



ONE BROMLEY

WORKING TOGETHER TO IMPROVE HEALTH AND CARE IN BROMLEY

Long Covid Services Development in Bromley

Introduction

Symptoms include

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

Website Resources

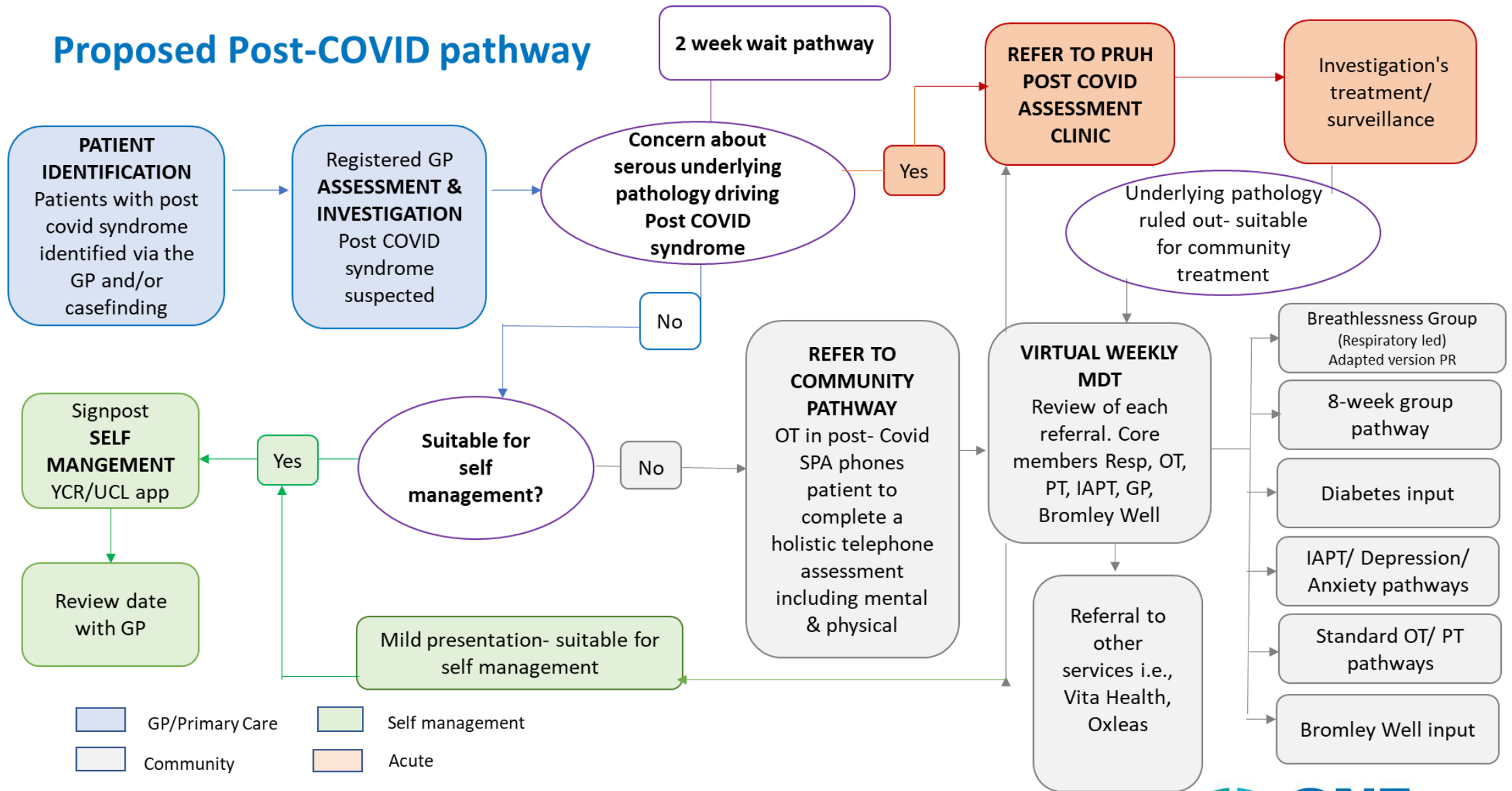
<https://www.yourcovidrecovery.nhs.uk/>

What are we doing?

- Your Covid Recovery on-line platform
- Post Covid Syndrome Assessment Clinic at the PRUH starting 28th April
- Development of a One Bromley Integrated Post Covid "Single Point of Access" and Multi-disciplinary Team
- Co-ordinating services across One Bromley Partners to respond to demand
- Dedicated training and support for GPs
- Research, data analysis and patient surveys on the impact on Bromley patients



Proposed Post-COVID pathway



Primary Care / GP support

- Resources and funding in place to support GPs to identify and assess patients
- Dedicated training and support for GPs
- Developed a single post covid syndrome assessment SEL referral form and protocols to ensure that necessary examination and investigations before a referral is made.
- Protocols will support GPs in deciding the most appropriate treatment for patients
- Work to improve coding of data to support learning and development

Specialist post-COVID syndrome assessment clinics

- A Specialist post-COVID syndrome assessment clinic has been established at the PRUH and running since April 2021.
- Clinic developed across South-East London as part of a national directive
- Undertakes a holistic assessment including respiratory or neurological symptoms to rule out serious underlying pathology.

Self Management

- Your COVID Recovery website launched nationally in Summer 2000
- Provides a personalised and tailored package of modules covering topics such as fatigue and breathlessness management and nutritional advice for use by patients following a clinical consultation, under the supervision of a clinician.
- Other platforms being considered across SEL
- Support from the Bromley Well services also available

Community: Post COVID MDT aftercare

- Community based post-COVID service being developed in line with National and SEL models
- Services can be assessed via direct GP referrals and the acute specialist post-COVID clinic;
- The proposal includes the establishment of virtual weekly Multi-disciplinary team meetings, integrated with primary, secondary care and mental health services;
- The patient will receive a comprehensive holistic assessment and will determine whether the patient is suitable for self-management, offer further monitoring and support or direct face to face interventions including groups.