

Rehab Focus On

Sussex Post Covid Assessment Service

Connecting staff across our rehabilitation services

January 2021

The Issue:



- ⇒ No established community rehab pathway for managing patients with Long Covid
- ⇒ Top 5 presenting conditions identified —
 - ♦ fatigue
 - ♦ breathing difficulties
 - ♦ anxiety/low mood
 - ♦ brain fog/cognitive impairment
 - ♦ deconditioning

The Aim:



Develop a Sussex-wide community post Covid-19 assessment service based on national guidance

The Outcome:



- ⇒ Sussex-wide pathway (fig 1)
- ⇒ Service launched 11th Jan 21
- ⇒ 3 teams across Sussex (East, B&H, West)
- ⇒ Each team staffed by B7 0.6 Physio & B7 0.6 OT

Supported by:

- ⇒ Sussex wide team process
- ⇒ Consultant AHP & Consultant Respiratory leads
- ⇒ Weekly PCAS clinical forum
- ⇒ Your Covid Recovery Platform
- ⇒ ESHT Rehab website page www.esht.nhs.uk/rehabilitation

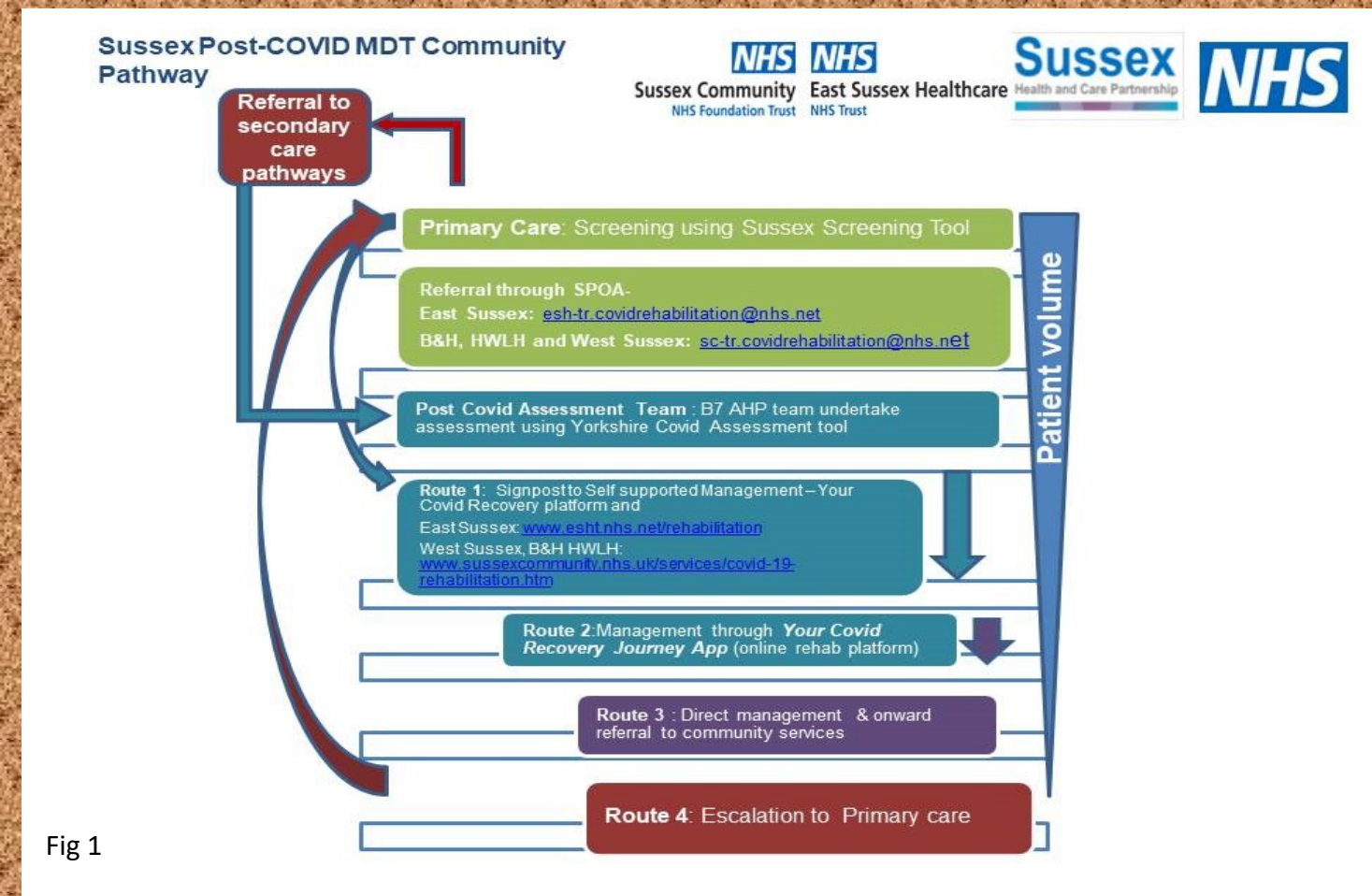


Fig 1

QI Methodology:



- ⇒ ESHT & Sussex rehab surveys
- ⇒ SCFT test of change for assessment & management of Post Covid Syndrome patients
- ⇒ Yorkshire Covid Screening Tool



The image shows a screenshot of the NHS website's 'Rehabilitation' section. It includes the NHS logo and 'East Sussex Healthcare NHS Trust'. The text states: 'The focus of rehabilitation is to enable people to live as independently as possible by maximising their personal goals. Rehabilitation is different for every person depending on individual injuries, illness and level of disability.' There are sections for 'Recovering from Covid-19' with advice, exercises and guidance to support patients recovering from Covid-19. It also notes that it can take a long time to recover fully from coronavirus, and many people report feeling unwell for several weeks, even months.

Get involved

RR&R Forums are held on 2nd Wednesday of each month via Teams.

Contact trish.richardson2@nhs.net to be added to the circulation list.

Meet the Project Group:



ESHT Sussex Community FT Sussex NHS Commissioners Sussex Partnership FT

For further information:

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