

# Joined Up Care Derbyshire

## Post Covid Syndrome Management Service

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**21<sup>st</sup> March 2022**



# **Derbyshire County Council**

## **Improvement and Scrutiny March Committee 2022**

Update on the following:

- Derbyshire Post Covid Service
- Derbyshire Post Covid Mental Health Response
- Derbyshire Provision for people with chronic conditions Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)
- Derbyshire Post Covid CFS Provision

## **Service overview to date:**

In response to NHSEI directive and guidance published in October 2020 the Post (Long) Covid Syndrome Assessment service in Derbyshire was rapidly commissioned at the end of December 2020.

The service provides clinical, physical, cognitive and psychological assessments to patients experiencing suspected post-COVID syndrome (Long COVID). Patients receive access to multi-professional advice all in one place, to ensure referral into appropriate services which may include rehabilitation, psychological support and specialist investigation.

Only patients with complex multisystem symptoms post- COVID symptoms will be referred to the assessment clinic. Referrals into the service are via primary care and secondary care onward referral.

NHSEI guidance was published in June 2021 to support the further development of the end-to-end Long Covid pathway specifically focussed on the rehabilitation needs, spanning across several areas, to aid the recovery of a proportion of patients where, following initial assessment, they were identified as requiring a form of rehabilitation. In the majority of cases the rehabilitation needs spanned across Chronic Fatigue, Breathlessness (Pulmonary and Cardiac) and / or psychological support.

## **Service overview to date continued:**

An operational group, comprising of Clinicians including Therapy and Rehabilitation Leads across UHDB and CRH, together with representation from DCHS (the providers of the existing Post Covid Assessment service), have developed and agreed a new end-to-end pathway. This pathway enhances the existing PCS assessment pathway and incorporates onward referral for rehabilitation where required. A new introduction to the pathway is the Single Point of Access for all Post Covid Syndrome referrals.

Work to be carried out to review patient referrals from a Health Inequalities perspective, ensuring the service is reaching patients who may be experiencing Long Covid but have not yet sought clinical intervention.

# Derbyshire Post Covid Management Service

Primary Care Referral\*

Single Point of Access

Secondary Care referral\*

Derbyshire Clinic Co-ordinator receives referral – contacts patients to offer a Triage Appt with clinician (any incomplete referrals will be returned to source for completion)

Clinician or Therapy Triage Appointment with Patient to determine further MDT assessment, requirement direct to rehab or self-management/discharge (All patients will have a personalised care plan)

Diagnostics  
(if required)

## PCS MDT Assessment (Therapy and Clinical)

Assessment MDT identifies any further clinical requirements the patient should require and identifies potential rehabilitation requirements.

Patient discharged  
for self-management

Patient sent straight  
through to rehab

Derbyshire Clinic Co-ordinator receives referral and contacts patients to offer an Appt with Rehab Case Manager at preferred Hub\* (Patient Choice) (Virtual in the first instance, F2F if required)

Patient attends appointment with Rehab Case Manager to ascertain rehab needs and reviews/develops personalised care plan  
(links to other services available at any point whilst the patient is within the rehabilitation service)

Diagnostics  
(if required)

MDT Appointment  
(F2F if required)

Your Covid Recovery Online Platform

Breathlessness Clinic (Pulmonary/Cardiac), Chronic Fatigue, Psychological Services, Vocational Rehab

Rehab Case Manager to review Patient at six Weeks (or when clinically appropriate)

Patient discharged from PCS service, or onward  
referral to other services

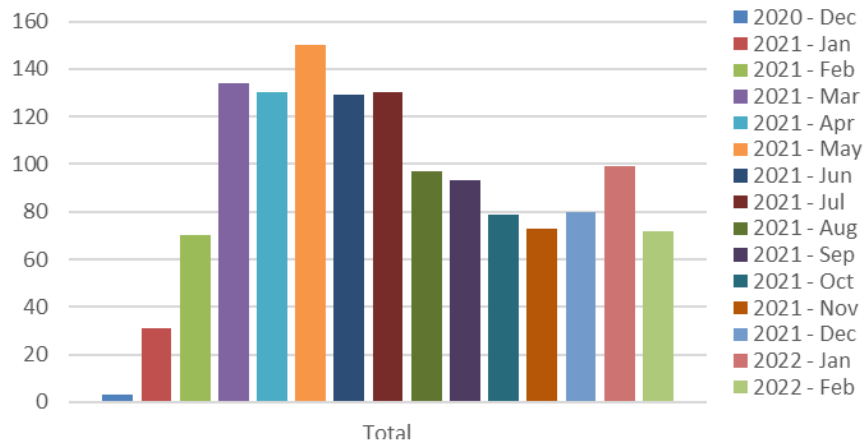
Other Services available: Voluntary sector, Social Prescribing, Pharmacy (Medication Reviews), Smoking Cessation, Weight Management, Live Life Better Derbyshire, Live Well Derby

- Derbyshire population 1,065,000
- Total Covid cases 291,636 – Derbyshire 217,888 / Derby 73,748
- Post Covid Cases 1370
- Peak referrals following the emergence of the Delta variant, March 2021 – July 2021
- October 2021 onwards reflect steadying out of referrals to circa 80 per month
- Female patients continue to be the largest proportion of referrals, at times approx. 50% more than male patients
- The majority of referrals are from the age ranges 45–54 and 55–64
- 0-15 and 16-18 age referrals remain low
- 56% of total referrals identify as White British ethnicity
- Chesterfield and Dronfield, Derby City and Erewash are the top three PCN referrers into the service
- Oakdale, North East Derbyshire and High Peak PCNs have the lowest referrals into the service

# Derbyshire Post Covid Service

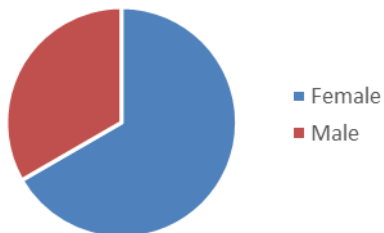
## Total Patient referrals

December 2020 – February 2022 – 1370



## Referrals by Gender

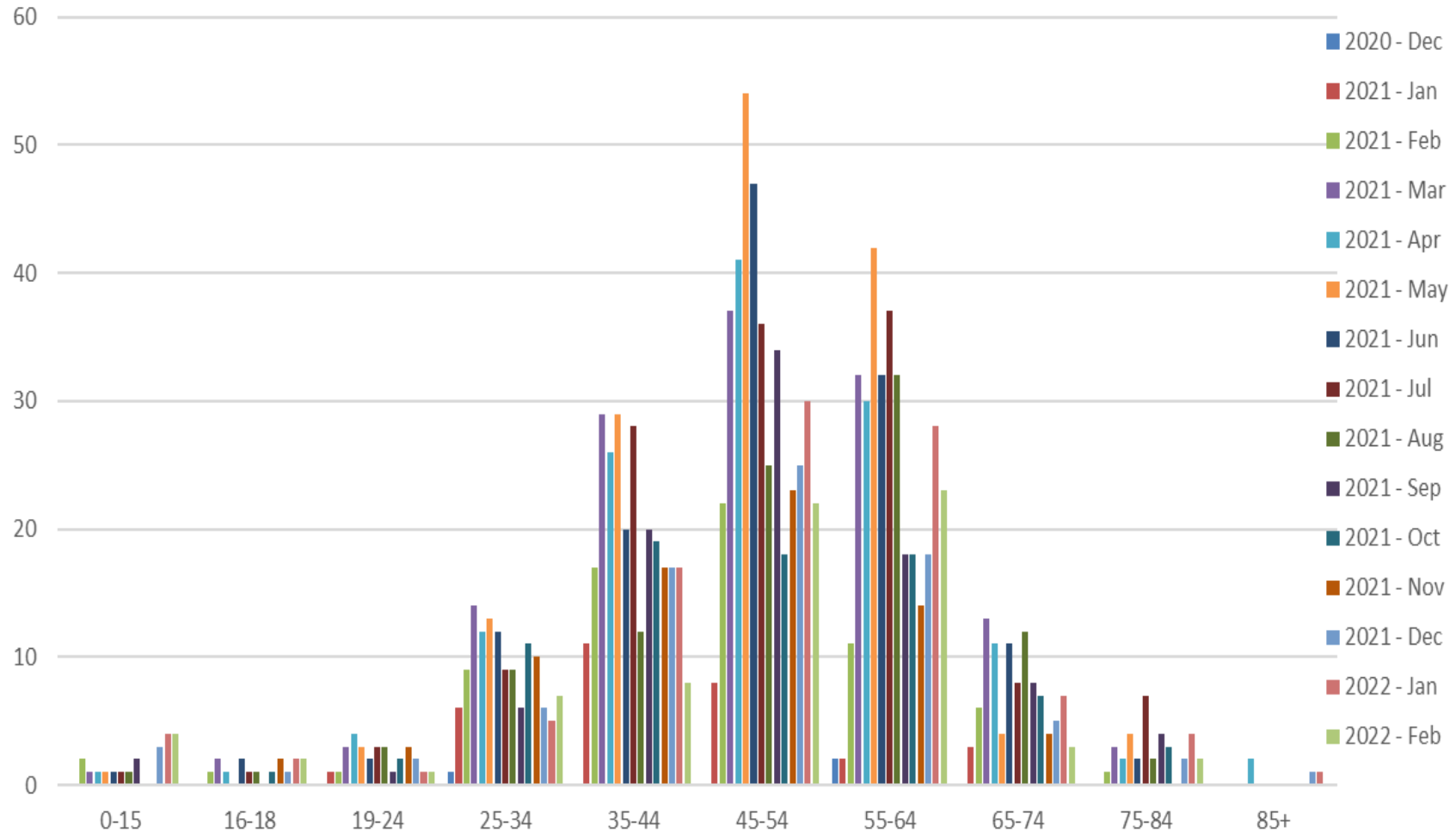
|             | Month: |      |     |     |     |     |     |     |     |     |     |     |     |      |     | Grand Total |
|-------------|--------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-------------|
|             | 2020   | 2021 |     |     |     |     |     |     |     |     |     |     |     | 2022 |     |             |
| Gender:     | Dec    | Jan  | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Jan  | Feb |             |
| Female      | 2      | 22   | 48  | 96  | 91  | 92  | 92  | 80  | 63  | 59  | 55  | 48  | 58  | 51   | 43  | 900         |
| Male        | 1      | 9    | 22  | 38  | 39  | 58  | 37  | 50  | 34  | 34  | 24  | 25  | 22  | 48   | 29  | 470         |
| Grand Total | 3      | 31   | 70  | 134 | 130 | 150 | 129 | 130 | 97  | 93  | 79  | 73  | 80  | 99   | 72  | 1370        |



Data correct as at 28th February 2022

# Derbyshire Post Covid Service

## Referrals by age:

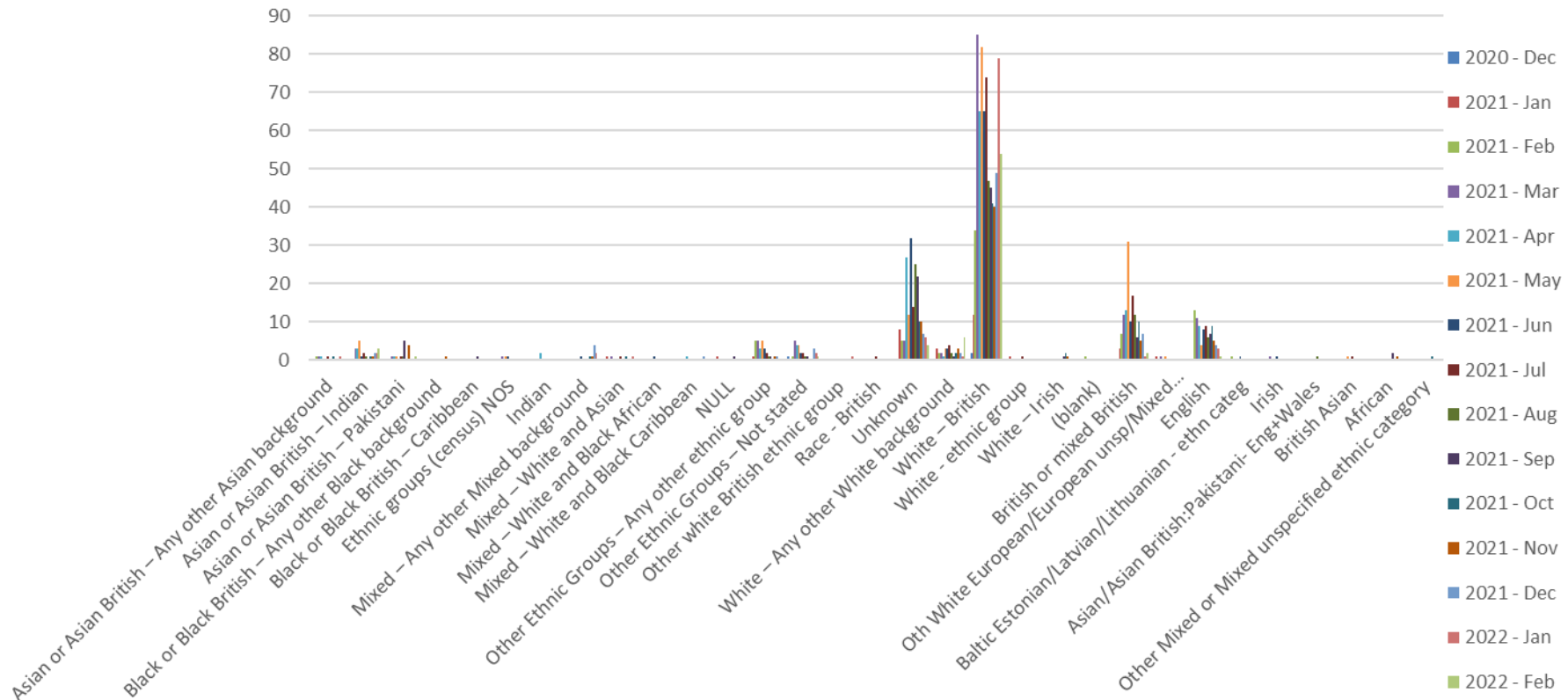


Data correct as at 28th February 2022



# Derbyshire Post Covid Service

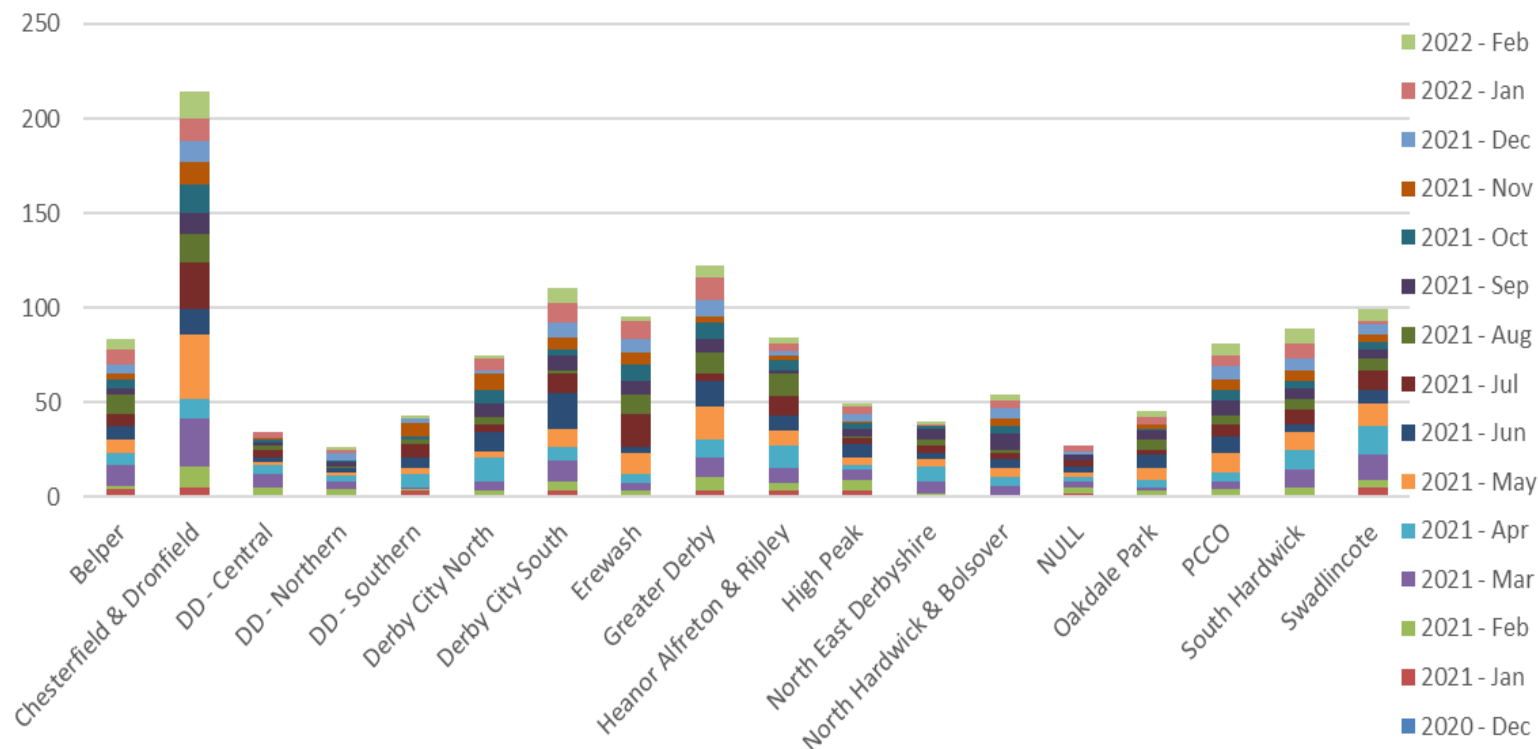
## Referrals by Ethnicity



Data correct as at 28th February 2022

# Derbyshire Post Covid Service

## Referrals by PCN



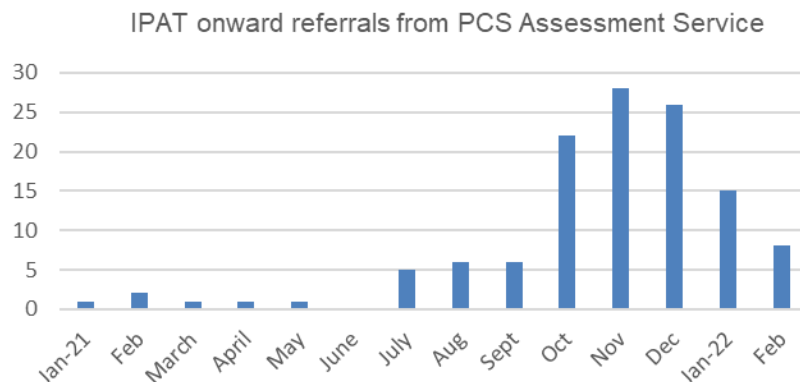
\*Derbyshire Dales PCN is evidenced in the graph as DD – Central, DD – Northern and DD – Southern

\*Derby City PCN is evidenced in the graph as Derby City North and Derby City South

# Derbyshire Post Covid Mental Health Response

## Mental Health Provision with the Post Covid Management Service:

- Onward referrals to Improving Access to Psychological Therapies (IAPT\_ from the Post Covid Assessment service have been in place since December 2020, 99 were referred through to IAPT (data period December 2020 – December 2021). Patients are able to self refer into IAPT services within Derbyshire, self referrals are not captured within the Post Covid referral data.
- Total referrals received to date from the assessment service are 111 (data as at 17th January 2022). Talking Mental Health Derbyshire (TMHD) self referrals from patients experiencing Post Covid Syndrome are 74 (data as at 17th January 2022)
- Insight IAPT are reporting a steady flow of self-referrals, 9 in Jan 22 and 12 in Feb 22 respectively
- Referrals to IAPTs will be absorbed into the new rehabilitation pathway, with MDT assessment if required
- A dedicated workforce have been recruited to work with Post Covid patients who require access to Health Psychology specialists
- Holistic approach ensures physical, cognitive and psychological assessments are made within a multi disciplinary environment
- Links in place to IAPT providers through IAPT Steering Group, governance to be strengthened by new Operational/Delivery Group launching in April 2022, with representation from both IAPT providers and Health Psychology



# Derbyshire Provision for people with chronic conditions: Myalgic Encephalomyelitis (ME) Chronic Fatigue Syndrome (CFS)

## ME/CFS Provision South Derbyshire:

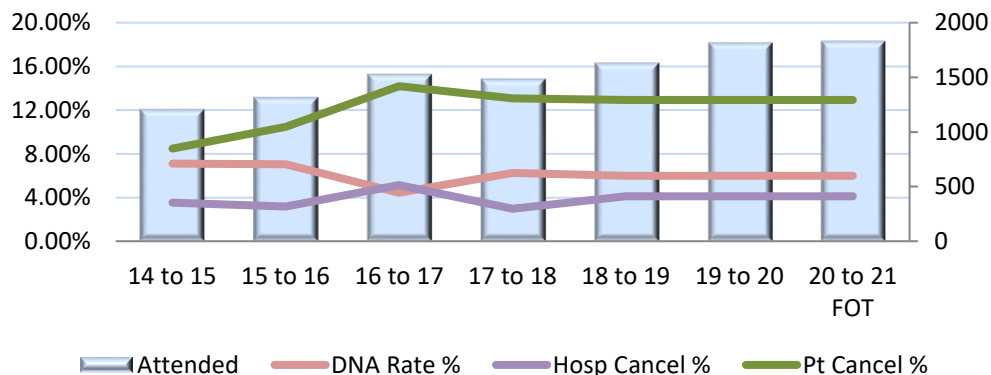
The Chronic Fatigue Syndrome/ME Service was formed in 2004, and sits within Specialist Rehabilitation at London Road Community Hospital provided by University Hospitals Derby and Burton (UHDB). It provides a specialist centre for the treatment of adults (age 16 and over) with a diagnosis of mild, moderate and severe chronic fatigue syndrome (CFS)/ME. Providing specialist therapy assessment and treatment, in accordance with NICE Guidelines for CFS/ME (CG53).

Treatment is patient centred and consists of self management advice to help with management of fatigue, working towards patients goals. The normal offer is face to face appointments, group sessions, telephone appointments and home visits. (Recent response to Covid has meant groups are currently discontinued and most therapy appointments are being held by phone or video link.). A multidisciplinary specialist team of occupational therapists, physiotherapists and a cognitive behavioural psychotherapist.

## Referral numbers / Activity:

For the three years 18/19, 19/20 and 20/21 the CFS/ME service has seen a general upward trend in activity levels

**CFS Activity (by Year)**



## **Derbyshire Provision for people with chronic conditions: Myalgic Encephalomyelitis (ME) Chronic Fatigue Syndrome (CFS)**

### **ME/CFS Provision North Derbyshire:**

- As in line with historically commissioning, the Chronic Fatigue Syndrome/ME Service delivered by Sheffield Health and Social Care NHSE Foundation Trust serves patients from the North of Derbyshire unable to access to the service delivered at UHDB
- North Derbyshire facing GPs refer Chronic Fatigue patients to Sheffield Infectious Diseases service. Patients are assessed to rule out infectious causes first which can cause CFS type symptoms. Once the diagnosis is made, the patient is referred to the NHS Michael Carlisle Centre CFS service in Sheffield for management, where referrals are taken from South Yorkshire and North Derbyshire.
- The service consists of two teams, one for adults and one for children and young people. The service is available to individuals who have a provisional diagnosis of CFS/ME, are registered with a GP within the region, and who have been unable to self-manage their condition with the advice and management provided from primary care.
- A review of the CFS Provision for the North of Derbyshire is underway, to explore the possibility of having a dedicated service based within Chesterfield Royal Hospital to replicate the service within the South of the County at UHDB. This review is in it's early stages.

# Derbyshire Post Covid CFS Provision

## CFS Provision within Derbyshire Post Covid Service:

- Since the establishment of the Post Covid Assessment Service within Derbyshire in December 2020 patients have been referred onwards to the existing CFS services within Derbyshire (North and South)
- The team from UHDB have been providing guidance and training for the staff within the North and South PCS rehab hubs and CFS Therapists have been recruited to work within each hub, this will provide an equitable service for Post Covid patients who need CFS interventions across both established hubs from the anticipated launch of the rehab service in April 2022
- 142 referrals have been referred through to the CFS at UHDB (data period December 2020 – December 2021) from the Post Covid Assessment Service

