

POST COVID REHABILITATION TEAM

Debbie Collins

Advanced Physiotherapist

THE PCRT

B7 Rehab Coordinator

B7 Physio

B7 OT

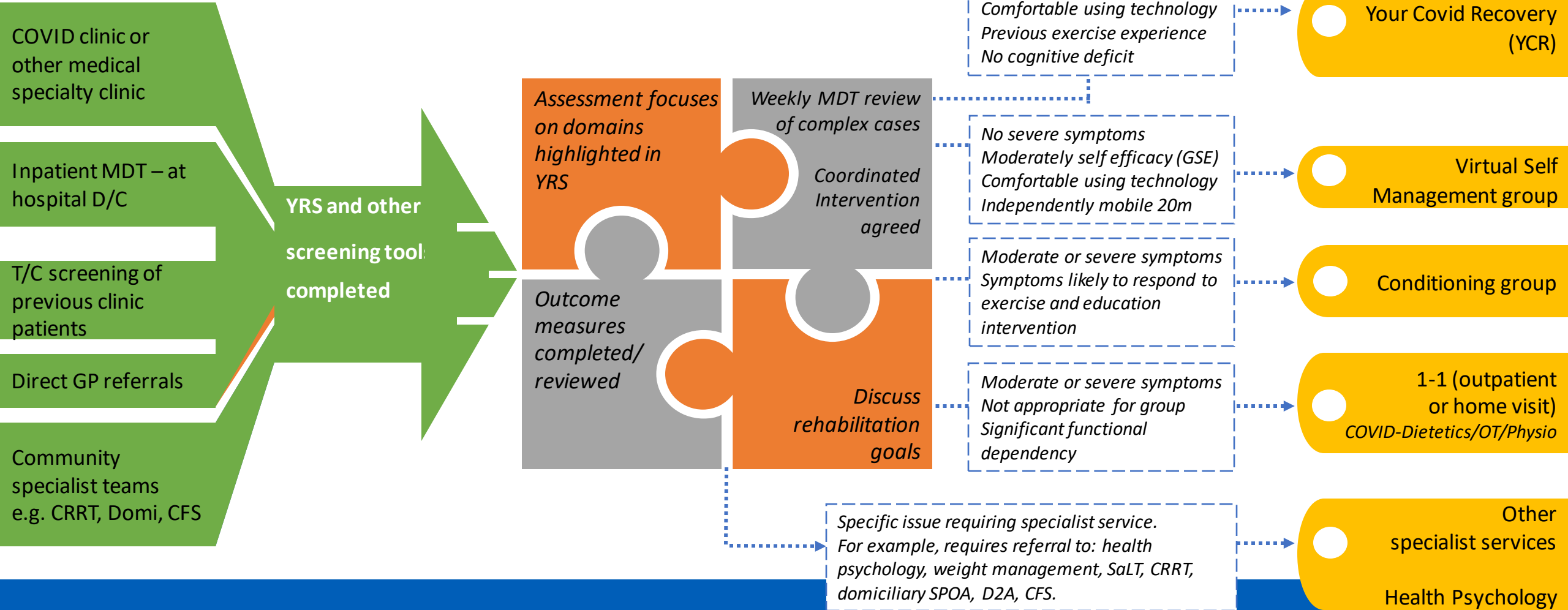
B4 Associate Practitioner (across therapies)

0.4 WTE at RCG for admin

X2 B7 Dietician's (Job share, 0.5 WTE for Long Covid)

B7 Psychologist (0.6 WTE)

Post COVID intervention and rehabilitation pathway



PROM's/ Outcome Measures /Assessments

- **Yorkshire Screening Tool**
- **EQ5D**
- **General Self Efficacy ****
- **Modified Fatigue Impact Scale**
- GAD7
- PHQ9
- Trauma impact scale
- **De Paul Questionnaire**
- **Grip strength**
- BMI
- MUST
- Nutritional screen
- Sleep screen
- BPAT
- 1Min STS
- MoCA
- SALT screen

• PT Role in Community

Assessment

- **Holistic clinical assessment**
- As required **BPAT (breathing pattern assessment tool), NJ (Nijmegen Questionnaire) BORG**
- **Other standardised Ax as required.**

Deliver Intervention

- **Groups – community based**
- **1 :1 at home /virtual clinic/F2F or in reach to hospital**

Reassess post Intervention

- **Repeat assessment and OCMs**
- **3 or 6 month Telephone Review for goals and follow up**



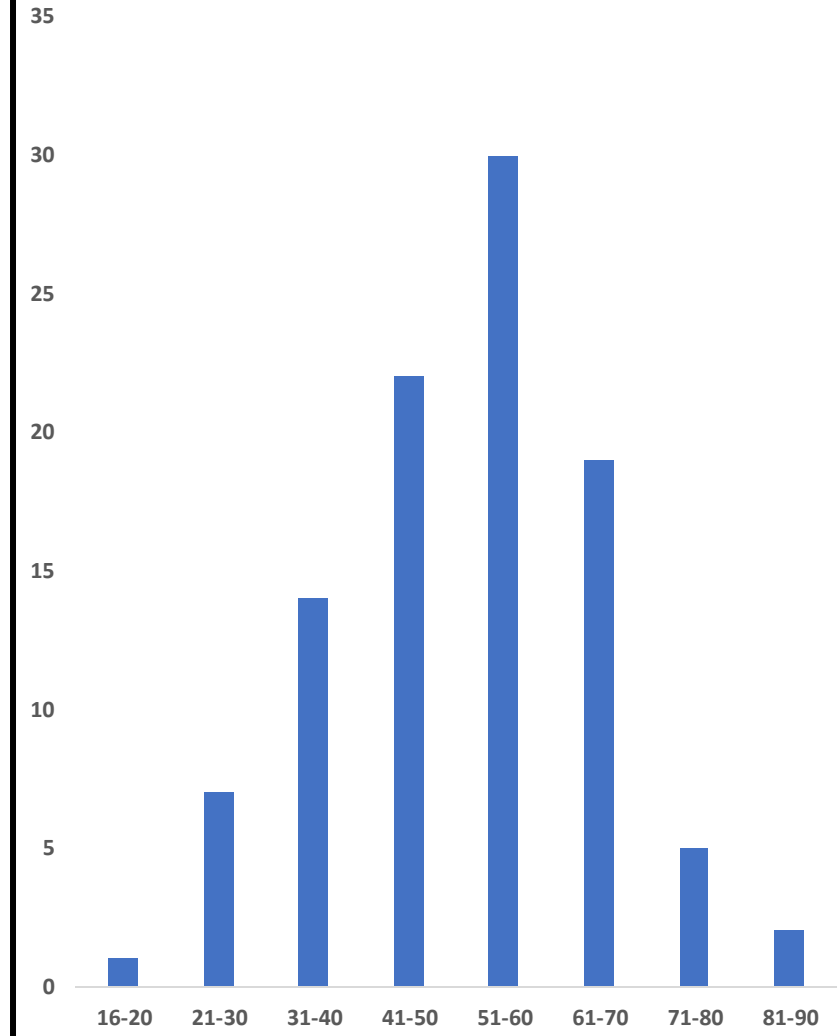
Overview

Date	Oct-July	
Number of referrals	185	
Declined Ax	16	
number of D/C patients	108	
Number of active pts	59	
Number waiting for Ax	14	
Number awaiting therapy	21	
Male	76	41
Female	109	59
Mean age	51.22	
Mean age F	51.2	
Mean age M	51.3	
Age freq/range	19-88	
16-20	2	1
21-30	13	7
31-40	25	14
41-50	41	22
51-60	55	30
61-70	36	19
71-80	9	5
81-90	4	2
		100

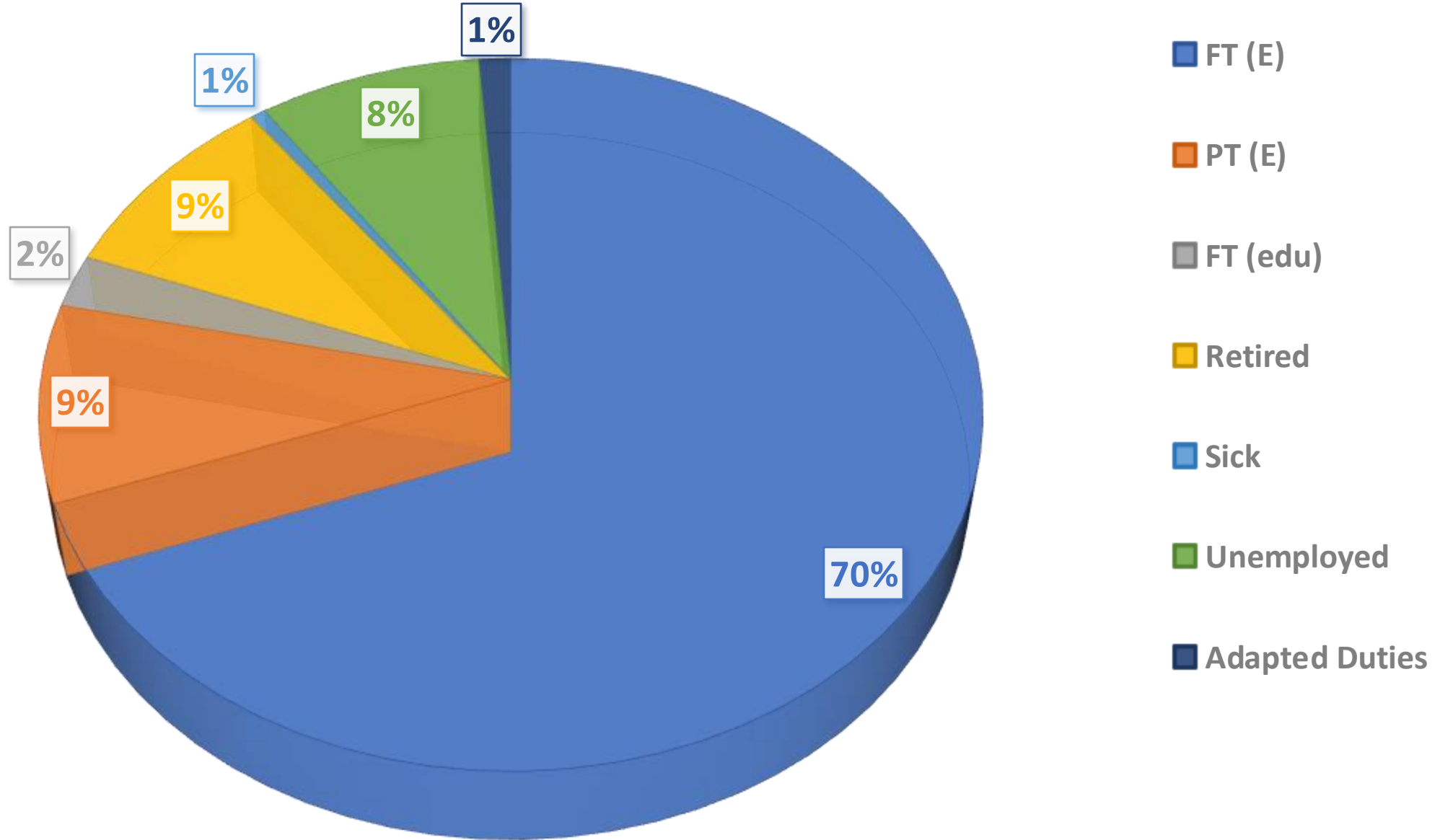
PCRT Patient Intervention (%) N=124



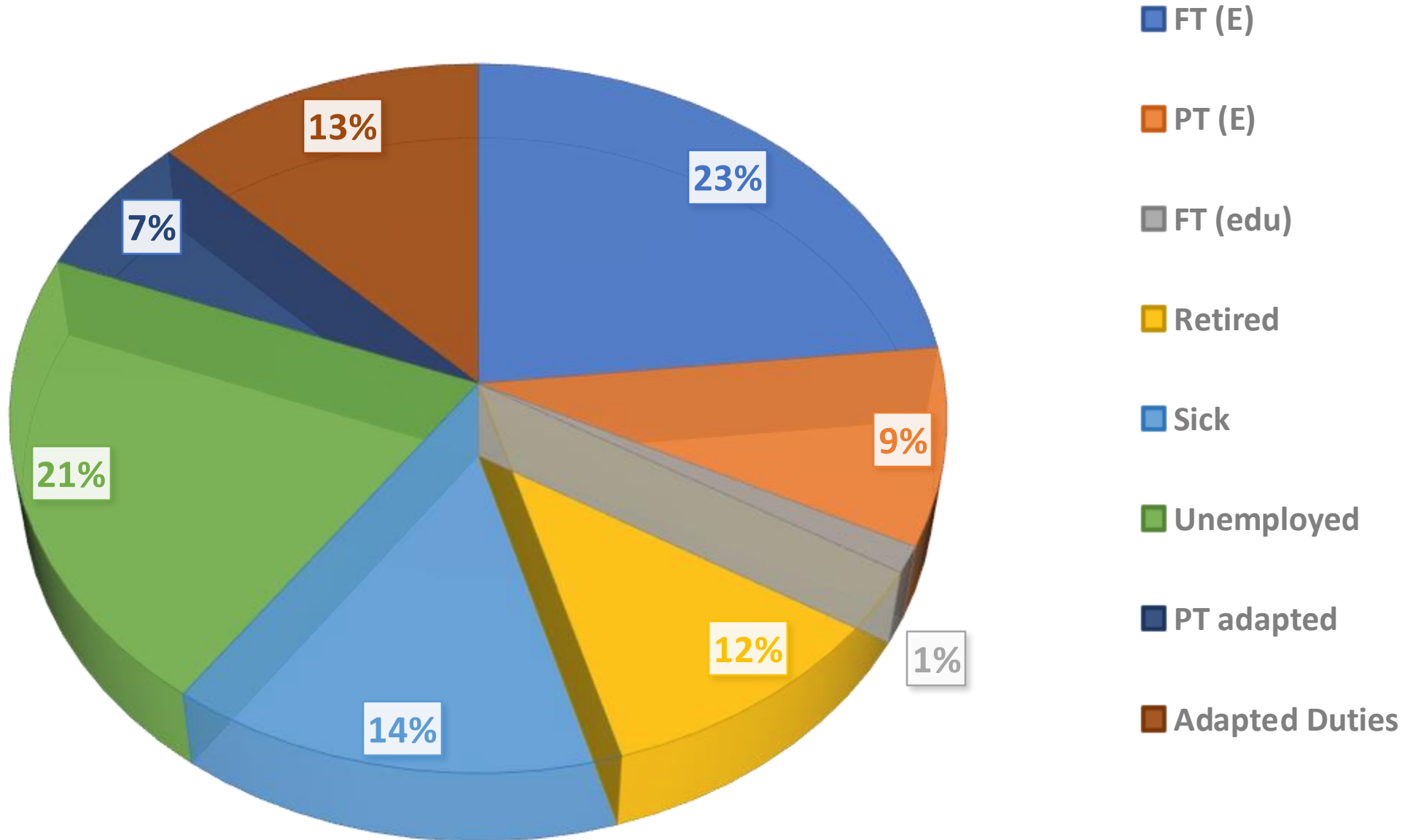
Age range (%)



PRE COVID



POST COVID



Case Study 1

Emma

28 year old – Worked full time locum SHO. Previously gym several times per week, cross-trainer, running, hiking, cycle to work

HPC - Covid Nov 2020 not hospitalised. Initially ↓symptomatic, latterly symptoms↑

Attempted failed return to work

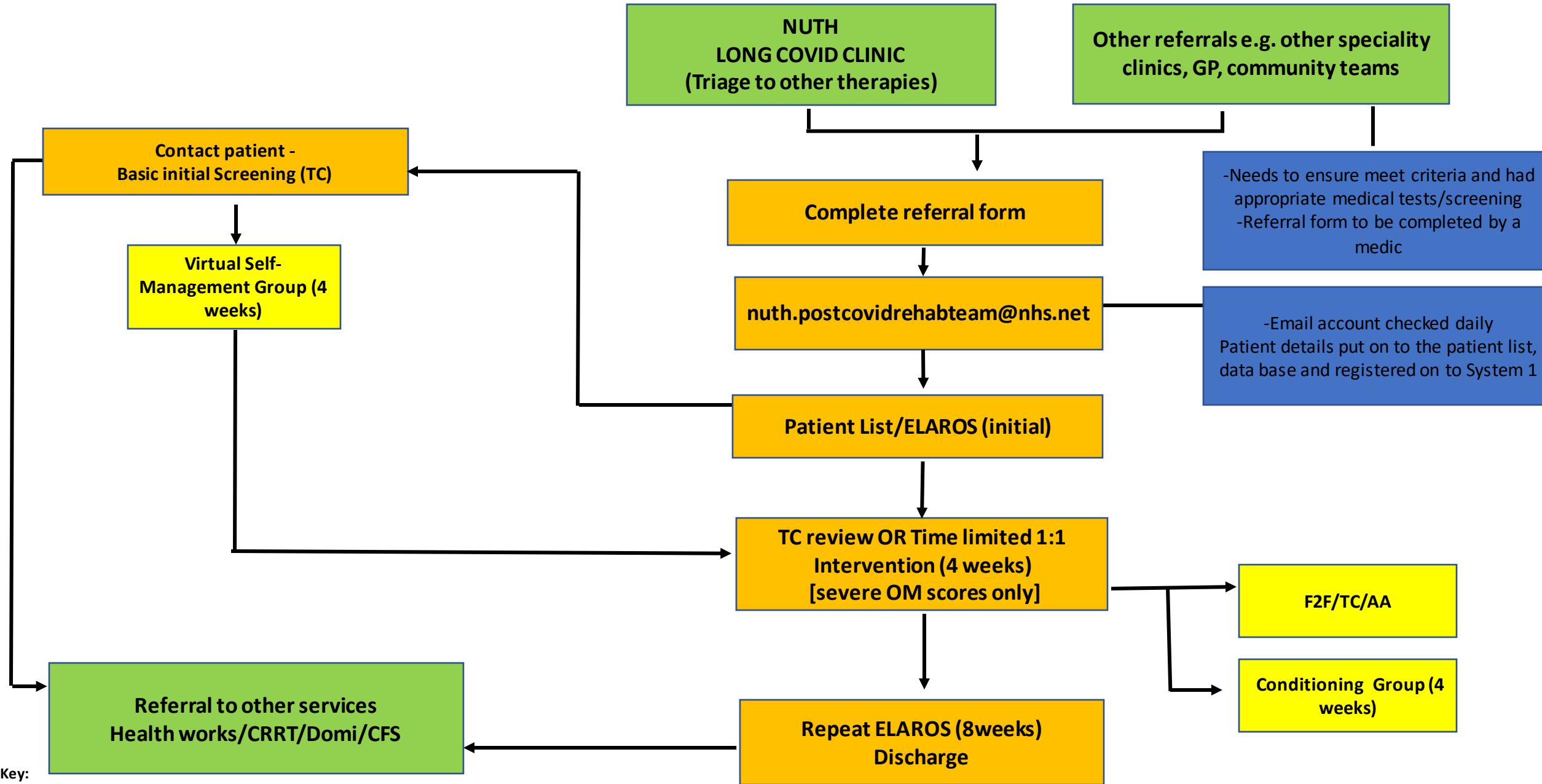
Main symptoms – Headaches, ongoing fatigue, brain fog concentration, ex tolerance ↓150 yards
(Investigations CT head, bloods all NAD)

PMH – Nil significant

Interventions – Self management, fatigue, pacing advice. Acupuncture. Slowly introduced exercise, HEP, Yoga initially.


Managed a 5k run by March. Managing FT nightshifts with no issues. Headaches reduced to 1-2 per week.

Newcastle Post Covid Rehab Team (PCRT) Referral Pathway- Model 6




Key: F2F- face to face, AA-attend anywhere, TC- telephone consultation


Quotes



“Everything provided was relevant to my experience post covid and I found the whole course very positive, interesting and useful. It provided a structure for me to follow as I recover and how to care for myself better. I feel confident that although my progress is slow at times, I feel much more positive about the future, as now I have all the information and support I need to recover”



“Thanks so much for all your help! I feel stronger and more confident since working with you. I know it will still take me a long time to be fit / lose all the weight gained but I feel that you have provided me with the foundation to keep going and gradually get better.



Thanks for all the chats too - you made me feel human at my lowest moments. Really appreciate your support”

Contact Details



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