


<p align="center">Health & Adults Scrutiny Sub-Committee</p> <p align="center">Tuesday 8 March 2022</p>	 <p align="center">TOWER HAMLETS</p>
<p>Report of: Kay Saini, Head of Long Term Conditions, TNW CCG</p>	<p>Classification: Unrestricted</p>
<p>Impact of Long Covid</p>	

Originating Officer(s)	Kay Saini, Head of Long Term Conditions, TNW CCG
Wards affected	All wards

Summary

Post-COVID syndrome, also known as Long COVID, is multi-system in nature. Patients often present with clusters of symptoms, often overlapping, which may change over time. There is still uncertainty in what is known about the long-term effects of COVID-19 and as evidence emerges, we will begin to understand about the prevalence and recovery patterns following COVID-19.

In recovery, there is an opportunity to create a healthier, more resilient society, by ensuring patients are provided with the tools to be able manage their long-term conditions better. Part of the strategy to assist recovery aims to enable Primary Care to risk stratify patients with long terms conditions in order to help prioritise patients who are at the highest risk of an exacerbation.

Recommendations:

The Health & Adults Scrutiny Sub-Committee is recommended to:

1. Note the contents of the report

1 REASONS FOR THE DECISIONS

1.1 This is for information only.

2 ALTERNATIVE OPTIONS

2.1 This is for information only.

3 DETAILS OF THE REPORT

3.1 A report is tabled for the meeting, which will provide an overview of the impact of long COVID-19 on residents and patients with long-term conditions.

3.2 Long COVID-19 is an emerging phenomenon that is not yet fully understood. As evidence emerges, we will begin to understand about the prevalence and recovery patterns following COVID-19.

3.3 Post-COVID syndrome, also known as long COVID-19 is defined by NICE as signs and symptoms that develop during or after COVID-19 and continue for more than 12 weeks and are not explained by an alternative diagnosis.

3.4 Long COVID-19, is multi-system in nature, occurring irrespective of age, co-morbidities, hospitalisation or severity of infection. Patients often present with clusters of symptoms, often overlapping, which may change over time. Often many people with post-COVID syndrome also experience generalised pain, fatigue, persisting high temperature and psychiatric problems.

3.5 The Primary Care and Community Post-Covid-19 Rehabilitation Pathway service for Tower Hamlets, Newham and Waltham Forest (TNW) was launched on 18th January 2021 and was commissioned from East London Foundation Trust (ELFT) for the residents of Newham and Tower Hamlets.

3.6 Patients can only access the service via a GP referral. Acceptance in to the service will enable the patient to be reviewed by a multi-disciplinary team of experts consisting of physiotherapists, occupational therapists and psychologists, GPs and physicians from Barts Health, who could support aftercare/rehabilitation and, when necessary, arrange an onward referral to hospital and specialist services.

3.7 The service has now been in place for a year and has received 730 referrals from across the Newham and Tower Hamlets area. The data highlights that the service is accessed predominantly by female patients, in the 35-44 age bracket and are of white or Asian background. This demonstrates a shift from July 21 as up this point, patients were mainly white females. A substantial effort has gone into socialising the service and raising awareness in our hard to reach patient cohorts and amongst the BAME communities. Work

continues in this area and we have currently finalising the pathway for homeless patients to support proactive case finding of those experiencing the effects of Long COVID-19 in Primary Care.

- 3.8 Since mobilisation of the service, the model has gone through a number of iterative changes and has been further enhanced to meet the emerging needs of patients. A business case has been finalised for consideration by TNW CCGs to seek further funding to support expansion and longevity of the service.

4 Implications on Primary Care

- 4.1 Long COVID-19 has undoubtedly had an impact on Primary Care and the full impact of this reduction in routine NHS care in general practice is only now emerging.
- 4.2 Primary Care now faces a huge backlog of unmet patient need, with patients facing long waits for treatment.
- 4.3 Part of the wider strategy to assist recovery aims to enable Primary Care to be furnished with tools that will allow risk stratification of their patients with long-term conditions. This approach will allow practices to prioritise patients who are at the highest risk of an exacerbation and intervene in a proactive way.

5 Communication and Engagement Strategy

- 5.1 Across North East London, we have worked with our key partners to develop a comprehensive communication and engagement offer with the aim of raising awareness of long COVID-19 in our local communities.
- 5.2 We are working with local Healthwatch to create a survey for local residents to understand whether patients are experiencing symptoms of long COVID-19 and whether they have tried to access any support. In order to understand the needs of local residents in relation to long COVID-19, we are working with our local community groups and faith leaders.
- 5.3 We have created a long COVID-19 patient video to help our residents understand the common symptoms and to provide information on where seek help. We have also developed a range of different comprehensive patient leaflets, including an easy-read version. As well as this, we have created a web page where patients can access further information to support self-management and where to access both medical and non-medical support.
- 5.4 We are collaborating with our colleagues in Public Health to deliver a webinar to raise awareness of this condition amongst schools, targeting parents and teachers.

- 5.5 We will continue to develop the communication and engagement strategy and ensure the service is continuously under review to ensure it meets the needs of our local population.
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Linked Reports, Appendices and Background Documents

Linked Report

- Public Health – Impact of Long COVID- 19
Xiaoyun Li - Public Health Programme Manager

Appendices

- NONE

Background Documents – Local Authorities (Executive Arrangements)(Access to Information)(England) Regulations 2012

- NONE

Officer contact details for documents:

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