

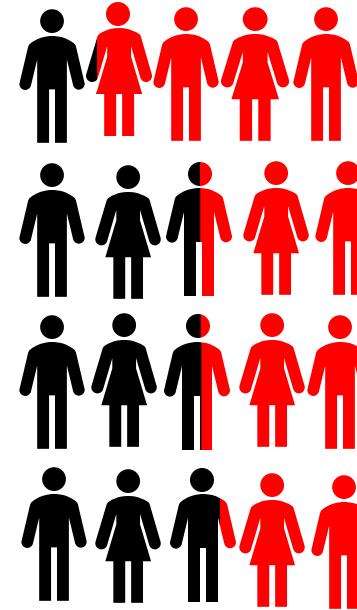
# LONG COVID CLINIC – WHAT WE'RE UP TO!

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## OUR REFERRALS SO FAR...

- How many people have been referred to us in total? **2270**, currently **377** are on the waiting list (down from **510** at last meeting end of Sept).
- Patients are still sitting at around **12 month** waiting for clinic
- On average 20-30 GP referrals received for triage every fortnight, of which around **80%** are accepted.
- Only patients treated for covid are added to waiting list – if incidental finding then rejected.
- Age ranges? **17 to 95**



**77% feel Fatigued**

**50% feel Weak**

**45% have Memory Difficulties**

**41% have decreased weight**

# WHAT OUR CLINIC LOOKS LIKE

Hospital discharge  
Occupational Health referral  
GP referral

Telephone triage by clinic nurse to  
assess appropriateness for clinic.

MDT clinic:  
Bloods  
Pulmonary Function Tests  
30 minute medical review  
15 minute Physiotherapy review  
15 minute Psychology review

MDT discussion:  
Review of PFTs & bloods  
Onward referral  
Onward investigations

# PHYSIOTHERAPY ASSESSMENT

- TIME LIMITED – HOLISTIC
- Pre COVID activity & exercise level
- Work ?
- Fatigue ?
- Breathlessness ?
- Sleep ?
- Diet ?

## Outcome measures:

- Modified Fatigue Score Index
- Working on using the CI9YRS via ELAROS app

## WHAT WE'RE SEEING

- Dyspnoea & fatigue were the major ongoing symptoms; 81% had an elevated fatigued score.
  - Patients report reduced exercise tolerance, lack of activity and motivation to exercise.
- Patients have an increase in weight gain; normally no change in diet. Reduced activity levels.
- Reports of insomnia or apnoeic episodes.
- From April 2021-2022, 94 patients have been referred from Post Covid clinic for OSA.
- STOPBANG assessment are being performed in triage phone call.

# INTERVENTION IN CLINIC

- Very basic screening tool, if further intervention is required such as:

Fatigue management

Breathlessness management

Basic exercise intervention

(15 minutes is not a long time!)

# ONWARD REFERRALS

- Tyneside Integrated Musculoskeletal Service
- Chronic Fatigue Service – If covid is not the primary diagnosis on a case by case basis.
- English National Opera – Breathe
- Pulmonary Rehab
- Health Works
- Domiciliary Physiotherapy/CRRT
- Newcastle Upon Tyne Post COVID Rehab Service
- Local Post COVID services for the patient.

# RESOURCES FOR PATIENTS

- YOUTUBE
  - CRESTA fatigue service
  - AbScent
  - Long covid physios website
- [www.yourcovidrecovery.nhs.uk/](http://www.yourcovidrecovery.nhs.uk/)
- Royal College of Occupational Therapy



## RESOURCES FOR US

- <https://www.e-lfh.org.uk/programmes/covid-19-recovery-and-rehabilitation/>
- [https://www.youtube.com/channel/UCb722uXf9XJpegA\\_d-ApBUg/videos](https://www.youtube.com/channel/UCb722uXf9XJpegA_d-ApBUg/videos)
- <https://longcovid.physio/>
- Breathlessness management leaflets – ACPRC or Cambridge BIS
- [www.physiosforme.com](http://www.physiosforme.com) – power point about the physiological process of post viral fatigue and management strategies

THANK YOU

QUESTIONS?

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