



# ONE BROMLEY

WORKING TOGETHER TO IMPROVE HEALTH AND CARE IN BROMLEY

## Post COVID syndrome service update

Health & Wellbeing Board: 30th March 2023

Rachel Perry: Head of Integrated Services (SEL ICB)

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# What is Post COVID Syndrome and service provision in Bromley

## Symptoms

Problems with memory & concentration ("brain fog")

Shortness of breath

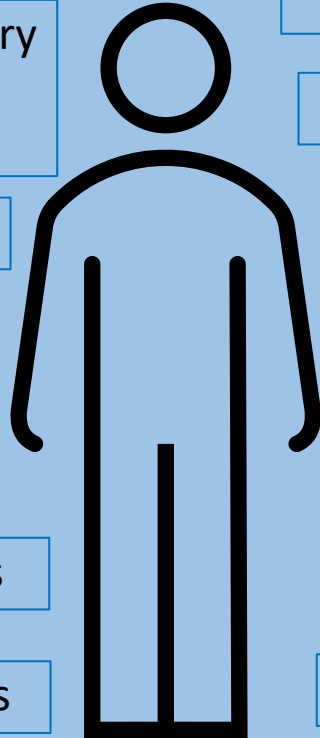
Dizziness

Rashes

Tinnitus, earaches

Heart palpitations

A high temperature, cough, headaches, sore throat, changes to sense of smell or taste



Depression and anxiety

Pins and needles

Difficulty sleeping (insomnia)

Extreme tiredness (fatigue)

Joint pain

Chest pain or tightness

## What is Post COVID syndrome

- Signs and symptoms that develop during or after an infection consistent with COVID
- Ongoing for more than 12 weeks that cannot be explained by an alternative diagnosis
- Also known as Long COVID

## Post COVID pathway in Bromley

An integrated pathway has been established to educate and empower individuals to manage their symptoms and improve their health outcomes (both physical and mental health). Advice, guidance and sign-posting as well as one-off interventions to support the patient is provided via:

- 1) Self management' Your COVID Recovery' website
- 2) Primary Care
- 3) Post COVID community services
- 4) Specialist Post COVID Syndrome assessment clinic



# Self Management: Components of the pathway

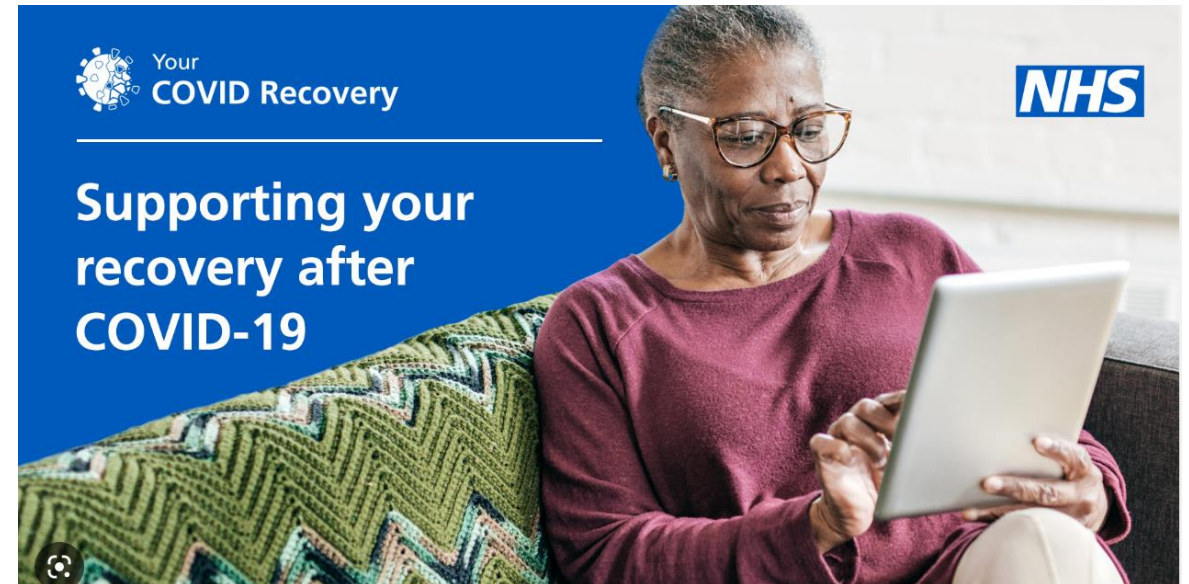
## Self Management

- 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
- Support from the Bromley Well services also available

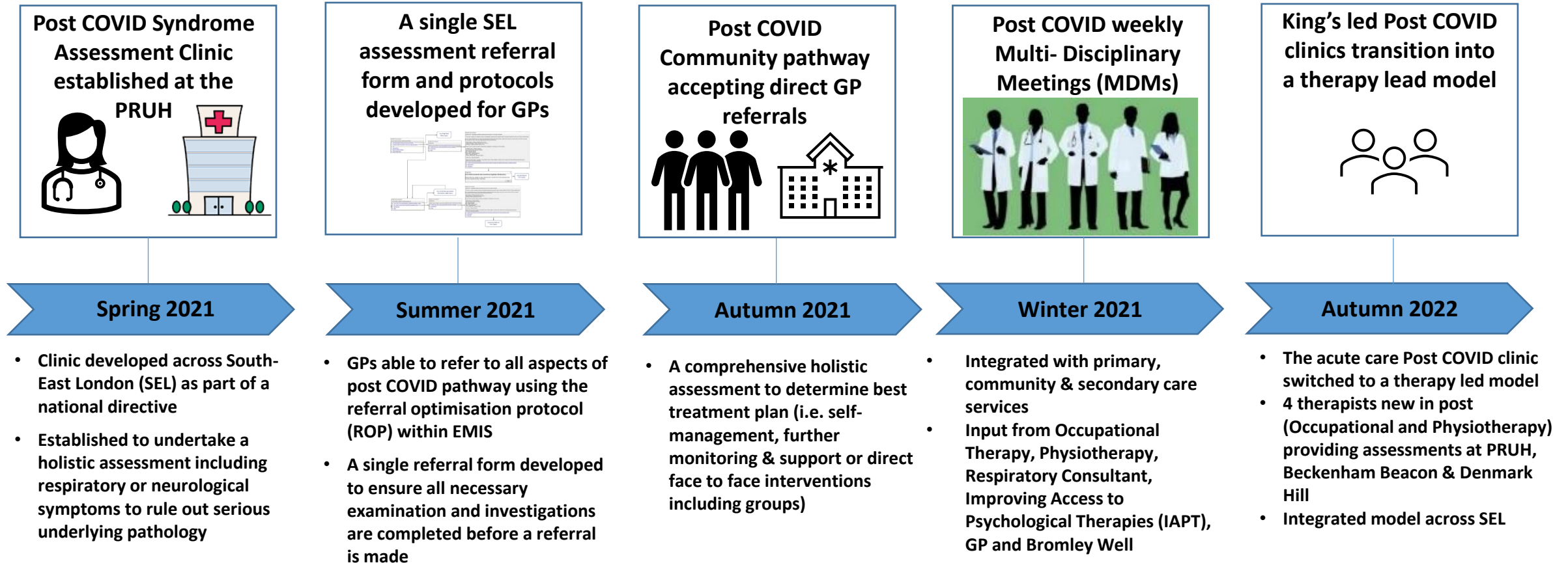
## Your COVID Recovery on-line recovery

Website resources:

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



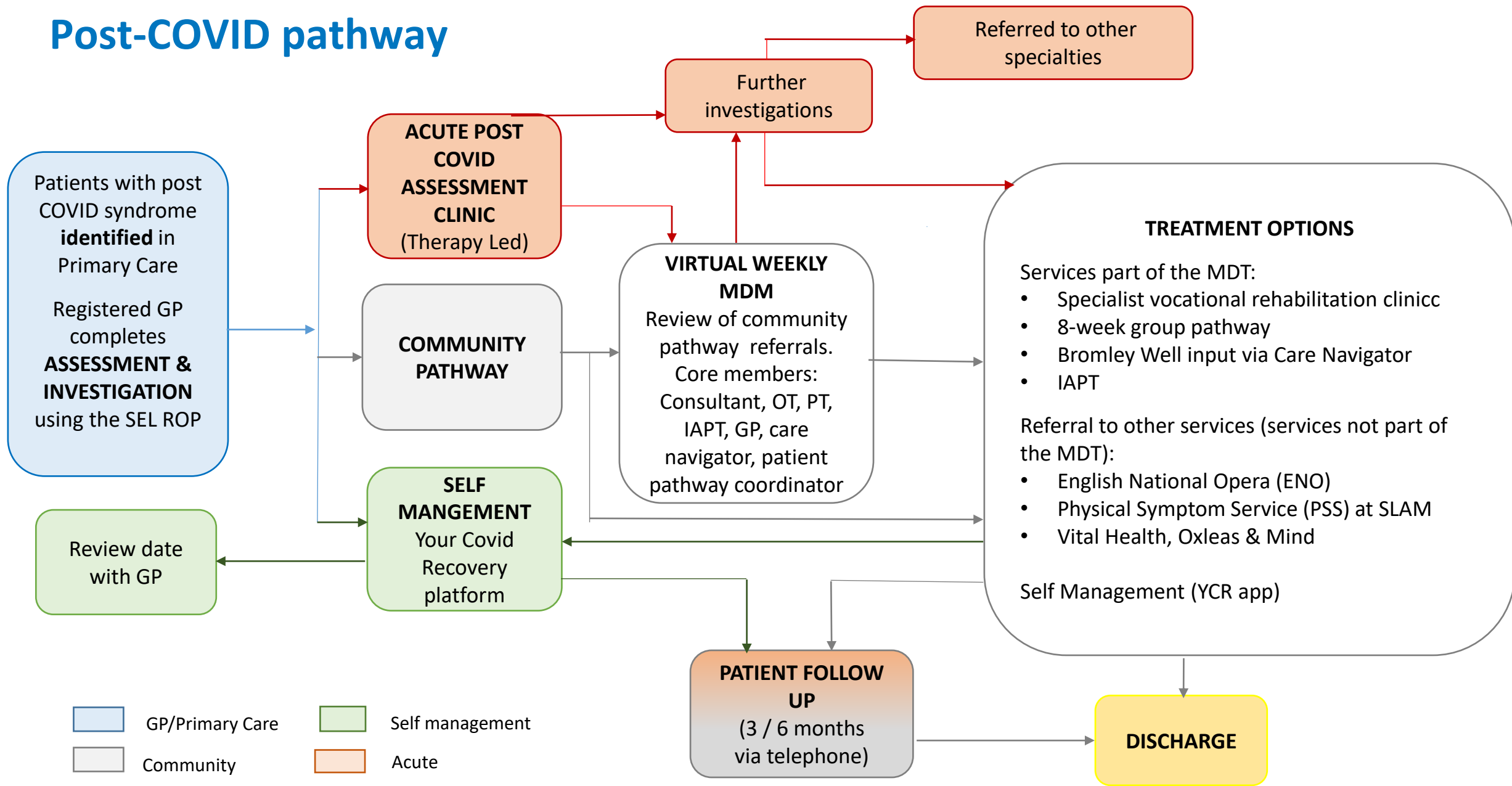
# Primary, Community & Secondary care: Components of the pathway and stages of development



**Training & support for GPs** including a video to support clinical decision making and overview of the local pathway

**Research, data analysis and patient surveys** on the impact on Bromley patients

# Post-COVID pathway





# What we have in place and progress to date

- A locally developed integrated Post COVID pathway
- Use of a single assessment referral form and protocols agreed across all SEL boroughs
- Collaborative MDMs held weekly with input from community, secondary and mental health services professionals
- Care Navigator role with knowledge of the third sector and able to signpost
- Transition of the acute assessment clinic to include a therapy lead clinic resulting in a reduction in waiting times
- Bromley Post COVID service won the One Bromley integration staff awards in 2022 under the 'successful collaboration working in Primary Care service' category



# Post COVID Acute Service

From October 2022 our MDT assessment clinics switched from consultant led to therapy led:

- Therapy led triage involved in checking all bloods and chest x-ray are normal to indicate that Long COVID assessment is appropriate
- 2 x physiotherapist and 2 x occupational therapists in post completing new patient assessments across SE London
- Detailed assessment and objective tests completed.
- Consultant supervision and MDM run alongside this to discuss caseload
- Referral into community settings across the boroughs with a personalised approach

## Assessments used

6OSTS

- Mimics a patient climbing the stairs
- Aim to review HR and SPO2 changes on exertion
- Replacement for 6MWT/shuttle walk

BPAT

- Breathing Pattern Assessment Tool
- Observational tool

Nijmegen

- Hyperventilation screen
- Looks at signs and symptoms
- >23



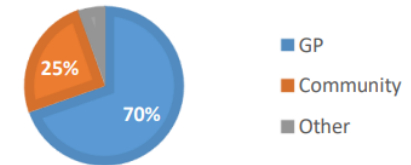
# Post COVID Assessment clinic performance: Specific Bromley data

## Specific Bromley Data

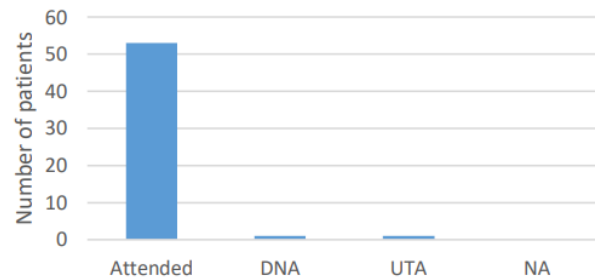
Number of patients booked at PRUH since Oct 2022

58

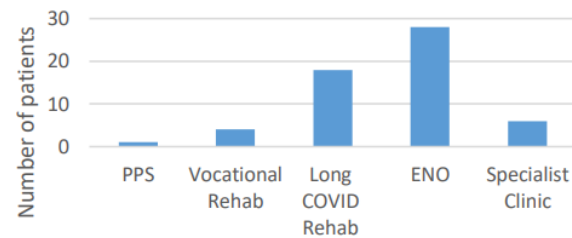
### REFERRAL SOURCE



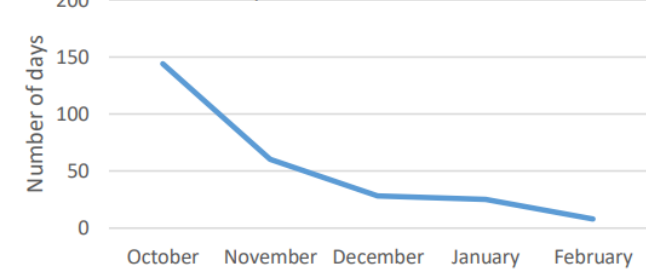
### Appointment status for PRUH clinics



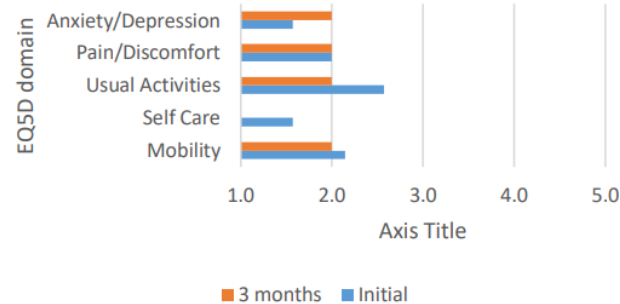
### Number of patients referred onto referral pathways



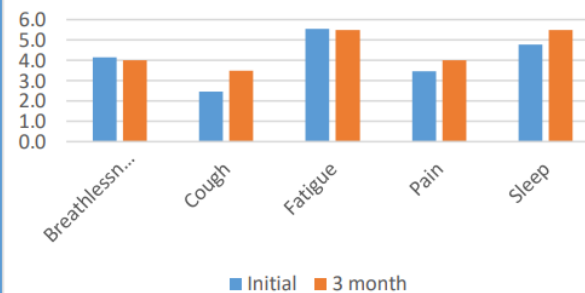
### Referral wait time to initial appointment in days per month



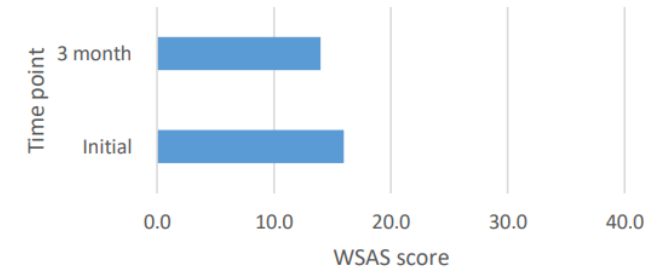
### EQ5D at initial vs 3 month



### VAS scores across 5 domains, initial vs 3 months



### WSAS SCORE FROM INITIAL TO 3 MONTHS



Data source:  
King's:  
Oct 2022 to Feb  
2023



# Post COVID Community Service

## Treatment

- Assessments completed via the phone
- All patients discussed at MDM
- As appropriate, individuals are invited to attend the 8 week group community programme
- Individual follow up at 12 week and 6 months
- Peer support group every fortnight provided by Care Navigator from Bromley Well (including follow ups and signposting)

## Next steps

- Expansion of the community post covid service
  - Physiotherapy in post
  - Psychological Wellbeing Practitioner in post (more responsive 121 sessions)
  - Employing x2 Occupational Therapist
  - Employing a Therapy Assistant
- To deliver more face to face, individualised care (e.g. visits to home) to improve recovery. Also looking at exercise sessions
- To deliver living with COVID recovery app across SEL

## 8 week group community programme

Week	Content
1	Introduction to Post COVID & the programme
2	Fatigue
3	Fatigue
4	Breathlessness
5	Sleep
6	Anxiety
7	Depression
8	Relapse management & summary of programme

# Post COVID Community referral data

Referrals Received [🔗](#)

126

Referrals Accepted [🔗](#)

106

Initial Assessments [🔗](#)

102

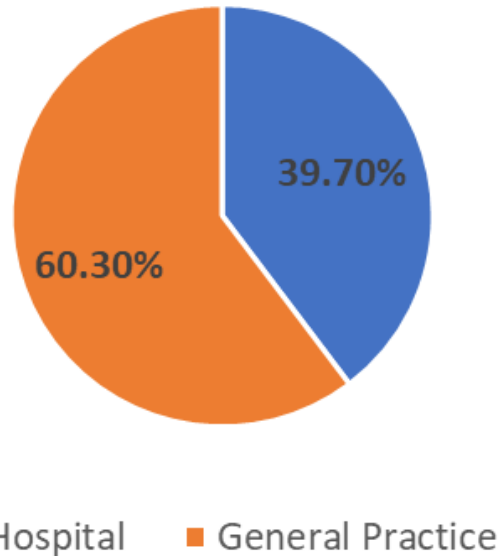
Average Waiting Times / Days...

105.1

MDT Meetings [🔗](#)

87

Referral Source



Outcome at MDM meeting

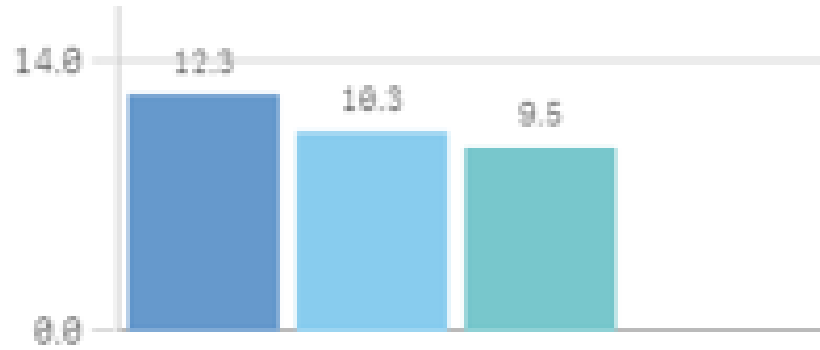
Outcome	No.
8 week Post Covid Group	48
ENO Breathe	16
Additional Referrals	11
GP	10
IAPT	8
Bromley Well	6
Post Covid Acute Assessment Service	3
Physiotherapy	1
Vocational Rehab	1
Age UK	1

Data Source: Bromley Healthcare QlikSense  
Oct 2022 to Feb 2023

# Post COVID Community Outcome Data

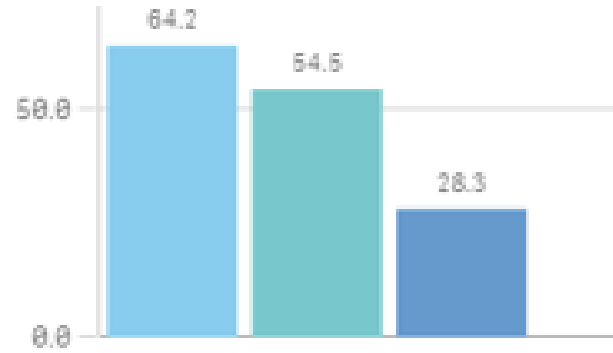
## Average PHQ-9 Overall Scores

Each item is scored 0 to 3, with a score of 0 representing no issues



## Average EQ5D-VAS Scores

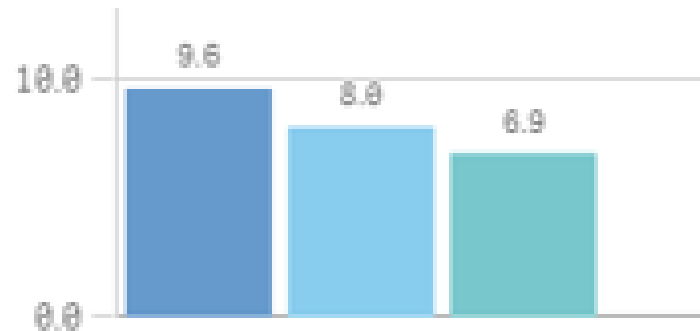
A score 100 represents the best health a patient can imagine



- Initial Assessment
- 8-12 Week Review
- 6 Month Review

## Average GAD-7 Overall Scores

Each item is scored 0 to 3, with a score of 0 representing no issues



Data Source: Bromley Healthcare QlikSense: Oct 2022 to Mar 2023

# Example of patients feedback from 8 week community programme

"Breathing exercises **changed my life**, I have learned about pacing and not overdoing it"

"The groups made a **massive difference** in my life, sleep has improved hugely"

"Have never felt better, and have much more **understanding** of what I am suffering from"

"The groups really gives people **hope and confidence** through all of this, helps us to feel less scared"

# Patient & Public Engagement & Social Research: Long COVID

*“Long COVID is both diagnosed and undiagnosed in the population, and so the scale of the problem remains unknown”*

Guy’s & St Thomas’, Brompton & Harefield Hospital, Evelina London Children’s Hospital and King’s College lead on a programme researching Long COVID working with health professionals and communities. The approach used:

- Desk research
- Mapping cohorts and inviting participants to workshops
- A series of co-production workshops, including Bromley, bringing people living with Long COVID, their carers, health and care professionals together

Recommendations to enhance model of care for people living with long COVID:

- A bespoke model of care that is pragmatic and not reliant on a GP referral to access the pathway
- The Long COVID clinic as the foundation for all therapies and interventions that is embedded in the community at Borough level
- Universally accessible so not to increase inequalities
- Open to people’s experience as the model develops

(More detailed recommendations for Primary Care and NHS can be found in the report)

EST 1892 **LSBU**

**Patient & Public Engagement and Social Research: Long COVID**


Report to the Joint Programme for Patient, Carer and Public Engagement in COVID Recovery  
September 2022

Guy's and St Thomas' NHS Foundation Trust (including Royal Brompton and Harefield Hospitals and Evelina London Children's Healthcare) and King's College Hospital NHS Foundation Trust.

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<https://www.lsbu.ac.uk/business/research-enterprise-and-innovation/health-systems-innovation-lab/what-we-do/patient-carer-and-public-involvement-in-covid-recovery/long-covid>



# SEL Long COVID Programme

The programme is a UK initiative, designed to **speed-up the recovery of people** living with Long COVID in South-East London

The outcomes from the work will create the blueprint for national NHS-wide rollout, developing a **'gold-standard'** of multidisciplinary care working closely with communities and GP

**Phase 1 – Mapping the services, Gap Analysis**

**Phase 2 – Pilot Workstream Themes**

**Phase 3 – SEL Long COVID Programme workstreams**

## **Pilot Workstreams: January – May 2023**

1. Local Community Engagement via Lambeth Health Bus
2. Helping Healthcare Workers
3. Establish Needs of Vulnerable Population
4. South East London Long COVID Prevention Resources
5. Long COVID Community Recovery Pathway



Details copied from SEL ICS slide deck

# Next Steps

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- Funding provided for 2023/24 & 2024/25. Further work is being taken forward pan London to review the models in practice to determine future resources
- Continuing to expand Post COVID community service
- Use of performance data to review individual outcomes to refine and improve the service
- Working with colleagues across SEL to share best practice