gregorowski - Consultant Nurse in Adolescent Health with a special interest in ME/CFS (myalgic encephalomyelitis/ chronic fatigue syndrome), long COVID, BSc, MA, RSCN

Anna is outgoing clinical lead of the University College London Hospital TRACCS (Treatment and Rehabilitation of Adolescents and Children with Complex Conditions service), a service she led since 2016. Anna works as a consultant nurse with children and young people with complex conditions including chronic fatigue syndrome (ME/CFS) and long COVID. Anna is Chair of the British Association of Clinicians in ME/CFS (BACME) since early 2019. She helped develop NHS England long COVID information for children and young people with long COVID, is involved in developing national guidance, was a member of the recent Department of Health and Social Care ME/CFS research group and task and finish working groups and contributed to recently launched NHS England ME/CFS e-learning modules.



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# **Dr Abi Davison-Jenkins**

## **Clinical Psychologist**

**Working with Children and Young People and their families**

Abi is a Clinical Psychologist who has been working in the Paediatric and Adolescent Psychology Service at UCLH for 7 years.

She currently leads the Psychology input to Long Covid, and has previously led the psychological input to epilepsy. In the past, she has worked in oncology as well as general Psychology (including e.g. gastro, complex conditions, diabetes).

She has previously worked in schools as a teacher and as a researcher in the field of Autism diagnosis in children.





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## Dr Jayne Woodcock

### Clinical Psychologist

#### **A compassion-focused response to Long Covid**

Jayne is a Clinical Psychologist and is a member of the Clinical Post-Covid Society Leadership Group. She is also the Psychology Lead for the Derbyshire Post-Covid Service.

She has particular interests in multi-disciplinary working, providing holistic physical and mental health care, and developing evidence-based and innovative approaches which improve quality of life. Jayne has many years' experience of working with people with long-term physical health difficulties, including older-adult services, memory assessment, stroke rehabilitation, and ten years working within a specialist service for people with ME/CFS.

She believes that all physical health care should be psychologically informed; recognising and supporting adjustment to the emotional, psychological and cognitive impact of long-term illness.



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## Jeremy Gee

### Bradford Districts and Craven Long Covid Pathway Leeds Post Covid Service



### **Vocational Rehabilitation - Demonstrating the learning and success of group work from BDC Long Covid Pathway**

Jez is a Physiotherapist and Advanced Clinical Practitioner working as Service Lead for the Bradford Districts and Craven Long Covid Pathway and Airedale Stroke Vocational Rehabilitation Pathway.

Recently appointed the West Yorkshire ICS Rehabilitation Lead, Jez is also Operational Lead for the Bradford Districts and Craven Economic Accelerator Funding aiming to reduce the amount of people falling out of work due to ill health and was part of the initial team that developed the C19-YRS outcome measure for Long Covid.



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## Faye Peary

### Bradford Districts and Craven Long Covid Pathway Leeds Post Covid Service

#### **Vocational Rehabilitation - Demonstrating the learning and success of group work from BDC Long Covid Pathway**



Faye has spent the last 3 years working in Bradford District and Cravens Long covid Pathway as their Clinical Lead Occupational Therapist. Prior to this, most of her 15-year career was spent working within the field of Rehabilitation specialising Stroke and Neurology.

In addition to her clinical work, Faye leads a national support network for Therapists working in Long COVID, focused on empowering peers, sharing resources and best practice for vocational rehabilitation.



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## Carol Quint

### Clinical Lead Physiotherapist, Hampshire and Isle of Wight

#### **System wide approach to support CYP in Education**

Carol is the Clinical Lead Physiotherapist for the HIOW Integrated Children's Therapy Service. Carol coordinated setting up and developing the Children's Long Covid Service for Hampshire and IOW, which has developed into Children's Fatigue Service.

The focus as a MDT has been too listen to the voice of the child, to empower CYP to develop strategies they can use to achieve their goals, and support parents and schools to understand Post Covid Syndrome and Chronic Fatigue.

I recently completed a Senior Leaders Masters Degree (MBA) Apprenticeship.

I enjoy sport, travelling and spending time with my husband, children and puppy.





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**Cassie Lee**

**Specialist Physiotherapist,  
Imperial Hospital London**

**NASA Lean Test in LC**

Cassie is a physiotherapist with a diverse background in healthcare service delivery, quality improvement, and research.

She has worked with people with chronic lung conditions for nearly 15 years before developing a Long Covid service and transitioning into Long Covid research with the LOCOMOTION study.

Currently, Cassie holds a unique integrated Creative Health Fellow role, supporting the development of the ENO Breathe Long Covid programme for individuals with airway disease.



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**Emily Walters RD, BSc  
(hons), MSc, PhD**

**Research Fellow, Nutrition  
and COVID-19 Recovery Hub,  
University Of Plymouth**

**Nutrition and the evidence in  
Long Covid**

Emily is an experienced, HCPC registered dietitian with a PhD in Health Sciences and MSc in Leadership and Management. She is a leader within the dietetic profession with a successful portfolio career reflecting expertise in malnutrition and interests in mentorship and growth mindset. This builds on over 2 decades as an NHS clinical dietitian and leader, and a 4-year NIHR Clinical Academic Fellowship. As an independent consultant dietitian, Emily provides innovative practice-based learning, and leads and supports research and project work.

As a research fellow she worked on the Nutrition and COVID-19 Recovery Knowledge Hub at the University of Plymouth and has ongoing interest in this field. Emily is also a Non-Executive Director for the British Dietetic Association and a Partner of the Health and Care Professions Council. Her voluntary roles include Malnutrition Officer and Chair of the Malnutrition Action Group for the charity BAPEN, and member of the Advisory Committee for Borderline Substances (ACBS), Department of Health and Social Care.



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## Rebecca-Jane Mitchell

**Post Covid Dietitian and  
Covid 19 Rehab Pathway  
Coordinator, South  
Warwickshire NHS Foundation  
Trust**

**Case study and shared learning/  
experience working in the Adult  
Long Covid population**

Rebecca is the lead dietitian for the long COVID service at South Warwickshire NHS Trust, and has been an active member of the MDT since its creation in 2021.

She has also recently become the pathway lead for the service. Dietetically, she has worked across the acute, stroke rehabilitation, bedded and community and in the multiple sclerosis community team.

Prior to dietetics, she was a teacher trainer in Spain and Mexico – she loves a good challenge!



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## Julia Hopkins



**Principal Paediatric Dietitian  
Long Covid and Rare Diseases  
Clinics & Joint Consultant  
AHP Lead for London Region  
CYP Long COVID**

**Case study and shared learning/  
experience working in the CYP  
Long Covid**

Julia has been working as a Paediatric Dietitian for more than 35 years. She has worked in both acute community and tertiary settings, currently being based at The Evelina London Children's Hospital.

In addition to her clinical role, Julia also undertakes medico legal work. She has a Masters in Ethics and Law in Healthcare Practice and recently completed a second Masters in Forensic Psychological Studies. Over the years Julia has worked in many specialities including Paediatric Intensive Care, diabetes, complex feeding clinic, HIV, home enteral feeding and now Long Covid and Rare Diseases (Cockayne Syndrome, Trichothiodystrophy and Blooms Syndrome).

Experience of working in a range of clinical specialisms has been particularly helpful when working with children and young people with Long Covid.





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## **Dr Margaret O'Hara**

### **Trustee, Long Covid Support**

#### **Long Covid National Service Report**

Dr Margaret O'Hara is a Founding Trustee and Research Lead for the charity Long Covid Support. As a person with Long Covid, and a patient advocate, she has worked with organisations such as NHS England, NIHR and with professional academics and clinicians.

She has co-authored peer reviewed articles in Long Covid, conducted patient-led research, presented at international and national conferences and is co-creating research with professional academics and health practitioners. She has an academic and professional background in medical physics and patient involvement in research.



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# Román Rocha Lawrence

## Director of Research and Development, Elaros

### Planning for the future of digitally integrated services

Román is the Director of Research & Development at ELAROS, the digital health company that developed the C19-YRS digital platform with the Leeds Long Covid Rehab Team.

Román has overseen the implementation of the NHS-recommended platform across 60 NHS organisations across the United Kingdom to support over 25,000 patients in adult and paediatric services working in Long Covid, ME/CFS, Vocational Rehabilitation and more.

As a Research Fellow at University of Leeds, Román has co-authored on a number of academic outputs for the NIHR LOCOMOTION study and a national service evaluation for NHS England and NHS Scotland respectively.