

# Post (Long) Covid Service Review

## Summary of the Case for Change

The Derbyshire Post (Long) Covid service is being reviewed and this may result in changes to the service. There is a document with full detail of this review called the 'Case for Change'.

This document is a summary of the case for change. Within it you will have an overview of:

- What is Post Covid syndrome and the service provided.
- Why the service is being reviewed.
- Who needs the service.
- The opportunities for change in the service.
- How you can get involved.

### About Post Covid syndrome and the service:

Post Covid syndrome is also called 'Long Covid'. The time it takes for someone to get better from COVID varies from person to person. The length of time a person is ill doesn't always link to how ill they were when they had COVID. Most COVID infections get better within the first 4 weeks but it can take up to 12 weeks to fully recover. Post Covid syndrome means your symptoms carry on even after your COVID infection has resolved. It can also mean you are having new health problems after your COVID infection.

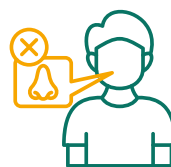
The most common symptoms of Post Covid are:



**Extreme tiredness  
(fatigue)**



**Feeling short  
of breath**



**Loss of smell**



**Muscle aches**

There are many other symptoms such as breathlessness, insomnia, brain fog, and depression. These cases can be quite unique and complex to the individual and can have an knock-on effect on mental health, financial stability and wellbeing.

The Post Covid Syndrome Assessment Clinic opened in December 2020 provided by Derbyshire Community Health Services. The clinic offers physical, mental, and emotional for adults and children suffering from Post Covid symptoms.

In 2022, the service grew to include rehabilitation (support with recovery) hubs to manage adult patient symptoms. These hubs are placed in the north of Derbyshire at the Chesterfield Royal Hospital and south of Derbyshire at the Florence Nightingale hospital. Support available at these hubs includes:



**Managing Breathlessness**



**Returning to usual hobbies (Vocational Health)**



**Overcoming and managing constant tiredness (Fatigue)**



**Mental and emotional support (Health Psychology)**



**Managing work (Occupational Health)**

## Post Covid service for children and young people

For children and young people, all referrals come through the Post Covid Syndrome Assessment Clinic. The clinic will offer therapy to the patient if required and if any clinical input is needed they will be referred on to the local paediatric team if they feel its necessary.

### Why the service is being reviewed:

There are two main reasons that have caused the service to be reviewed which are:



**1. Referrals to this service have gone down**



**2. Funding for this service has reduced.**

Let's look at these in more detail to understand why:

#### 1. Referrals to this service have gone down

In the past year, referrals to this service have gone down significantly. This means less people are using the service. So, it needs less staff to run the service. In Derbyshire, the service averaged 20 referrals per week over January 2022 – February 2023. However, towards the end of 2022 referrals had gone down. This pattern has continued in 2023, with the service now receiving roughly 12 referrals per week.

#### 2. Funding for this service has reduced.

To date, NHS England has funded the programme and as referrals continue to decrease NHS England have advised that they will provide reduced funding for this service from April 2024.

## Who needs the service?

As of March 2023, The Office of National Statistics estimates 1.9 million people self-reported having post covid in the UK. Unfortunately, Derbyshire data is not available.

Self-reported Post Covid was significantly more likely in people:

- Living in more deprived areas
- Aged 35 to 69 years
- Females
- Those working in social care.
- Those unemployed and not looking for work.
- Those with another activity-limiting health condition or disability.

As of February 2023 in Derbyshire, there has been a focus on understanding whether the people that need to use the service are using it.

From this work, it has been found that less people from areas of high deprivation are accessing the service. Work has been done to understand why this is and to make it easier to people to access the services

## Opportunities for change

These are the initial opportunities that are being explored:

1. *The Post Covid Service is stopped in Derby and Derbyshire and patients are signposted to 'your covid recovery nhs uk' and existing services for support.*
2. *Develop existing services to meet the needs of Long Covid patients.*
3. *Allow the service to continue running as it currently is but with reduced staffing and funding.*
4. *Develop a service that provides support for existing Long Covid symptoms and understand if other symptoms could be included in the programme.*

## How you can get involved: Join the conversation

We want you to be involved in this service review.

Your voice, ideas, and views are valued as they can help shape the service going forward. We therefore we would love to hear from you.

Some of the ways that we are asking people to get involved are:

- Completing a survey
- Signing up to our face to face or Online workshops

Joining our workshops - We will be running 4 workshops at the following times:

Session 1:

Time/date: 13 September, 7pm - 8pm

Location: Online session via Microsoft Teams.

A British Sign Language (BSL) interpreter has been booked for this session.

Session 2

Time/date: 21 September, 3pm - 4pm

Location: Online session via Microsoft Teams.

Session 3

Time/date: 25 September, 10am - 11.30am

Location: Ash Green Learning Disability Centre, Chesterfield, S42 7JE

Session 4

Time/date 27 September, 11.30am - 1pm

Location: Florence Nightingale Community Hospital, Derby, DE1 2QY

You can get involved with the workshops or the survey by going on to the Joined Up Care Derbyshire's Engagement Platform [derbyshireinvolvement.co.uk/post-covid](https://derbyshireinvolvement.co.uk/post-covid) or by calling 01332 868 730. Our adviser will be happy to help you signup or take part in any of the involvement opportunities.

You can also find the following on the engagement platform:

- The full Case for Change document
- A timeline of the review
- Updates on the review
- A space for comments/questions
- An area for you to sign up to events