

Post Covid-19 Syndrome

**Mike Procter – Director of Transformation
SWL CCG (Merton & Wandsworth)**



Presentation Content

- Background information
- Data and prevalence
- Support Services in Merton
- Merton Post Covid-19 Assessment Service

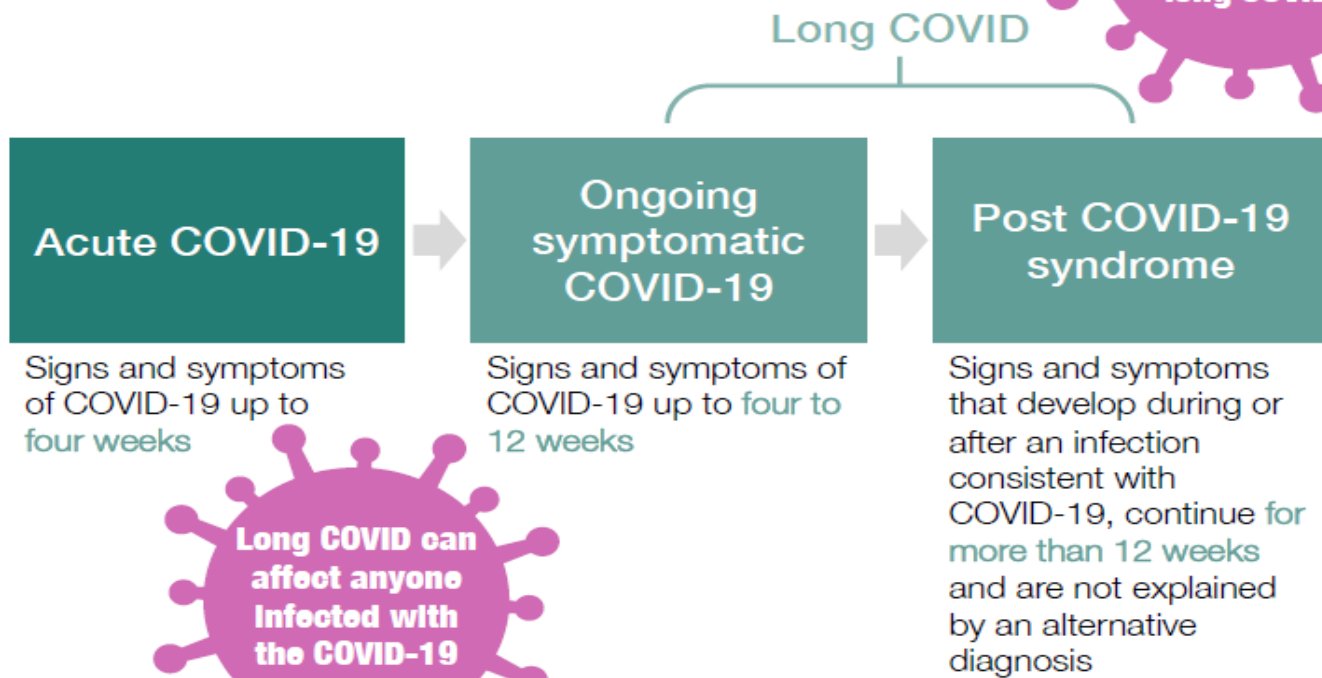


Introduction

Most people who catch COVID-19 won't become severely ill and get better relatively quickly, but there are a number of people who have long-term problems after recovering from the original infection; even if the original infection was not severe. The longer-term impact of the pandemic is still to be understood, but it is likely that there will be a short, medium and long term impact of post COVID on individuals and on local health and care services.



Clinical definitions



Most common symptoms



Fatigue
528,000 people



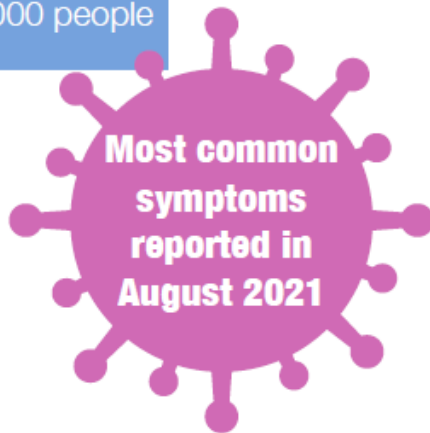
Shortness of breath
388,000 people



Muscle ache
296,000 people



Loss of smell
285,000 people



Risk factors

The main factors that make it more likely that patients will suffer long term from COVID-19 include

Behavioural



Smoking

Biological



Age
(increasing)



White ethnic
group



Women

Demographics



Deprivation



Care home
workers



Healthcare
workers

Health



Asthma



Disability



Hospitalisation
for COVID-19



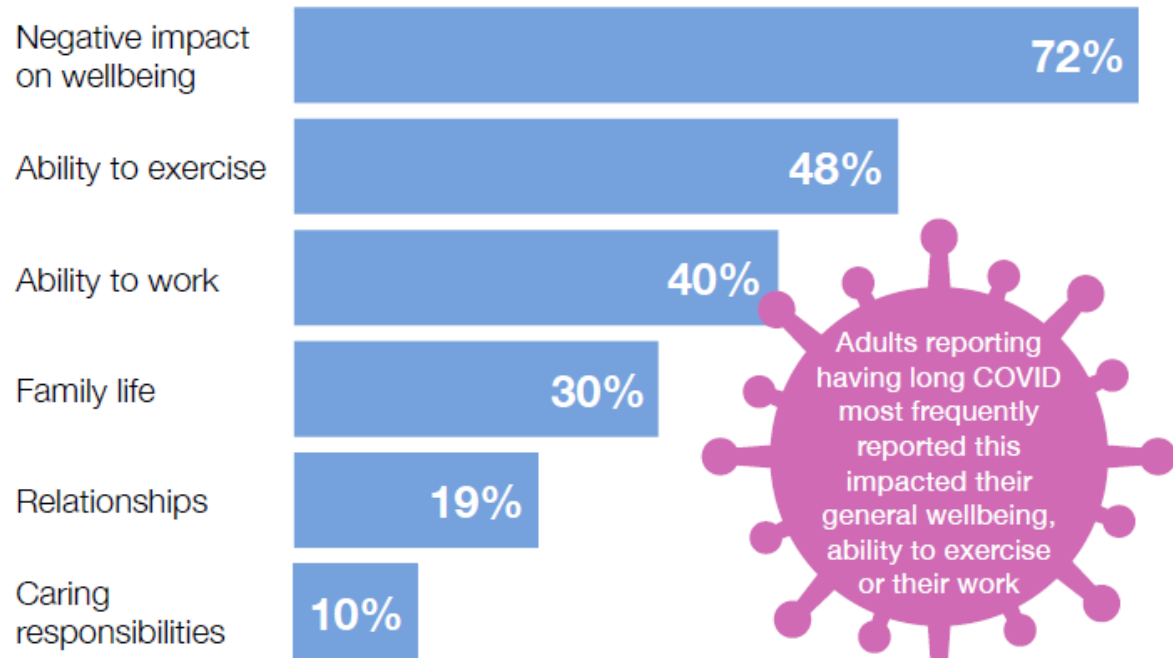
Overweight
or obesity



Mental health
illness

Picture credits: Dr Mariena Korkodilos

Impact on life



Percentage of adults who self-reported long COVID, Great Britain, 7 April to 13 June 2021

Latest estimates

([ONS estimates](#))

Estimated number of people living in private households with self-reported long COVID who first had (or suspected they had) COVID-19 at least 12 weeks previously, in Merton based on UK estimates: four week period ending 5th August 2021

Group	UK Estimate	Number in Merton	CI LL	CI UL
All people	1.29	2,740	2,634	2,846
2 to 11	0.11	31	14	51
12 to 16	0.53	68	50	86
17 to 24	1.13	187	154	220
25 to 34	1.34	455	397	512
35 to 49	1.83	939	873	1,006
50 to 69	1.88	828	789	872
70+	0.86	165	150	181
Men	1.07	1,123	1,060	1,197
Women	1.49	1,601	1,526	1,676

Notes

UK total numbers with Covid not available in data set so different method used as previous method used the numbers with Covid as denominator

UK estimates use total population as denominator and not those testing positive for Covid so low percentage applied to total Merton population by named groups



Post Covid-19 Syndrome - Governance & Delivery

- NHSE Guidance
- SWL Coordination - Post Covid-19 Board
- Merton & Wandsworth Post Covid-19 Steering Group
- Post Covid-19 Specialist Service (Merton & Wandsworth) St George's Hospital
- Merton & Wandsworth Post Covid Assessment Service - CLCH
- Merton Primary Care – Case finding / social prescribing / investigations and referrals
- Merton Public Health – Health inequalities / Voluntary & Community Sector





St George's University Hospitals
NHS Foundation Trust



**Central London
Community Healthcare**
NHS Trust

Post Covid-19 – A Multi Agency Response

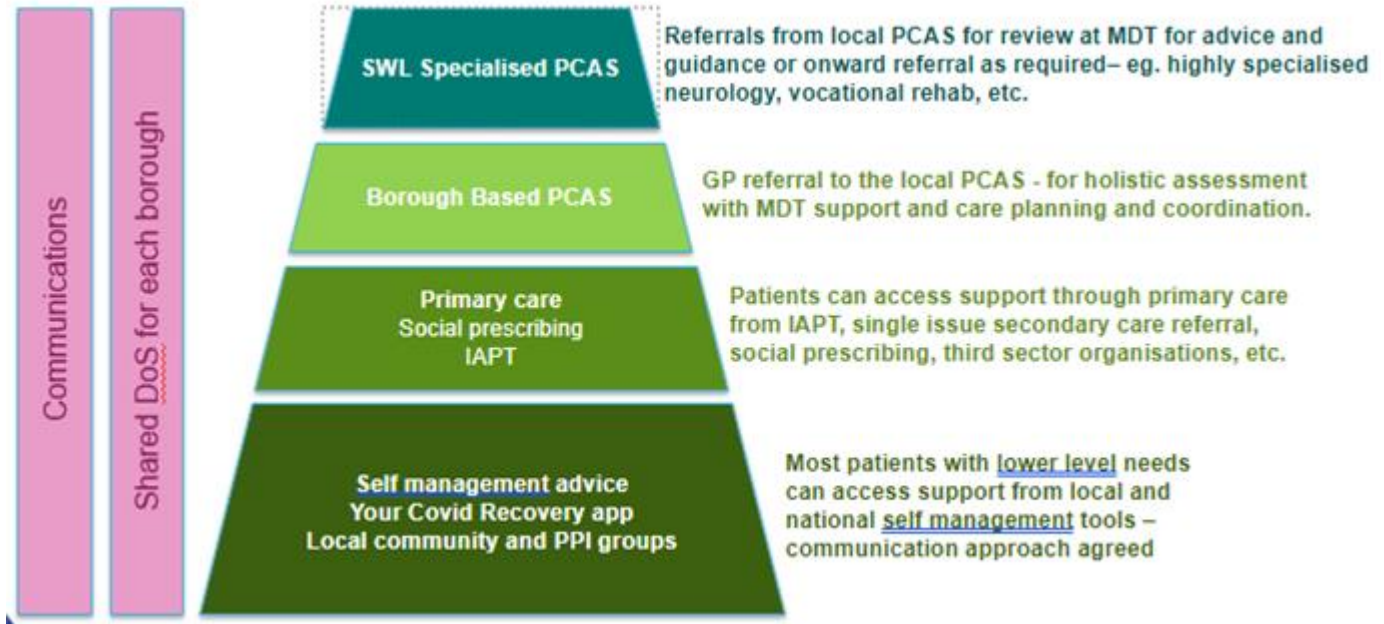
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Clinical Commissioning Group**



Support for people with Post Covid-19 Syndrome / Long Covid





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Merton & Wandsworth PCAS

Post Covid-19 Assessment Service

The Merton logo is a stylized, teardrop-shaped emblem with a white background and a blue border. It features a network of blue lines forming a geometric pattern of triangles and quadrilaterals, resembling a map or a network diagram.

Merton

PCAS Service Provision

- Patients with long term symptoms >4 weeks following a confirmed or suspected covid -19 infection
- Pre-referral investigations have been completed to rule out an alternate cause for symptoms
- Predominantly virtual, therapy-led rehabilitation service with medical oversight
- Promote self-management of patients symptoms through education/ rehabilitation
- Linked to Specialist Services (St George's Hospital)



Referrals – PCAS demographics

- Females: 77%
- Average age: 48 yrs.
- Deprivation (Level 1&2): 0.01%
- Ethnicity
 - White: 40%
 - Mixed Ethnic groups: 27%
 - Asian or Asian British: 16%
 - Black, Black British, Caribbean, African: 11%
 - Other/ Not recorded: 6%

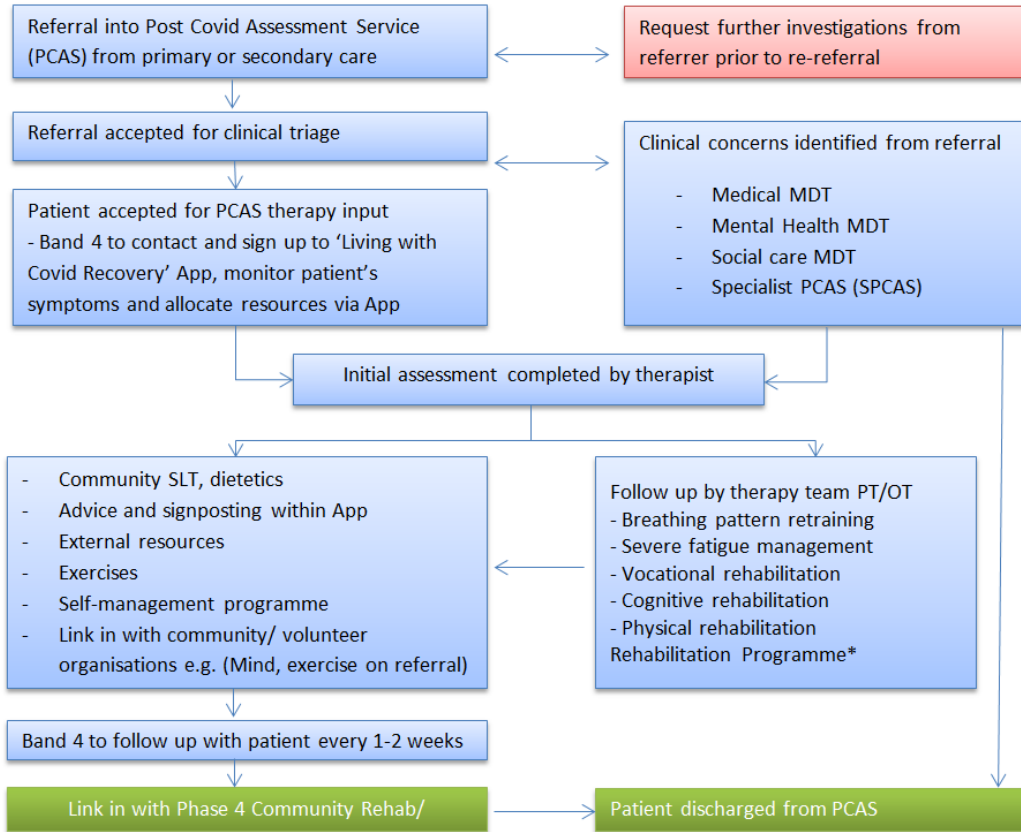


PCAS Presenting symptoms

- Fatigue (82%)
- Breathlessness (63%)
- Deconditioning (51%)
- Psychological Symptoms/ Deterioration in mental wellbeing (45%)
- Brain Fog (38%)
- Dizziness (24%)
- Headaches (21%)
- Body aches (17%)
- Cough (12%)
- Palpitations (10%)
- Chest pain (10%)
- Loss of taste/smell (4%)



PCAS Patient Pathway



PCAS Therapy Interventions

- Activity planning
- Sleep hygiene
- Diet
- Exercise / Physical activity levels
- Planning / Breaking down tasks
- Return to work advice
- Relaxation techniques
- Breathing pattern retraining
- Positioning for breathlessness



Expected Recovery from Covid-19

- 4 weeks - muscle aches, chest pain and sputum production should have substantially reduced
- 6 weeks - cough and breathlessness should have substantially reduced
- 3 months - most symptoms should have resolved, but fatigue might still be present
- 6 months - symptoms should have fully resolved unless patient has had a complicated ITU stay, in which case mobility and/or respiratory difficulties may be prolonged



Holistic Support

- A range of services and resources are available to address the wider impact of post COVID-19. Information available via the link:

<https://www.swlondon.nhs.uk/ourwork/long-covid-recovery/>





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Questions?



Merton