**FOI Ref: 6112**

**Category(ies): Clinical – Service Activity**

**Subject: Long Covid**

**Date Received: 24/11/2021**

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| **Your request:** | **Our response:** |
| 1. At what point do patients get referred into Long COVID rehab? | Following Multi-Disciplinary Assessment Clinic (MDT) or AHP Long Covid assessment clinic. |
| 1. Their inclusion/exclusion criteria | Inclusion criteria- significant fatigue, anxiety or breathlessness affecting everyday activities. |
| 1. The waiting list times | Currently 6 weeks for – MDT Initial Appointment  Currently 2-3 weeks for OT/Physio – Initial Appointment  Psychologist commences in post February 2022 |
| 1. Pre-rehab questionnaire and health checks that are completed | Fatigue- Facit-F  Dysfunctional breathing- Nijmegen questionnaire  Anxiety- GAD7 |
| 1. Format - virtual vs F2F, how many classes, how many staff per session, how many classes are they running at one time | F2F one to one sessions for Anxiety management, Fatigue management and Dysfunctional breathing.  Telephone follow ups for fatigue management.  No classes currently running until we have completed recruitment to the rehab/ treatment side of the service. |
| 1. Frequency | Currently follow up’s are within 6-8 weeks with Specialist OT and 5-6 weeks with Specialist Physiotherapist |
| 1. What educational talks are they doing, do they have outside speakers? | Plans for educational sessions in the future from Physio, OT, Dietitian, SLT, and Psychologist, Social Prescriber.  Patients Fatigue Management are given daily planners to complete and to work on the 3 P’s. Visual Aid of drawing a battery with 10 bars and crossing these off to aid whether they are completing too much into their day. Patients Anxiety Management are given techniques to practice such as distraction 3:3:3 / 3:2:1 and calming hand and unhelpful thinking patterns / helpful thinking patterns sheet and a worry tree sheet (if required) to work through. Some patients are given sleep hygiene techniques and relaxation practice (if required). |
| 1. What is their exercise class set up like | Planned to commence early 2022 |
| 1. How is fatigue measured before, during and after the class | Planned to commence early 2022 |
| 1. What outcome measures do they use once the patient has finished the rehab course | Planned to commence early 2022 |
| 1. What comes next for the patients, do they have the opportunity to do any maintenance sessions, when are they next followed up | On initial Fatigue management face to face we are currently using the FACIT-F-(V4) and this will be used on discharge over the telephone to monitor any improvements. We are working with our social prescriber for on-going groups relevant to each patient. |
| Additional comments | Currently only recruited to the Long Covid assessment service so the rehab offer is limited until the staff start in the rehabilitation/treatment element of the service |