



# Collaborating with academia

ELAROS and University of Leeds

Co-development of the world's first digital clinical assessment, triage, and monitoring platform for Long Covid



# Introduction:

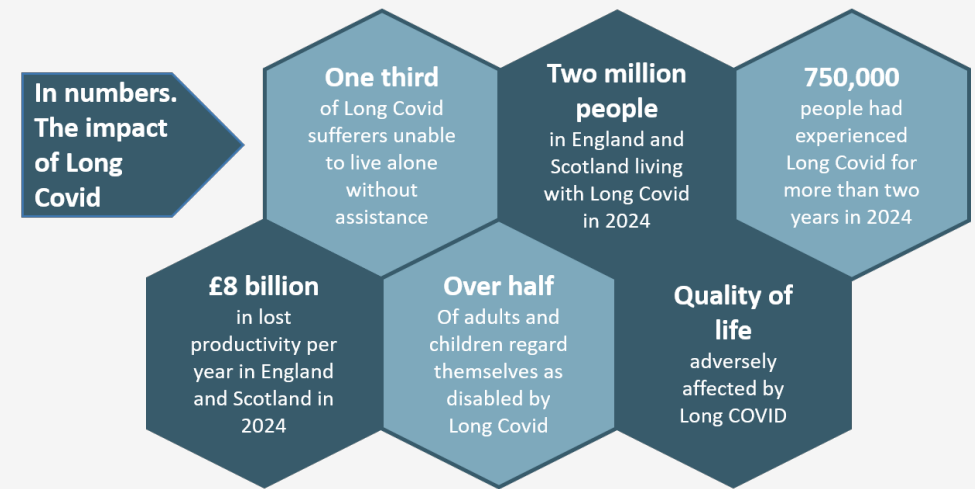
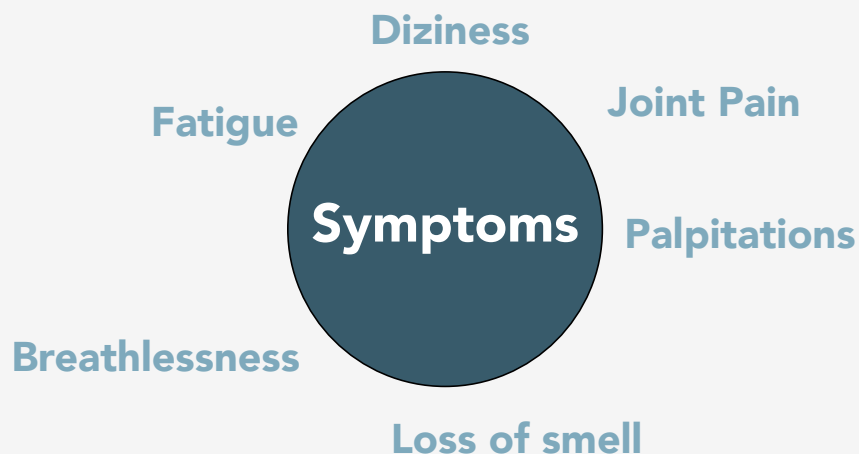
## The scale of the problem

In late 2019, the first cases of a novel respiratory condition became known. The disease, caused by coronavirus (COVID-19) began to spread worldwide and was declared a pandemic by the World Health Organisation in March 2020 (1).

For most people, COVID-19 produces a mild to moderate respiratory illness not requiring special treatment. Unfortunately, some become seriously ill and require medical attention including hospital treatment.

From May 2020, it became apparent that for significant numbers of people infected with coronavirus, the symptoms persisted, a condition that became known by sufferers as Long COVID.

People of all ages and previous levels of health and fitness are at risk of experiencing Long COVID including children and young people (2).



Data from the Office of National Statistics (3), indicated that two million individuals in England and Scotland were experiencing self-reported Long COVID with more than 750,000 individuals having experienced symptoms for more than two years.

Many people affected now consider themselves disabled by the persistent symptoms that adversely affect their quality of life, their ability to work or go to school with one third are unable to live alone without assistance (4).

Data obtained from the NIHR-funded LOCOMOTION project estimated that Long COVID has imposed a substantial burden on the workforce, family caregivers and the public sector, with an estimated economic impact in England and Scotland of £8 billion per year in lost productivity (4).

To address the issue, long COVID clinics were set up by the NHS in England. These provided multidisciplinary services including physical, cognitive and psychological assessments, diagnostic tests, and information to support self-management as well as appropriate referral to other support such as referral to post COVID rehabilitation. In total, 120 clinics were set up (5).

# The Co-development of the Digital C19-YRS Platform

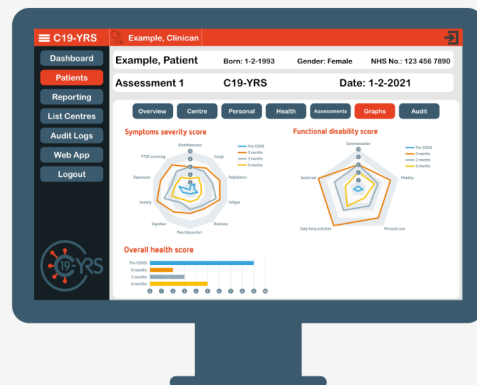
**The C19-YRS is the world's first validated digital assessment, triage, management, and monitoring system for Long COVID.**

**It began as a paper-based system used in telephone consultations by the Leeds Teaching Hospital and Airedale NHS Trust Long COVID clinics.**

In February 2021, Professor Paul O'Brien, CEO of ELAROS was listening to an episode of Inside Health on the BBC ([6](#)) which included a conversation with Professor Manoj Sivan (Leeds University and Leeds Teaching Hospital) about Long Covid and the collection of symptoms from patients attending Long Covid clinics.

Professor O'Brien contacted Professor Sivan following the episode which led to the collaboration which resulted in the co-development of a digital version of the paper-based C19-YRS.

ELAROS utilised one of its existing digital platforms, the Bladder Diary, as the basis for the digital version of the C19-YRS.

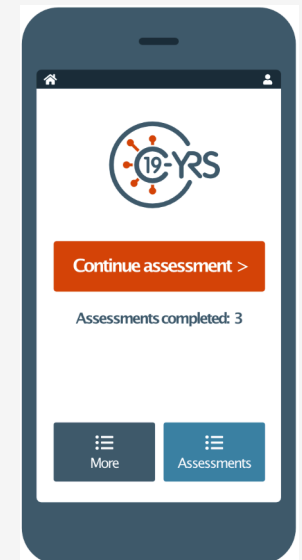


The digital C19-YRS was launched in May 2021. ELAROS subsequently supported over 60 NHS organisations in the UK and Ireland to adopt it. It is offered as a web portal that can be used by clinicians and researchers.

In 2022, C19-YRS was recommended by NHS England and NHS Scotland for use in Long COVID services for the collection of patient reported outcome measures.

In February 2025, ELAROS launched a public version of the C19 YRS which enables anyone with Long COVID to record and share their symptoms with clinicians and others.

- Minimises the manual burden of collecting patient data on patients and staff
- Improves communication around the health needs, and progress over time, of patients
- Helps to evaluate the scale, complexity and impact of disease and prospective interventions accounting for geographical, ethnic and social determinants of health



# Testimonials, Impact and Awards

## Professor Paul O'Brien, CEO, ELAROS

"ELAROS' partnership with the University of Leeds and Professor Manoj Sivan, is one of the fastest ever established by ELAROS, framed by the requirement to respond quickly in the very difficult early stages of the Covid pandemic.

The relationship has grown, matured and expanded through two large UK Government projects, national recognition through three awards for our pioneering joint work and one of ELAROS colleagues Román Rocha Lawrence joining Professor Manoj Sivan's team as a part-time visiting fellow"



## Román Rocha, Commercialisation Director, ELAROS

"It has been a privilege to work with the Leeds Long Covid rehabilitation team since the start of the pandemic to develop our digital app which has grown to support over 60 health organisations, more than 30,000 patients worldwide and some of the UK's most influential research studies to advance the fields of Long Covid, ME/CFS and other similar conditions.

## Professor Manoj Sivan (MD FRCP Ed), The University of Leeds

"I have worked with ELAROS since the very early days of the pandemic, creating an app to support the initial assessment, management and monitoring of patients with Long Covid. The relationship has continued through the LOCOMOTION and HERITAGE projects"



C19-YRS

Worlds first digital assessment, triage, management and monitoring system for Long COVID

Co-developed with NHS Trusts. Adopted by over 60 NHS organisations in the UK and Republic of Ireland. Has supported over 30,000 patients

Recommended by NHS England, NHS Scotland and NICE for clinical and research use

Endorsed by the British Society for Rehabilitation Medicine

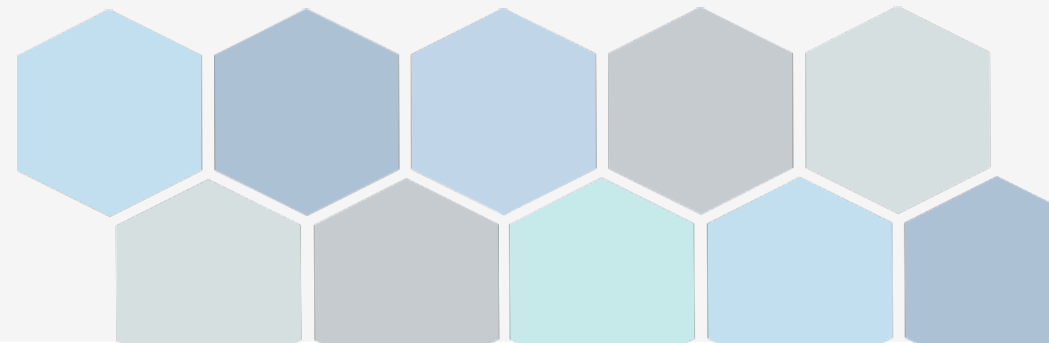
## Awards

ELAROS and Leeds Teaching Hospitals

Winners in the Medipex Awards in Management of Long-Term Conditions 2021

Winners in the Outstanding Collaboration with Industry award. Health Innovation Network and NHS Confederation Innovate Awards 2022

The relationship between with ELAROS and Leeds Teaching Hospital was developed further through £3,400,000 of NIHR funding for a strategically important and groundbreaking project - Long Covid Multidisciplinary consortium: Optimising Treatments and services across the NHS (LOCOMOTION) and further NIHR funding of £1,400,000 for the HERITAGE project which will take the joint work and that of the wider consortium



## About ELAROS

ELAROS is a globally connected digital health SME based in Sheffield, UK, that was incorporated in 2010, backed by private investors and with four NHS organisations as shareholders.

ELAROS is a health company rather than a technology company. Its work is collaboration driven and unmet needs led, rather than technology push.

The company is agile, small enough to respond quickly but big enough and connected enough to be able to deliver nationally and internationally.

"Ideas and opportunities come from everywhere and nowhere in particular. It's all about being proactive" Professor Paul O'Brien, CEO, ELAROS.

## About C19-YRS

C19-YRS is offered as a not-for-profit initiative for all NHS Long Covid services and is now available support other long-term condition support services including ME/CFS, rheumatology, neuro-rehabilitation, respiratory conditions, vocational rehabilitation, mental health, and more.

To find out more about C19-YRS, please contact us to organise a demonstration of the platform by writing to us at: [c19-yrs@elaros.com](mailto:c19-yrs@elaros.com)

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