

KINGSTON AND RICHMOND PCAS UPDATE MARCH 2023

Salina Harvey-Porter

Consultant Physiotherapist, Kingston Hospital
NHSFT and SWL HSPCAS MDT Member

- ▶ 1. Create a comprehensive screening process with seamless referral pathways to care and support.
- ▶ 2. Ensure a multi-disciplinary team approach to care and support based on needs, supported by education and training.
- ▶ 3. Develop self-help support groups (peer-led) inclusive of those that have missed an opportunity for a diagnosis
- ▶ 4. Improve integrated and coordinated care and support in the community, particularly post discharge from hospital.

HEALTHWATCH KINGSTON 'LIVING WITH LONG COVID' KEY RECOMMENDATIONS:

- ▶ Kingston and Richmond PCAS has been operational for over 2 years
- ▶ All patients admitted to critical care (level 2 or above) automatically followed up by the Kingston Hospital PCAS team
- ▶ Referrals from GPs via COVID Specific referral form to ensure all information gathered in one place
- ▶ Dedicated email address for clinician advice to support referral and access to services
- ▶ Direct access to many services
- ▶ Patient Information Leaflets with self-help resources, symptoms to watch out for, how to access help and what to expect.

ACCESS

Self Help Resources

www.yourcovidrecovery.nhs.uk covers a wide variety of symptoms that some patients can experience after having Covid.

For any ongoing breathlessness www.physiotherapyforbpd.org.uk has great leaflets and videos on how to re-train your breathing pattern which is sometimes altered post Covid. This has been very useful for many patients.

For any ongoing loss of smell or taste www.abscent.org has some retraining advice.

Many patients are benefiting from talking therapies if suffering with ongoing symptoms post Covid. Visit the following website to be directed to your local service. <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Patient Advice and Liaison Services (PALS)

PALS can provide information, advice and support to patients and relatives and will listen to and act on your concerns, suggestions or queries.

020 8934 3993
khft.pals@nhs.net

Accessible information

We are actively working to make our patient information easier to read and accessible in a range of formats. If you would like this information in large print, audio or electronic format please speak to a member of staff in the department. If you need a different format, please let us know and we will do our best to meet your request.

Pastoral & Spiritual Support Services

We offer a multi-cultural approach serving people of all faiths and life philosophies. A Duty Chaplain is available 24/7. You can request to speak to a Church of England or Roman Catholic Priest, the Rabbi or Imam.

Please call the hospital switchboard on **020 8546 7711** and ask to speak to the Duty Chaplain.

Kingston Hospital NHS Foundation Trust

Galsworthy Road
Kingston upon Thames
Surrey KT2 7QB

020 8546 7711
www.kingstonhospital.nhs.uk

Leaving hospital after treatment for Covid-19

This leaflet sets out the support that is available to you after you've left hospital.

It also signposts you to other sources of information and advice.

Living our values *every day*



PATIENT INFORMATION LEAFLET

How you may feel after leaving hospital

You may take some time to start to feel normal again. It is difficult to say how long, but it could take weeks to several months.

How you may feel emotionally. You may have been through a lot and, initially, you may feel frustrated, angry, and stressed as well as happy, excited and emotional. It's very normal to feel like this. You may also experience:

- Sleeping difficulties due to changes in noise and atmosphere. As you increase your activity and get used to your home environment, your sleep patterns should return to normal.
- Vivid dreams, hallucinations, flashbacks and even nightmares. These will lessen in time. Some people find it helpful to talk about this to family, friends or specially trained health professionals.

How you may feel physically. Your appearance may have changed.

- You may have lost weight and have a loss of appetite, and there may be differences with your hair and skin. The more independent you become, and with a good diet, all these things will improve over time.
- You may find that you are still weak and lack energy as your body recovers, it will take time for you to feel stronger.
- You may also notice that you feel short of breath. This may take time to recover. You may need to 'pace' your activities and gradually increase them as you get better.

Ongoing support during your recovery

Follow-up

It is normal to have some symptoms of Covid for some time after the initial infection, but any that last more than 12 weeks may benefit from a specialist review.

In the meantime, some self-help resources are detailed on the next page.

Immediately Contact your GP or call NHS 111 if:

- You experience symptoms such as chest pain, severe breathlessness or coughing up any blood after discharge from hospital.

Contact your GP if

- You still have any problems with your breathing or a persistent cough after 12 weeks, despite having used self-help resources highlighted on the next page. Your GP will be able to carry out the necessary investigations like a chest x-ray, check your blood oxygen levels, blood tests and refer you to the Post Covid Respiratory clinic. or:
- You have any of the more common symptoms that persist after 12 weeks (such as those detailed at www.yourcovidrecovery.nhs.uk)
- You have any symptoms which concern you

Your GP will have a directory of local services to help. They will assess you and refer you to the right service for your symptoms.

PATIENT
INFORMATION
LEAFLET CONT...

- ▶ Services include (but are not limited to):
 - ▶ Assessment Clinic – including comprehensive patient reported outcome measure tool covering all the possible symptoms of post covid.
 - ▶ Specialist Consultant Clinics.
 - ▶ Occupational Therapy and Physiotherapy.
 - ▶ Community Long COVID Rehab.
 - ▶ Fatigue management.
 - ▶ Brain fog.
 - ▶ Psychosocial.
 - ▶ Care co-ordination.

SERVICES (AND NOT LIMITED TO)

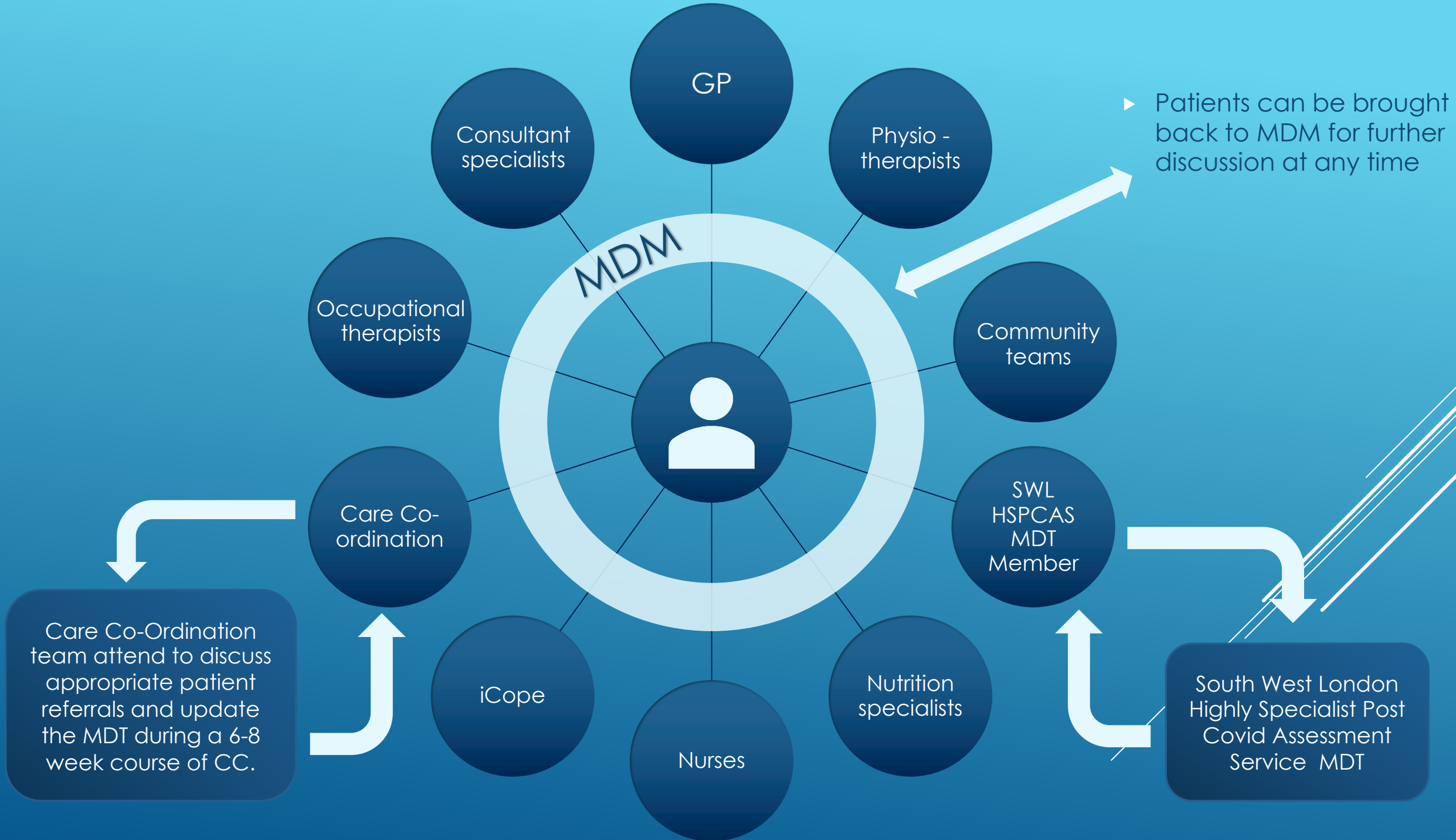
Kingston Hospital Post Covid-19 Holistic Questionnaire
Initial Phase

We would be very grateful if you could complete the following questions about your current quality of life. Your answers will be stored confidentially as part of your health recorded at Kingston Hospital Foundation Trust and will only be used to support decision making about your care and treatment.

Has your mobility reduced since Covid-19? E.g. walking, self-propelling in wheelchair.											
Not at all			Somewhat			Severely			Almost unable		
If your mobility has been impacted, do you feel this is because of any of the below?											
Fatigue			Shortness of breath			Weakness			Other- Please state		
If you have any breathlessness while resting, please rate it at rest with an X.											
0 (None)	1	2	3	4	5	6	7	8	9	10 (Max)	
If you have any breathlessness, please rate it on exertion with an X. E.g. completing stairs, brisk walking, walking up a slope.											
0 (None)	1	2	3	4	5	6	7	8	9	10 (Max)	Unable
Are you able to carry out your own self-care since your Covid-19? E.g. washing and dressing, making your own meals.											
Yes			Minimal difficulty			Great difficulty			Require assistance		
Are you able to carry out your usual activities? E.g. Ability to do stairs, ability to do regular hobbies and sports.											
Yes			Slightly impaired			Severely impaired			Unable		
If you have ongoing pain or discomfort since Covid-19, please state where this is? Please rate its severity on the scale below.											
0 (None)	1	2	3	4	5	6	7	8	9	10 (Max)	

Have you felt stressed, worried or anxious in the last 2 weeks?										
Not at all		Slightly	Moderately	Very						
Have you felt low in mood or down in the last 2 weeks?										
Not at all		Slightly	Moderately	Very						
Do you feel more fatigued than you did before Covid-19? E.g. drained, exhausted, low in energy.										
No		Some		Moderate	Severe					
If you feel fatigued, how severe is the fatigue?										
0 (None)	1	2	3	4	5	6	7	8	9	
Do you have any difficulties maintaining your focus/concentration?										
No		Some		Moderate	Severe					
Do you have any episodes of "brain fog"?										
None		Some		Moderate	Severe					
Is your sense of taste and smell as it was prior to Covid-19?										
Yes		Almost		Partially	No					
If your ability to work or volunteer following Covid-19 has been affected, please rate it on the scale below. If you are retired or choose not to work please mark NA.										
0 Not at all	1	2 Slightly	3	4 Definitely	5	6 Markedly	7	8	9	10 NA

COMPREHENSIVE
AND COVID
SPECIFIC
SCREENING TOOL



GP

Physio -
therapists

▶ Patients can be brought back to MDM for further discussion at any time

MDM



Community teams

SWL
HSPCAS
MDT
Member

Nutrition
specialists

Nurses

iCope

Care Co-
ordination

Occupational
therapists

Consultant
specialists

Care Co-Ordination team attend to discuss appropriate patient referrals and update the MDT during a 6-8 week course of CC.

South West London Highly Specialist Post Covid Assessment Service MDT

- ▶ Every patient discussed at the MDM has all those involved in their care invited to join the meeting, including their GP, community team and PCAS specialists ensuring superb MDM co-ordination.
- ▶ From this meeting we can easily identify patients who would benefit from Care Co-Ordination and their team attend to discuss the referral and update during a 6-8week course of CC.
- ▶ The patients can be brought back to the MDM at any time to rediscuss with the team so open access is available.
- ▶ The MDM is the platform from which patients can access the SWL Highly Specialist MDM where we will agree a plan and refer on if appropriate.

MULTIDISCIPLINARY MEETING

- ▶ **Breathlessness** – ABC course, ENO Breathe course, Physiotherapy for BPD website, Pulmonary rehab
- ▶ **Fatigue** – Occupational therapy referral, NHS COVID recovery website
 - ▶ **Physical activity** – Get Active (gym-based programme)
 - ▶ **Psychological** – iCope, long covid support group

KINGSTON - ONWARD



Q & A

