

FOI REF: 24/264

26<sup>th</sup> April 2024

Eastbourne District General Hospital

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## FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

**Please could you provide answers to the questions below:**

- 1) **Do you have a specialist service for long Covid patients within your trust?  
Please name the clinic/service.**

Yes – Post Covid Assessment and Support Service.

- 2) **How many patients in your local NHS area have been referred to the clinic/service to date?**

**Please break down by year to date ie 12 months to this date in 2024 and then each of the previous 12 months back to the start of the service.**

April 2023 – March 2024	203
April 2022 – March 2023	368
April 2021- March 2022	476
prior to April 2021	89

- 3) **Is the service physician-led?**

No.

- 4) **Please provide figures for how many patients referred to the clinic/service received the following type of treatment in-house:**

- a) **Physical rehabilitation – please give details.**

117 - Breathlessness management group.

- b) **Graded exercise therapy.**

None.

- c) **CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them.**

93 – help to cope with symptoms.

- d) **Advice on pacing.**

All patients.

- e) **A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which).**

None.

- f) **Drug treatment.**

None.

- g) **Other, please specify.**

Not applicable.

- 5) **Does the service have the ability to prescribe medications to long Covid patients for symptoms where appropriate?**

No.

- 6) **If so, please list the 3 most common drugs prescribed for long Covid patients by the clinic, with numbers of prescriptions if possible.**

Not applicable.

- 7) **Does the service have the ability to order diagnostic tests and scans?**

No.

- 8) **If so, please list the 3 most commonly ordered tests/scans/diagnostic questionnaires for long Covid patients by the clinic.**

Not applicable.

- 9) **If not provided in-house, which of the following types of services does the clinic/service refer patients onto or recommend?**

- a) **Physical rehabilitation – please give details.**

Support to manage mobility/falls.

- b) **Graded exercise therapy.**

None.

- c) **CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them.**

Support to help cope with symptoms.

- d) **Advice on pacing.**

Not applicable.

- e) **A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which).**

None.

- f) **Drug treatment.**

None.

- g) **Other, please specify.**

Not applicable.

- 10) **How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:**

- a) **Doctor.**

0.125 fte (0.025 Consultant & 0.1 Bank GP).

- b) **Nurse.**

0.6 fte.

- c) **Physiotherapist.**

3.11 fte (including 0.4 Bank Physio).

- d) **Occupational therapist.**

2.6 fte.

- e) **Clinical psychologist/ CBT practitioner / psychotherapist/counsellor.**

0.4 fte (0.1 Psychologist plus 0.3 Assistant Psychologist).

- f) **Other, please specify.**

3.0 fte Rehabilitation Support Workers, 2.0 fte Care Coordinators and 1.0 fte Administrator.

**11) For any doctors employed, please specify their specialism eg GP, cardiologist, neurologist, psychiatrist.**

0.025 Respiratory Consultant & 0.1 Bank GP.

**12) Is the clinic expected to continue running after 2025?**

Currently no decision has been made as to whether the clinic will continue running after 2025.

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department ([esh-tr.foi@nhs.net](mailto:esh-tr.foi@nhs.net)), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department  
[esh-tr.foi@nhs.net](mailto:esh-tr.foi@nhs.net)