

Peer Learning for London

“Social Prescribing for People living with Long Covid”

Wed 20th April 2022



Plan for today

JOIN THE CONVERSATION



It is an informal session
– talk to each other & share
resources in the chat



The presentations will be
recorded & circulated

TIME	ITEM
1:00	Introductions
1:10	Rebecca Gore – University College London Hospitals NHS Foundation Trust, Heidi Ridsdale - Camden Integrated Adult Services
1:30	Claire Kennedy - Clinical Networks Clinical Programme Manager, NHS England & NHS Improvement – London Region
1:45	Diana Norris – Social Prescribing Link Worker, Bromley GP Alliance
1:55	Rebecca Manson Jones – Spare Tyre, Covid Cafe
2:00	SPLW experiences and challenges
2:30	Close

Overview – what will you leave with...

By the end of this session, you will be able to:

- ✓ Explain what Long Covid is, how to get more specialist support and the importance of practical help for those recovering.
- ✓ Find adequate tools and resources that can be used to support people to get well again, including important resources for returning to work effectively.
- ✓ Increase your confidence in providing social prescription for people living with Long Covid.
- ✓ Access some practical hints and tips for people (including social prescribers) who are suffering with Long Covid.
- ✓ Connect with other SPLWs to discuss your challenges.

Aims:

- What is Long Covid
- Basic signs and symptoms
- Questions to ask?
- What is the impact of Long Covid? What do we commonly see?
- Basic principles of rehab

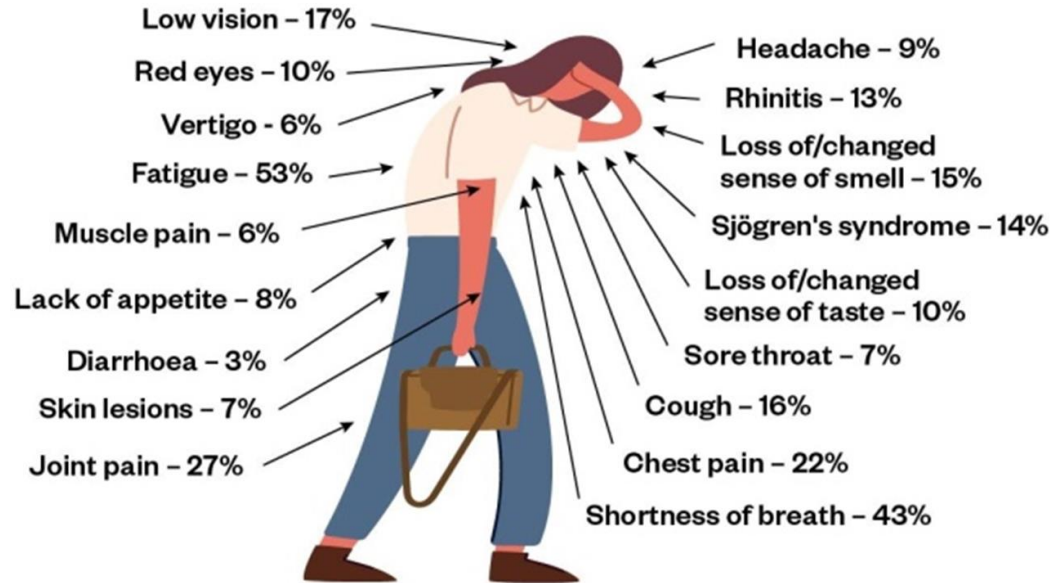
Long Covid:

- Affects 1.7 million, 2.7% of the UK population (April 2022)
- Mostly effects women, aged 35 - 49years, most deprived areas and working in health and social care.
- No connection with severity of initial illness
- Long Covid, Post Covid, Post-acute sequelae of Covid-19

What is Post Covid/ Long Covid:

- 3 months or 12-weeks following the initial illness
- No alternative diagnosis
- Symptoms can be new or a continuation from the initial illness
- Fluctuating and relapsing symptoms
- The exact theory behind Long Covid is still not known

Signs and Symptoms



Questions to ask?

- Have you had Covid? When?
- Did your symptoms start following this?
- What are your main symptoms? Are you experiencing classic symptoms including – fatigue, breathlessness, brain fog, chest pain?
- Are your symptoms better or worse after doing an activity?
- Are your symptom getting better or worse?
- Have they spoken to their GP or any other health professional about their symptoms?
- Have the found any support in order to help manage or treat their symptoms?
- If you have concerns, encourage a patient to see their GP or seek further medical help

What we commonly see:

- Both hospitalised patients and those treated in the community
- Reduced mobility, independence and access to the community
- Work and financial concerns
- Fatigue and environmental or sensory overwhelm
- Brain fog and reduced memory
- PTSD, anxiety and low mood

Basic principles of Rehab:

- **STOP – REST – PACE**
- Learn about your energy levels
- Prioritise
- Plan
- Pleasure
- Complete rest
- Learn to say ‘no’
- Ask for help



Collaboration between SPLWs and Clinicians

- How to work together effectively

Resources we provide during clinics:

- Your Covid Recovery - <https://www.yourcovidrecovery.nhs.uk/>
- Breathlessness - <https://www.physiotherapyforbpd.org.uk/self-help/>
- Taste and smell – <https://abscent.org/>
- Fatigue - <https://www.bacme.info/>
- Work – Reasonable Adjustments (the law) - <https://www.acas.org.uk/reasonable-adjustments> & <https://www.remploy.co.uk/>

People living with Long COVID and their carers report

Experiencing low mood & anxiety

Having financial worries

Needing support to remain independent

Feeling isolated

Having trouble sleeping

Needing support with housing

Wanting support with self-care

Sound familiar?

Social Prescribers are well placed to support but there are challenges...

- Long COVID is a new condition and not yet fully understood
- Social Prescribing isn't always offered to these patients
- Pathways for Long COVID are still being devised
- Opportunities for peer support are limited

Social Prescribers are well placed to support and there are opportunities...

- We have a role in listening to stories and sharing learning
- Can we have a role in helping shape support pathways?
- Can we have a role in establishing peer support?



A creative, inclusive space for adults learning to live with **Long Covid**.

Hosted by artist-facilitators with **lived experience** of Long Covid, and/or another long-term condition.

Covid Café is a place for **conversation, creativity**.

A place away from friends, families and colleagues to try out making changes one step at a time.

Using action learning methodology to encourage future thinking & giving back agency by collective and personal problem solving.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Feedback from recent attendees:

"So good to have a place to be taken seriously and heard. I felt connected to the other participants"

"It was great to connect with other people going through a similar experience - a beacon of hope"

"I realise through being here today that I don't want to go back [to how everything/I] was before Covid"

Find out more:

Our website will be updated with future dates: [Covid Café Events](#)

mailing list [Sign up here](#)

Contact us Covidcafe@sparetyre.org Text or Whatsapp: 07598 142 058

SPLW experiences and challenges

This section will **not** be included in the recording.

Resources

- London Social Prescribing Toolkit – access [here](#).
- Guidelines for supporting our NHS people affected by Long COVID – [access here](#).
- Introduction to long COVID and post-COVID-19 syndrome – [e-learning course](#).
- Adult Cardiorespiratory Enhanced and Responsive Service, Homerton University Hospital NHS Foundation Trust. [Post COVID-19 patient information pack](#).
- Hertfordshire Community NHS Trust. [Information pack for patients who have had COVID-19 or COVID-19 symptoms](#).
- Royal College of Occupational Therapists. [How to conserve your energy—practical advice for people during and after having COVID-19](#).
- Chartered Society of Physiotherapy. [COVID-19: the road to recovery activity planner](#).
- Mental Health Foundation. [How to look after your mental health during the coronavirus outbreak](#).
- COVID-19 return to work guide for recovering workers – access [here](#).
- Download the information sheets on Long Covid produced by World Physiotherapy – access [here](#).
- Long Covid Work (*Supporting people with Long Covid to: stay in, return to, or leave work well. Guiding employers in enabling inclusion, improving productivity and retaining priceless skills and talent.*) – access [here](#).
- Post-COVID HUB (For people left with breathing difficulties after COVID-19, their family members, carers, healthcare professionals, policy-makers and researchers.) – access [here](#).

Resources for Patients

Symptom	Website
General understanding of post-Covid Syndrome	https://www.yourcovidrecovery.nhs.uk/ https://longcovid.physio/ https://www.longcovid.org/
Breathing Pattern Disorder	https://www.physiotherapyforbpd.org.uk/self-help/ https://www.acprc.org.uk/publications/patient-information-leaflets/
Fatigue management	https://www.bacme.info/ https://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy
Sleep	https://sleepcouncil.org.uk/ https://onboarding.sleepio.com/sleepio/nhs/120#1/1
Taste and Smell	https://abscent.org/
Nutrition	https://www.plymouth.ac.uk/research/dietetics-and-health/covid-knowledge-hub
Returning to work	https://www.longcovid.org/images/Documents/Template_Resources/COVID-19_return_to_work_guide_for_recovering_workers.pdf https://www.acas.org.uk/reasonable-adjustments (understanding the law) https://www.remploy.co.uk/

Educational Resources

https://portal.e-lfh.org.uk/myElearning/Index?HierarchyId=0_53674&programmeld=53674

It includes

- Introductory module previously released
- Living with long covid module (4 modules - experiences of those with long covid, supporting patients through patient centred care, vocational rehabilitation, and a final word)
- Managing symptoms of long covid (10 modules - breathlessness, cardiology symptoms, cough, fatigue, GI symptoms, headaches, mental health, myalgia, and smell and taste)
- Supplementary resources and links (voc rehab, smell and taste, breathing pattern disorders, cough, headaches, fatigue, sleep, relaxation, GI symptoms and myalgia)

Feedback

Thank you for participating in our *Peer Learning: Social Prescribing for people living with covid*. We hope you have enjoyed it and find it useful.

It would be great if you could complete this quick feedback form to let us know your honest opinions:

<https://forms.office.com/r/UL9S1wVbWJ> or



All past Peer Learning for London sessions and resources are available [here](#).

Please feel free to email us if you have any questions.

Lianna Martin: lianna.martin@nhs.net

Justyna Sobotka: j.sobotka@nhs.net