**FOI Ref: 6112**

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

**Subject: Long Covid**

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

|  |  |
| --- | --- |
| **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 AppointmentPsychologist commences in post February 2022 |
| 1. Pre-rehab questionnaire and health checks that are completed
 | Fatigue- Facit-FDysfunctional breathing- Nijmegen questionnaireAnxiety- 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 |