



City & Hackney COVID Rehabilitation Service (City & Hackney CoRe) & HUH Post-COVID Specialist Assessment Clinic

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Case definitions (NICE 2020)

- **Acute COVID-19** : signs and symptoms of COVID-19 for up to 4 weeks.
- **Ongoing symptomatic COVID-19** : signs and symptoms of COVID-19 from 4 to 12 weeks.
- **Post-COVID-19 syndrome** : signs and symptoms that develop during or after an infection consistent with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis.

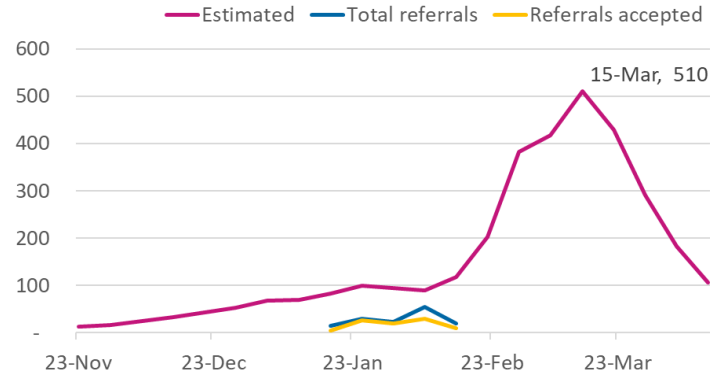
In addition to the clinical case definitions, 'long COVID' is commonly used to describe signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 and post-COVID-19 syndrome (defined above).

The NICE guidelines [NG188]: COVID-19 rapid guideline: managing the long-term effects of COVID-19. Published 18th December 2020



NEL Long-COVID Assessment and Rehabilitation Modelling demand

- The graph shows the reported number of referrals* and the estimated** number of people needing referral each week (assuming they will be referred at 13 weeks since infection).
- Current estimates suggest that the number of people needing a referral to a NEL post-COVID clinic could reach up to 4,000 by the beginning of April.
- Estimated demand is based on an assumption that around ~2%* of symptomatic cases will continue to be ill beyond 12 weeks.



Number of people needing referral to the post-COVID clinic – total and accepted referrals and estimated* referrals*



Development of C&H Post COVID Assessment Rehabilitation Service

- City and Hackney COVID-19 Respiratory and Rehabilitation Group established in June 2020 with CCG, Health and Social Care representation across primary and secondary care and reporting to the C&H System Operational Group (SOC).
- Developed the C&H Post COVID Assessment and Rehabilitation pathway and business case, informed by local post COVID Community Rehab needs and Primary Care Audits, patient focus groups, London & national guidance and the City and Hackney framework for tackling health inequalities.
- Integrated, collaborative approach across primary, secondary, social care, local borough, Neighbourhood and voluntary partners to support patients to access the right care, with a focus on information provision and self-management at every stage.
- Co-production and resident engagement including BME Access Service, Healthwatch Hackney, Community Champion Forum and Community Navigation Network.
- Specialist Assessment Clinic and Rehabilitation Service accessed via GP Referral for people with a suspected/confirmed diagnosis of Acute COVID-19 with ongoing symptoms (>12 weeks) and based on inclusion /exclusion criteria
- Primary care provide initial assessment, screening, education and supported self-management for patients up to 12 weeks, unless there is a clinical requirement for earlier assessment via secondary care specialist referrals or the HUH Post COVID Assessment clinic.
- Collaboration across NEL COVID pathways to reduce variation with updates to NEL Clinical Advisory Group.
- NEL working groups: Digital and Data and Clinical Pathways
- **HUH Post COVID Specialist Assessment clinic commenced in Dec 2020**
- **City & Hackney COVID Rehabilitation Service commenced mobilisation on 4th Jan 2021**



Self Management and Patient Resources

- Referral information and resources available on C&H CCG website here

<https://gps.cityandhackneyccg.nhs.uk/service/post-covid-assessment-and-rehabilitation-services>

- **Homerton one-stop-shop of patient information and resources.** This includes fatigue management, physical activity and nutritional advice. <https://www.homerton.nhs.uk/covid-recovery-and-rehabilitation>

- **Homerton Post COVID patient information booklet:**

- Managing Nutrition and COVID
- Managing fatigue
- Managing Breathlessness

<https://www.homerton.nhs.uk/download/doc/docm93jjm4n6743.pdf?amp;ver=13452>

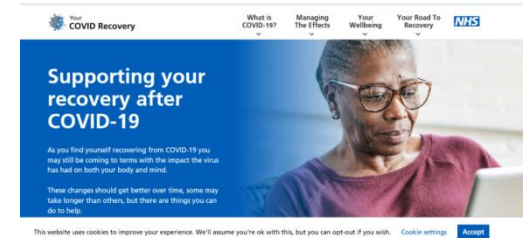
- **Nutritional Advice Homerton dietetic** team guide on eating and drinking when recovering from COVID-19

<https://intranet.homerton.nhs.uk/download/doc/docm93jjm4n6708.pdf?amp;ver=13346>

- **City and Hackney:**

Call Talk Changes on 020 7683 4278 or visit www.talkchanges.org.uk If you need urgent help because you worried that you might harm yourself or someone else, call the 24-hour City & Hackney crisis helpline on 0800 073 0006.

- **Non Clinical Pathways and Partnership Working** including HUH NHS Charities Bid (peer support, activities, advice and case finding).



Referral from GP or secondary care
(comprehensive post COVID Ax)

SPA

Electronic screening

Suitable for virtual
education group

Not suitable for virtual
education
group format

**Group Introductory
session**
Up to 30 patients per
session, fortnightly
Webinar format with
minimal interaction

Homerton Post COVID
Specialist Assessment
Clinic

MDT Assessment
45 mins each with
Physical and
Psychological
therapist

Opt
in

Opt
out

D/C Self-mx/
signposting

Discharge
Self management,
signposting, onward
referral, link with
Neighbourhood
resources

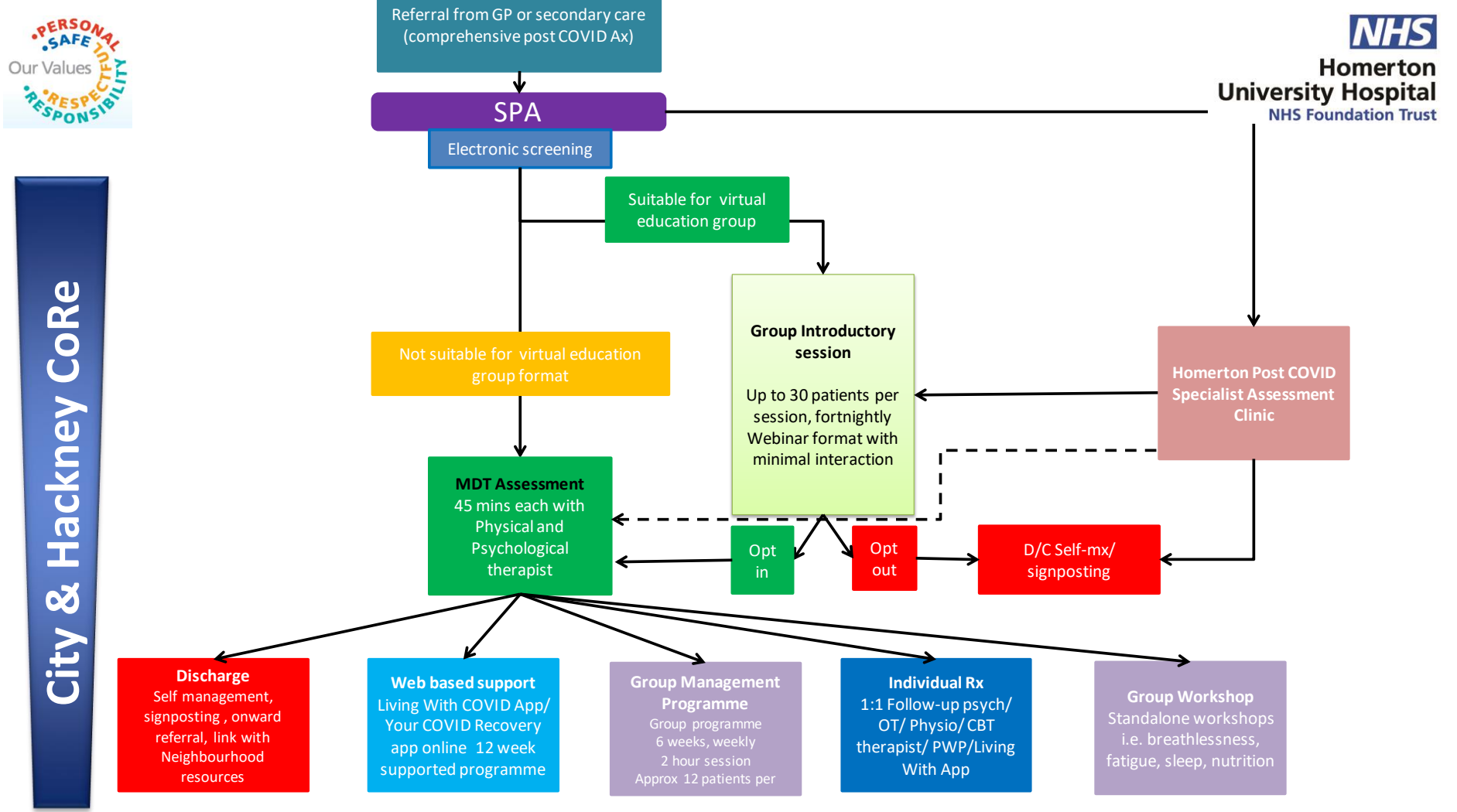
Web based support
Living With COVID App/
Your COVID Recovery
app online 12 week
supported programme

**Group Management
Programme**
Group programme
6 weeks, weekly
2 hour session
Approx 12 patients per

Individual Rx
1:1 Follow-up psych/
OT/ Physio/CBT
therapist/ PWP/Living
With App

Group Workshop
Standalone workshops
i.e. breathlessness,
fatigue, sleep, nutrition

City & Hackney CoRe



Dec 2020
HUH
Assessment
Clinic launch

4th Jan 2021
First CoRe
staff started
in post

23rd Jan
2021
Accepting
referrals on
e-RS

22nd Feb 2021
1st Introductory
session webinar
94% attendance
(16)

100% Opt in

24th Feb
2021
CoRe MDT
Assessments
started

63

Assessments
HUH Clinic

40

Assessments
CoRe

18.5 days

Average wait to
assessment
(CoRE)

45 days

Average wait to
assessment
(Specialist
Clinic)

35%

Live in most
deprived
areas

67%

White
ethnicity
(British &
Other)

44

Average age
(Range 19 to
64)

Service user feedback:

So relieved to have access to some support

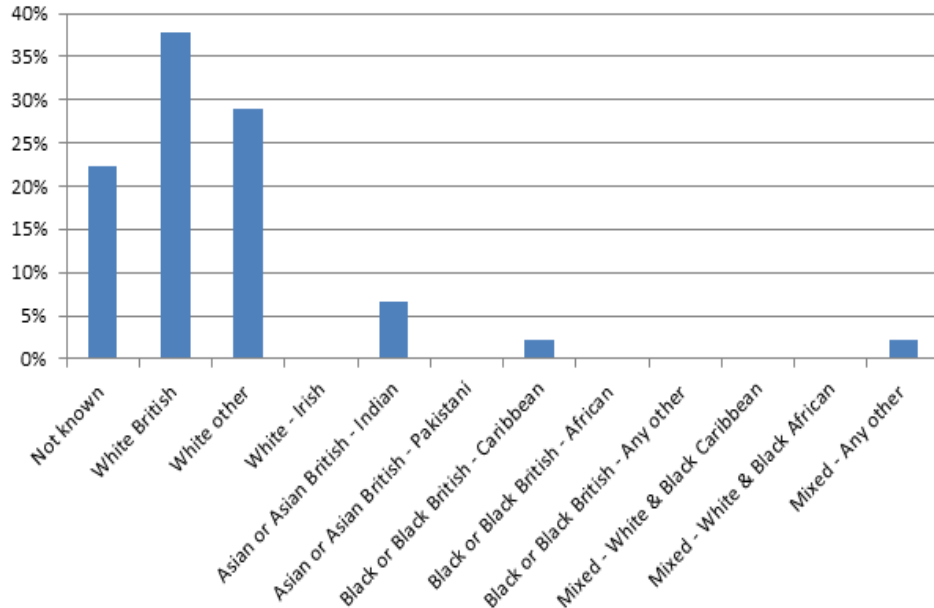
Increase in confidence that my symptoms
aren't all in my head

Very sympathetic and understanding tone.
Much appreciated

I came away feeling like there is help at hand, and none of this is my fault. And that feels like an enormous burden lifted. I thought the team presenting were very professional and empathetic and I am looking forward to working with you all. I think it's a wonderful service

Demographics and Health Inequalities (Rehab Service)

Ethnicity



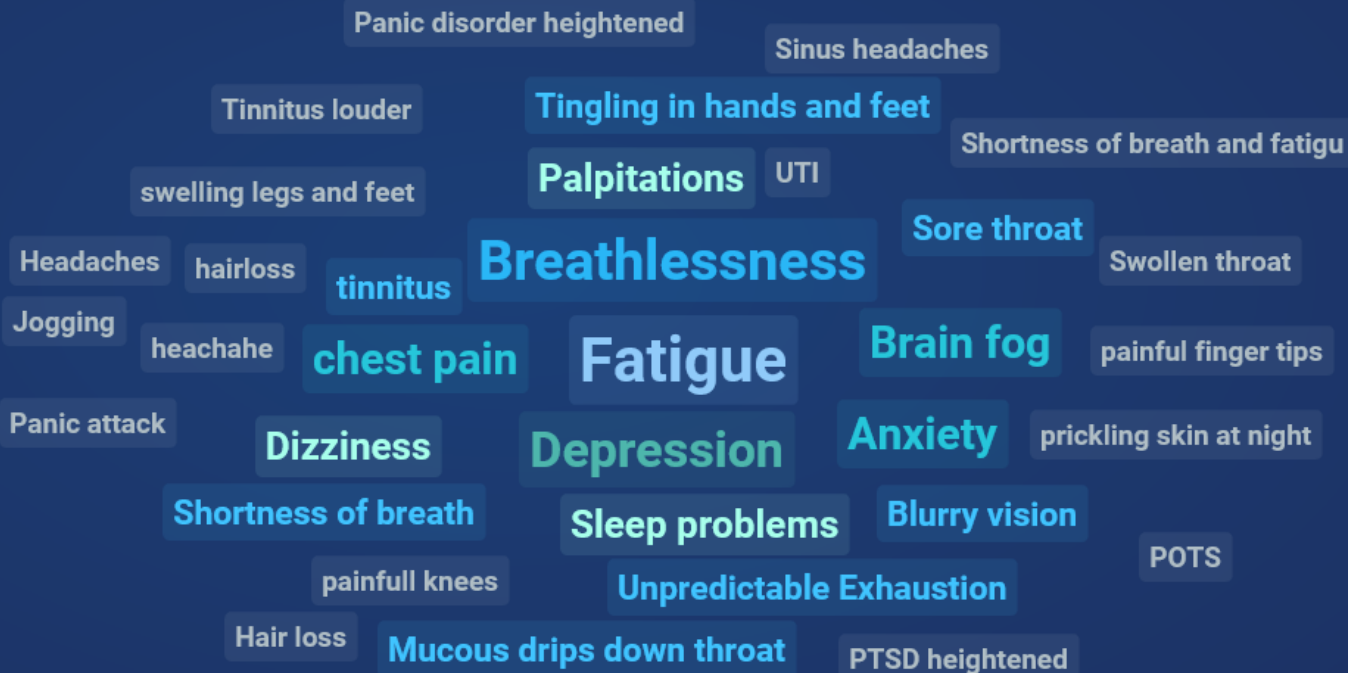
- Also monitored within Assessment service
- Pro-Active Case Finding planned via a search of GP records to contact patients who have a recorded diagnosis of COVID or suspected COVID
- Further work is needed with community partners on helping those furthest from services to access help if they need it.
- A bid has been submitted for charitable funding to also support awareness raising and community support.





What symptoms are you experiencing now?

0 1 4



Join at
slido.com
#91539

Wide Range of Symptoms

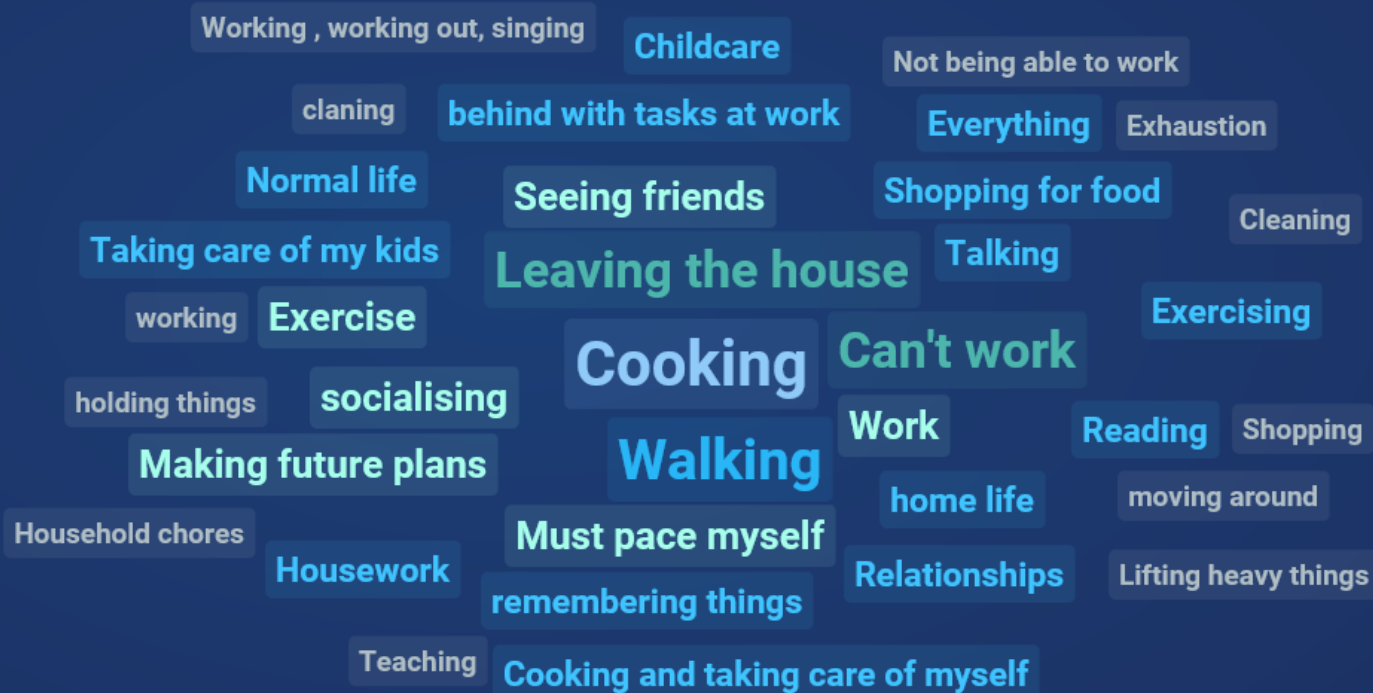
- Fatigue & Breathlessness –over 90% of patients with 80% of people have a breathing pattern disorder
- Chest pain/palpitations/chest pressure – 50-60%
- ENT symptoms 30-40%
- Post viral cough 30-40% predominantly more throat/laryngeal hypersensitivity
- Tinnitus 25%
- Gastrointestinal symptoms 25%
- Anxiety > depression
- Brain fog/cognitive issues
- Headaches
- Menstrual cycle changes
- Ear, Nose & Throat (tinnitus, loss of taste/smell, allergy symptoms, swallow (rare), vision.





What do your symptoms get in the way of?

0 1 4



Join at
slido.com
#91539

Treatment

Continually emerging evidence base informing treatment

- Education +++
- Breathing retraining exercises
- Pacing and fatigue management
- Nutritional and lifestyle changes
- Sleep hygiene
- Heart rate monitoring
- Relaxation strategies
- For a small select (mainly hospitalised) exercise
- <15% medication

Onward Referrals & Support:

- CoRe Rehabilitation Service
- English National Opera
- Living well with COVID app
- Community resources

Returning to Activities:

Prioritising – What is important to you?

Consider the activities that you enjoy and that mean something to you – not just your ‘have to’ activities.

Planning – Consider what your priorities are across the day/ week; what can be completed on another day or at another time in the day. Allow the time.

Pacing – Try to avoid fitting too much into the day and allow for rest breaks.



MDT

Admin

Occupational Therapist
Clinical Psychologist
CBT Therapist

Service
users/
resident
input

C&H GPs

Psychological Wellbeing Practitioner
Physiotherapist

Dietetics

Co-Clinical Lead Respiratory Physiotherapist
Co-Clinical Lead Respiratory Consultant

Access to secondary care specialities for MDMs – cardiology,
gastroenterology, neurology, rheumatology





Next steps & Aspirations



Homerton
University Hospital
NHS Foundation Trust

- Plan to support Long COVID a new Long Term Condition and how this can be integrated
- To run a **sustainable AHP led service** to provide timely, comprehensive assessment and multidisciplinary biopsychosocial management of Long COVID
- To **link with Neighbourhood partners** to provide coordinated, personalised, accessible and multi-layered support for people experiencing symptoms of Long COVID that impacts on their function and everyday lives, with potential support from NHS Charitable Funds
- To **raise awareness of Long COVID locally** and encourage people to seek support – linking with existing or creating Community Champions
- To further establish and grow **resident involvement** in ongoing **coproduction** of the Long COVID support services
- To establish a **regular meeting opportunity** for Neighbourhood partners and AHPs in regional services to discuss Long COVID pathways, cases, questions, ideas
- Shared partner **training and learning** about Long COVID as evidence emerges
- Shared **data gathering** around the landscape of Long COVID across City & Hackney and particularly within diverse communities
- **Publish** and contribute to evidence base of management of Long COVID –NEL HEE Fellow
- Develop NEL-wide **efficient data transfer processes** to reduce admin burden and duplication





Acknowledgements:

C&H Respiratory and Rehabilitation Group
NEL Community Based Care Group
NEL Post COVID Task and Finish Group
CoRE MDT



National NHS Resources

- <https://www.yourcovidrecovery.nhs.uk/>
Helps patients to understand what has happened and what they might expect as part of their recovery. Has a range of information on wellbeing such as eating and sleeping well, getting moving again and managing daily activities.
- <https://www.longcovid.org/>
A patient support group with a range of resources and patient stories.
- <https://covidpatientsupport.lthtr.nhs.uk/>
Lancashire COVID Patient Support is a resource that has been developed by a group of multi-disciplinary health professionals at Lancashire Teaching Hospitals. The purpose of the website is to support individuals with their initial recovery from COVID-19. It includes a range of exercises, advice and tips.
- <https://www.post-covid.org.uk/>
For people left with breathing difficulties after COVID-19, as well as their family members, carers, healthcare professionals, policy-makers and researchers.