

PPG meeting 20.01.22
Long COVID service

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What is Long COVID or Post COVID Syndrome?

- ▼ 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. It usually presents with clusters of symptoms, often overlapping, which can fluctuate and change over time and can affect any system in the body.

NICE guideline [NG188] COVID-19 rapid guideline: managing the long-term effects of COVID-19 (NICE/SIGN/RCGP, Dec 2020)

- ▼ 'Long COVID' is defined as signs and symptoms persisting after the first 4 weeks following acute infection, so encompasses both ongoing symptomatic and post-COVID-19 syndrome. It is a multi-system condition with a wide range of debilitating symptoms spanning fatigue, breathlessness, cough, chest pain, heart palpitations, fever, headache, muscle pain, gastrointestinal problems and loss of taste and smell. Many people with Long COVID may experience a range of psychological and cognitive symptoms such as depression, anxiety, post-traumatic stress disorder (PTSD) and 'brain fog' or other cognitive impairments, in addition to physical symptoms. This can also have a social impact and can impact significantly on a person's ability to carry out day-to-day activities and work. Some of those experiencing long term symptoms following COVID-19 will not need to seek NHS help, and others can be supported by their primary care team or in a community care setting. Others, however, will need specialist assessment and treatment.

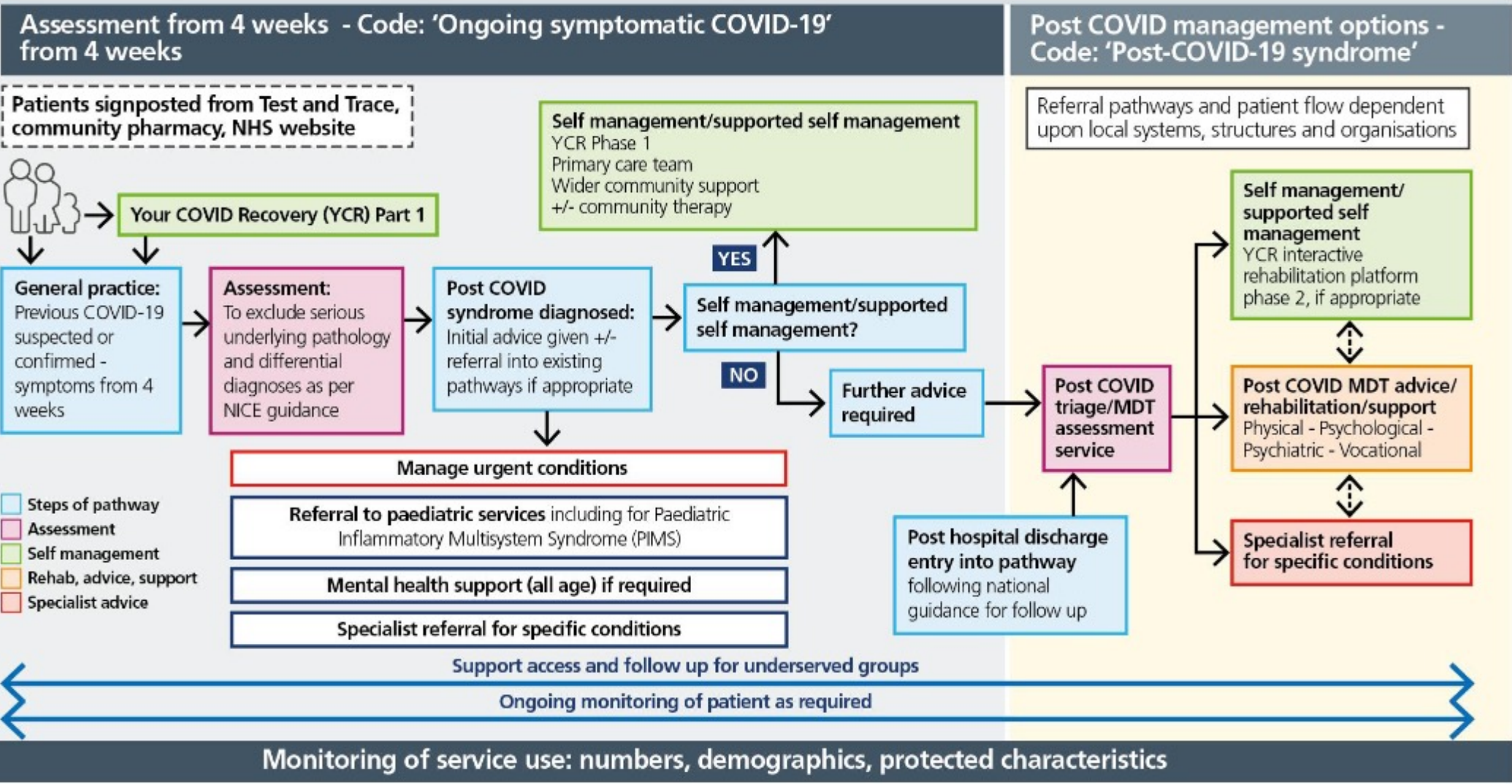
Long COVID: the NHS plan for 2021/22 (NHS E/I, June 2021)

Post COVID Assessment and Support Service (PCASS)

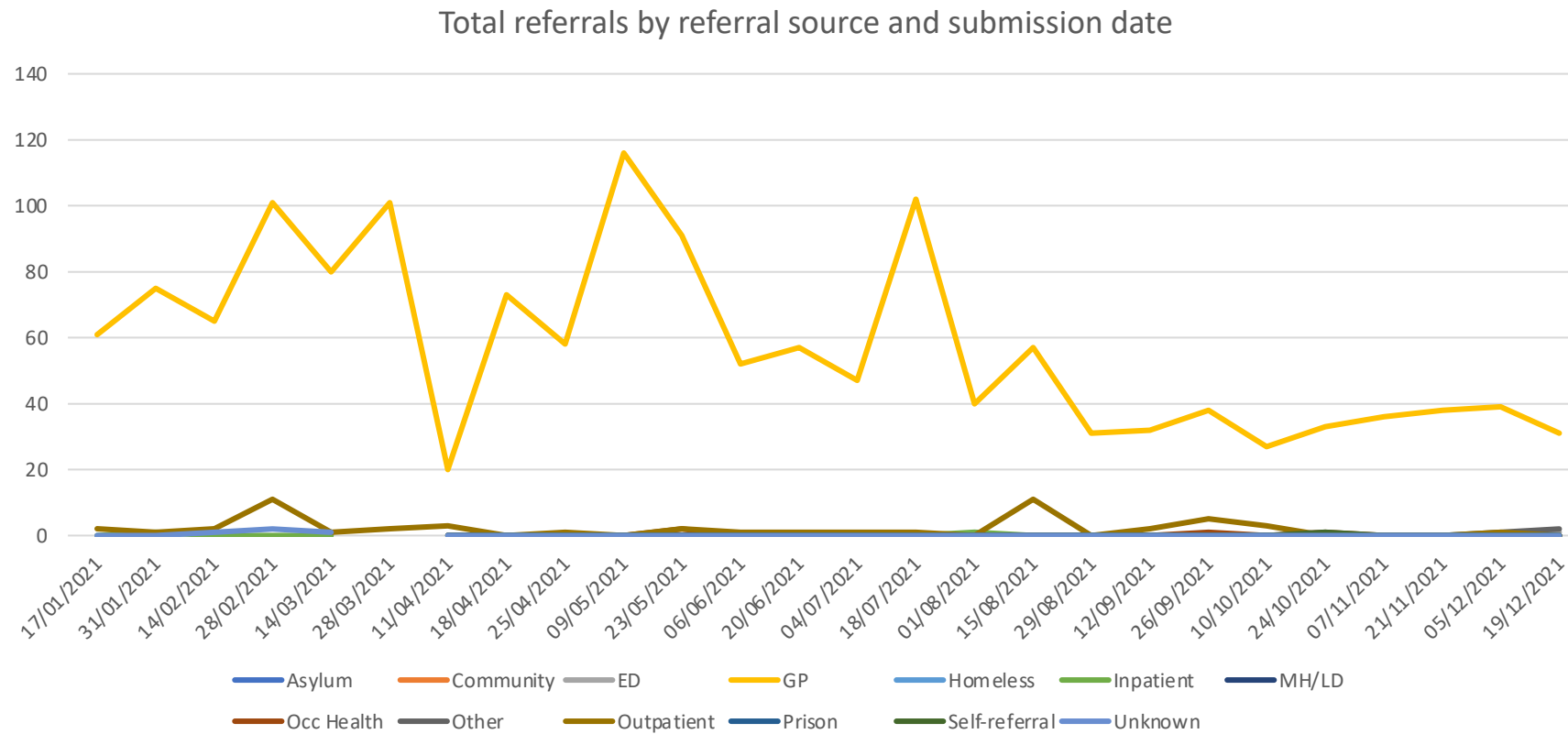
- ▼ Initial commissioning guidance in November 2020 with funding – therapy led assessment only
- ▼ The Post COVID Assessment Service (PCAS) service was commenced by Sussex Community Foundation NHS Trust (SCFT) and East Sussex Healthcare Trust (ESHT) in January 2021
- ▼ Early 2021 – based on learning and experience– added the ‘support’ element of the service (PCASS)
 - Medical practitioners included within the Multi Disciplinary Team
 - Secondary care physicians included within the Multi Disciplinary Team
- ▼ NHS Long COVID plan June 2021 – ongoing treatment and rehabilitation
 - Breathlessness management, Fatigue Management, Cognition and Return to Work
 - Care co-ordinator role – link with social prescribers, voluntary sector, assisting with navigation through services
 - 3 and 6 month follow ups
- ▼ Children and Young people
 - London hub
 - Community support

Primary/community care post-COVID syndrome pathway all ages

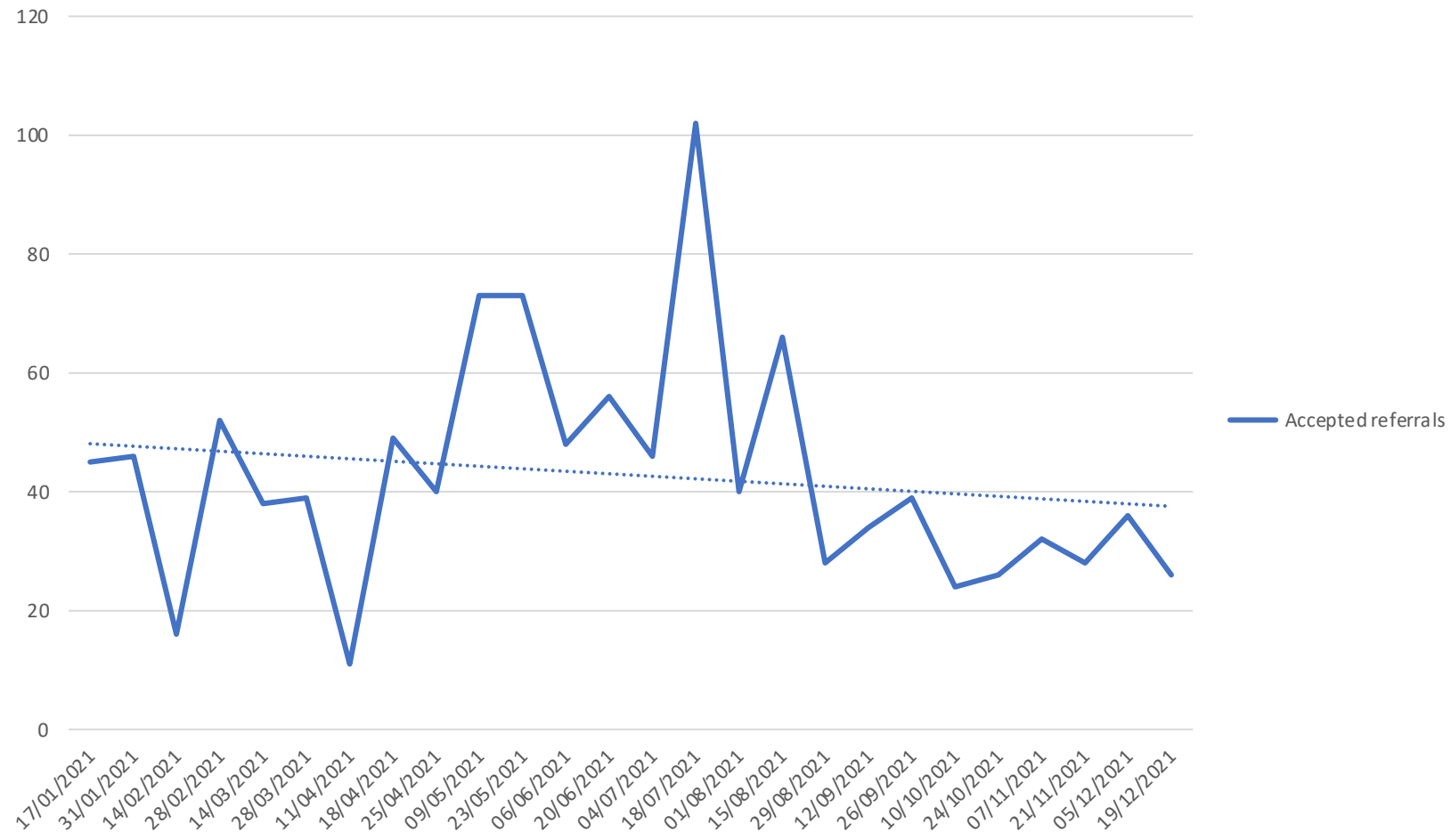
Incorporating NICE/SIGN/RCGP guidance 2020



Patients mostly referred in via GP

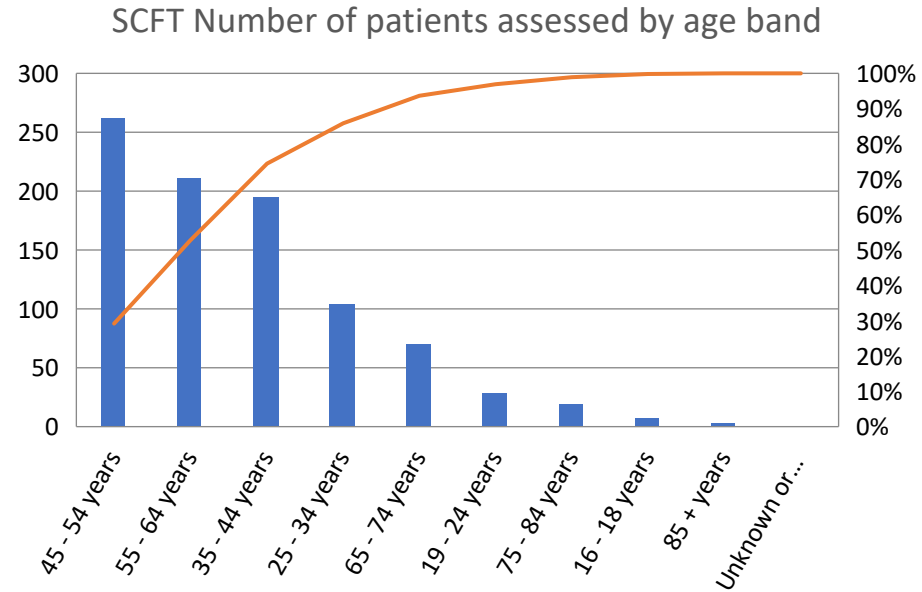
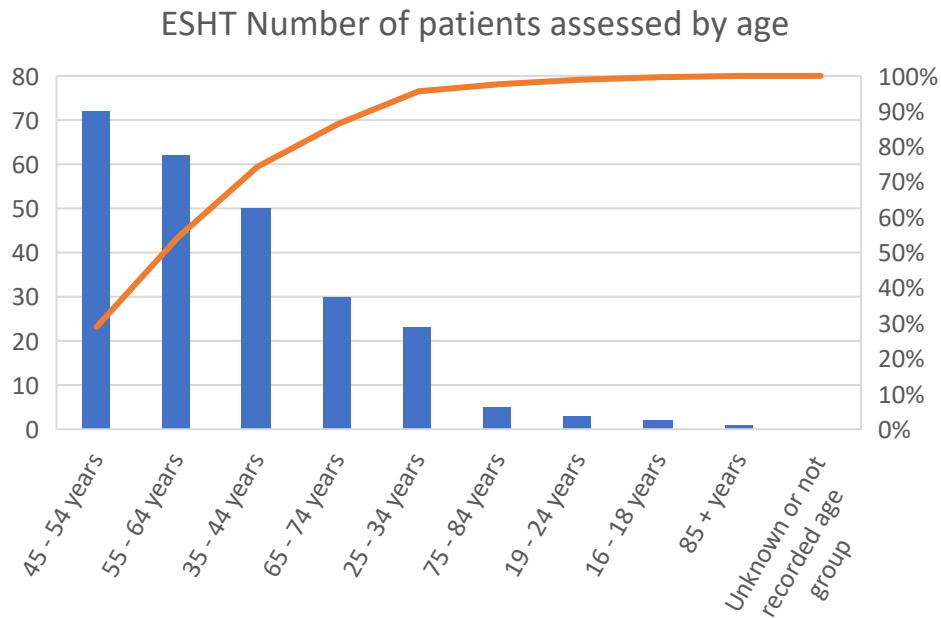


Sussex wide referral rate 17.01.21 – 19.12.21



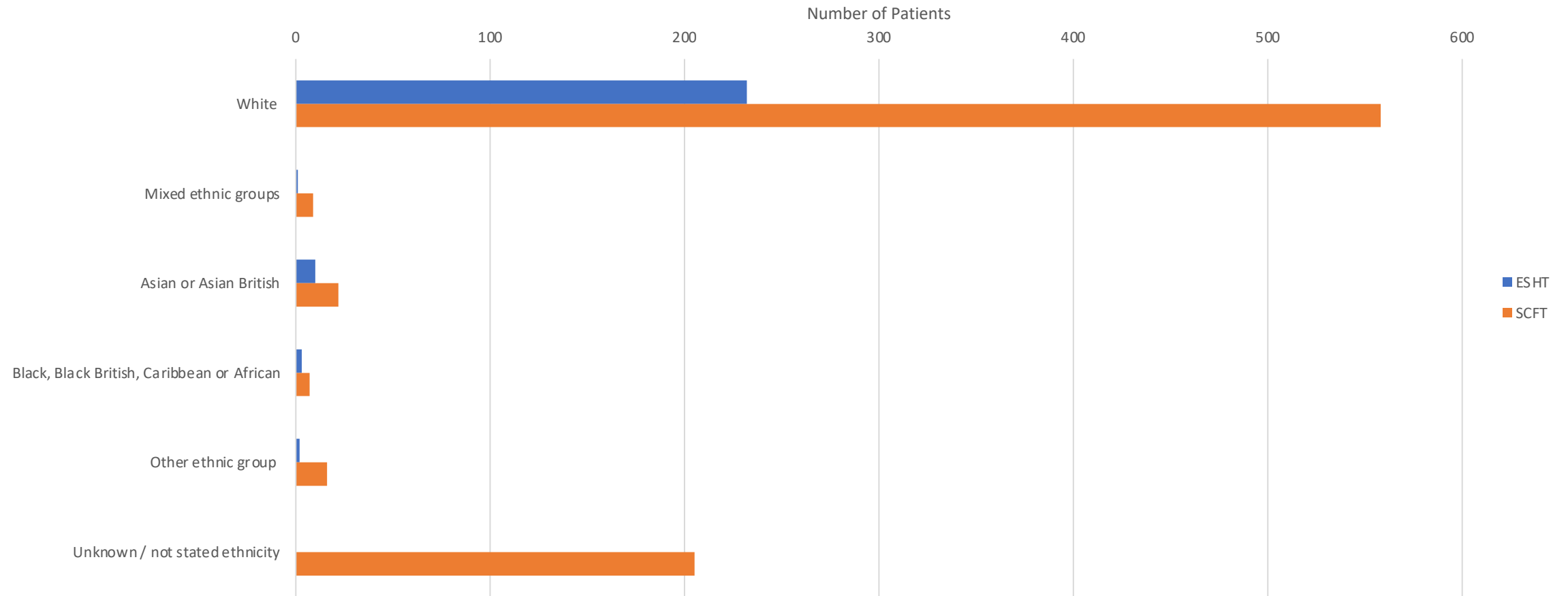
Patient Demographics

- ▼ 66% women, 34% male
- ▼ Age group predominantly 45 – 54 years old



Ethnicity

Ethnicity (74.2% white)



How can we develop?

Q&A and group discussions/feedback

- ▼ Any questions from the presentation?
- ▼ What are your experiences of Long COVID and suggestions for our service development?
- ▼ How can we best inform the public about Long COVID and what services are available?
- ▼ How can we ensure equity of access?
- ▼ What information may help support our population living with Long COVID?
- ▼ How can we tailor support to meet the individual needs of those living with Long COVID?

Thank you