

## Title

### Long covid services

---

Reference Number: RDF2450-24

Date of Response: 24/04/24

Further to your Freedom of Information Act request, please find the Trust's response(s) below:

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

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 i.e., 12 months to this date in 2024 and then each of the previous 12 months back to the start of the service:*

21/22 - 242

22/23 - 491

23/24 - 252

3. *Is the service physician-led?*

YES, led by a Rehabilitation Medicine Consultant

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

1. *physical rehabilitation – please give details:*

All rehabilitation is guided by individual patient impairment and patient identified rehabilitation goals – rehabilitation is provided by a multidisciplinary team including respiratory physiotherapy, occupational therapy, nursing and medical, in addition to this multidisciplinary rehab within the service some patients will have needs identified a benefiting from their local community rehabilitation team.

2. *Graded exercise therapy*

We do not provide graded exercise therapy as a specific rehabilitation pathway.

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

We have a monthly MDT meeting with psychology input to support and help manage complex cases, in addition the IAPT service has been linked with the long covid service since 2021.

4. *Advice on pacing.* Yes, all.

*A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which).* Not specifically provided through the long covid clinic.

*drug treatment:* Medication is used to treat symptoms.

5. *other, please specify.* Not applicable.

8. *Does the service have the ability to prescribe medications to long Covid patients for symptoms where appropriate?*

It is possible to do this, however most medications are prescribed by patient GPs.

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

It is not possible to list 3 most common drugs, a wide variety is used and tailored to individual patients – examples of medications used include antihistamines, SSRI, analgesia, Melatonin, neuropathic agents, beta blockers, ivabradine.

10. *Does the service have the ability to order diagnostic tests and scans?*  
Yes.

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

*All patient's complete symptom-based questionnaires, some patients have assessments for postural hypotension/POTS, most common investigation requested is sleep studies for possible sleep apnoea, other investigations depend on symptoms and can include echocardiogram, Holter, CTPA, HRCT, MRI brain/spine, specialist blood tests, nerve conduction studies.*

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

1. *physical rehabilitation:* Community RehabTeam, MSK Rehab, Neurorehab: Myalgic Encapalomyelitis/Chronic Fatigue Syndrome, Speech & Language Team  
*The Trust is not able to respond to the following questions – 12, 2,3,4,5,6 and 7. All referrals to other services are already listed under 1.*
2. *Graded exercise therapy*
3. *CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them.*
4. *Advice on pacing.*
5. *A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which)*
6. *drug treatment*
7. *other, please specify.*

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

a) *doctor:* Consultant 0.3 Whole time equivalent (WTE).

b) *nurse:* 0.8 WTE

c) *physiotherapist* 1 WTE

d) *occupational therapist.* 0.3 WTE

e) *clinical psychologist/ CBT practitioner / psychotherapist/counsellor.* No

f) *other, please specify:* Rehabilitation Support Worker 1 WTE.

*For any doctors employed, please specify their specialism e.g., GP, cardiologist, neurologist, psychiatrist.* Rehabilitation medicine consultant.

14. *Is the clinic expected to continue running after 2025?*

The Freedom of Information Act allows the public to ask for copies of information held. This information is not held in documentation within the Trust; therefore, we are unable to release information in response to this question. This also depends on the ICB decision.

