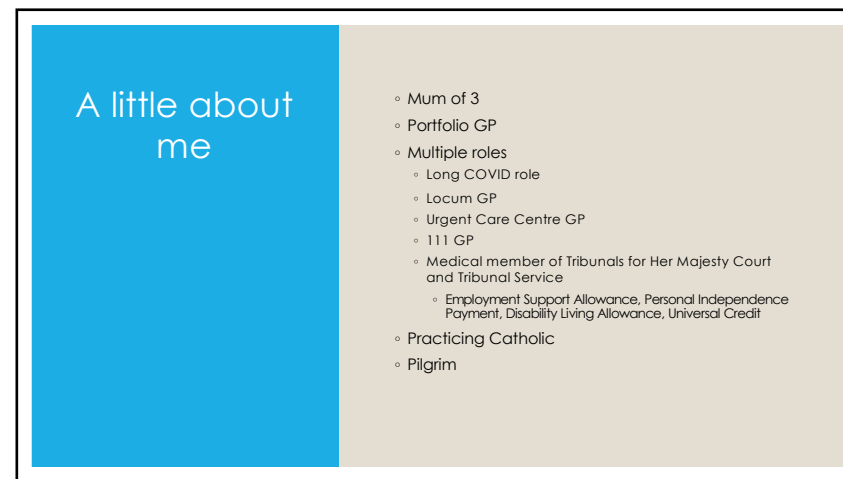
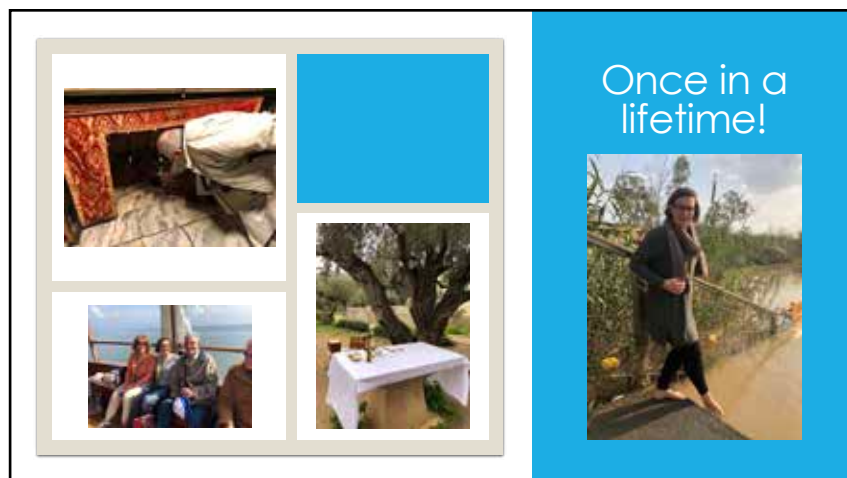




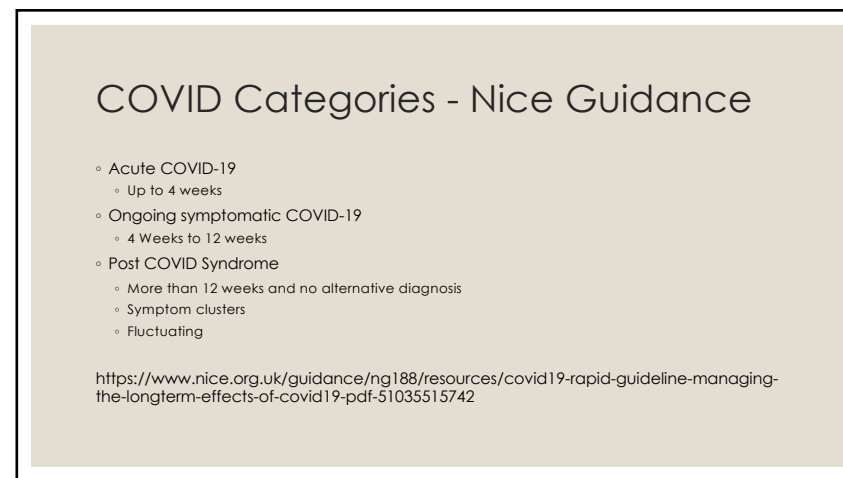
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4

What is post-COVID syndrome

- Definition
- *Signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by an alternative diagnosis. The condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body. Many people with post-COVID syndrome can also experience generalised pain, fatigue, persisting high temperature and psychiatric problems.*
- NICE, Scottish Intercollegiate Guidelines Network, RCGP
- <https://www.nice.org.uk/guidance/gid-ng10179/documents/final-scope>

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Symptoms

- **Respiratory**
 - Breathless
 - Cough
- **Cardiovascular**
 - Chest tightness
 - Chest Pain
 - Palpitations
- **Generalised Symptoms**
 - Fatigue
 - Fever
 - Pain
- **Neurological**
 - Brain fog
 - Headache
 - Sleep issues
 - Peripheral neuropathy
 - Dizziness
 - Delirium\Mobility
 - Visual disturbance
- **Musculoskeletal**
 - Joint pain
 - Muscle pain

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Symptoms Cont.d

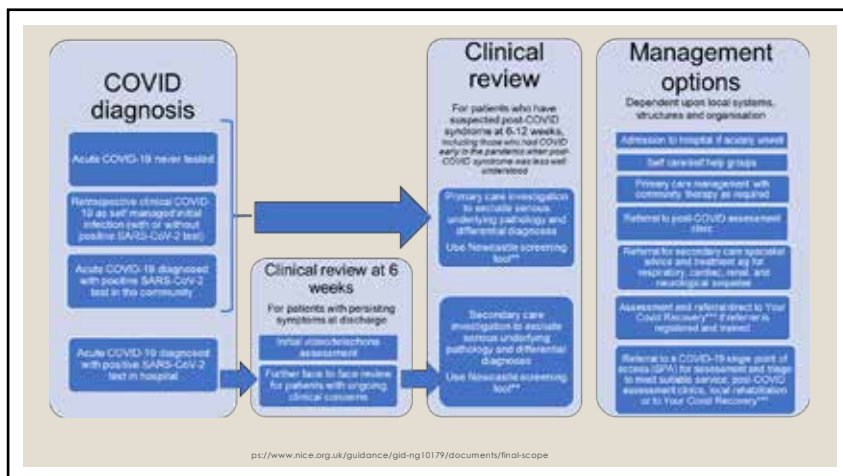
- **Gastrointestinal**
 - Abdominal pain
 - Nausea/vomiting
 - Diarrhoea
 - Weight loss/reduced appetite
- **ENT**
 - Tinnitus
 - Earache
 - Sore throat
 - Dizziness
 - Loss of smell/taste
 - Nasal Congestion
- **Dermatological**
 - Skin rashes
 - Hair loss
- **Psychological/Psychiatric**
 - Depression
 - Anxiety
 - PTSD

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Less commonly reported in children and young people

- shortness of breath
- persistent cough
- pain on breathing
- palpitations
- variations in heart rate
- chest pain

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Areas of Uncertainty

- Interventions possible to assist
- Variation among groups
- Cluster symptoms response
- Exercise interventions
- Patient reported outcomes eg. Quality of Life
- Prevalence
 - Vaccination status
 - Number of known infections

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Who may this effect

- Pilgrims
- Volunteers/Staff
- You!

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Areas of Inequality

- Age
- Disability
- Higher risk to COVID-19
- Pregnancy/Maternity
- Race
- Religion
- Gender
- Socioeconomic factors
- Mental Health comorbidities

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REACT- 2 Study – 24 June 2021

◦ Imperial college London
Over 2 million adults in England
3.5% increase each decade

Higher in:

- Women
- Overweight/obese
- Smokers
- Areas of deprivation
- Hospital admissions

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Community – Prior to LC Clinic

- Blood tests
- Chest xray
- Sit to stand test
- Spirometry
- Consider alternative Diagnosis
- Referral to specialty
 - Exercise tolerance
 - Further imaging
 - Appropriate further investigation or symptoms

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NICE Guidance

- Chest Xray at 12 weeks
 - Continuing respiratory symptoms
- Secondary Care Review
 - 6 weeks post discharge
- Rule out other medical cause

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Urgent referral

Low oxygen saturations

Desaturating on exercise

Signs of severe lung disease

Chest pain sounding cardiac

Liaise with Patient GP

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Long COVID Clinic

- Approach may differ on locality
- Initial Assessment by clinician of some sort
- Face to face/telephone assessment
- Brain Fog : suitable Cognitive tool Blind MOCA
- <https://mocatest.org/faq/>
- Review in MDT – Multidisciplinary Team meeting
 - GP, Consultant, IAPT (Mental Health), Neurocognitive Team, Physiotherapist
- Therapies
- Tracking app
- Absence of COVID positive test or Antibody test

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Interventions

Respiratory
Physiotherapy

- Breathing pattern disorders

English National
Opera

Occupational
Therapy

Musculoskeletal
Physiotherapy

Neurocognitive
assessment

Recommendations
back to GP

- Refer to specialty
- Carry out further investigations

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Recommendations for home

- Care Plan
- Sharing of Information
- Symptom diaries
 - Impact on daily activities
 - Fluctuant nature
 - Daily variation
- Vital signs
- Tracking app
- Short term care packages (GP)

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Patient intervention

- Your Covid Recovery
- <https://www.yourcovidrecovery.nhs.uk/managing-the-effects/>
- 16 interactive modules
 - Video, power point, reading
 - 4 stages
- Goal setting, Swallow, voice and communication, Nutrition, Sleep, Pain, Breathlessness, Cough Fatigue, Fear and anxiety, Mood and emotions, Memory and thinking, Getting moving again, Muscle weakness, Managing my day, Return to work

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Significant Comorbidities

- Heart disease
- Respiratory conditions
- Malignancy
- Mental Health
- Rheumatology
- Musculoskeletal
- Mobility restrictions

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How this translates to Pilgrimage

- Pre pilgrimage
- Continuity of care/r if possible
- Continuation of Symptom diary
- Whether vital signs are needed
- Mobility and aids
- Care plans
- Oxygen requirements
- How will they cope with travel

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Pre Pilgrimage

- Consider level of care for COVID at time of infection
 - Community
 - Hospitalised: 12 week CXR, review and consideration of investigation and rehabilitation
 - ICU admission; MDT 4-6 weeks, 12 week review with Xray
- Length of stay in hospital
 - How much rehabilitation needed
- What test/investigations/referrals were arranged
- Long COVID input

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Pre Pilgrimage Contd.

- Care considerations
 - On Pilgrimage what level of care, hospital vs hotel
 - Personalised care
 - What matters for you?
 - <https://www.personalisedcareinstitute.org.uk>
 - MDT and rehabilitation
 - Supporting and enabling care
 - Your COVID Recovery
 - 20% digital platforms
 - SMART goal setting, virtual groups for peer support
- Pharmacist
 - Medicine management
- Mental Health input
 - Memory enablement

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During Pilgrimage

- Continuity of staff member/s
- Recognition of symptoms
- Daily Fluctuation of symptoms
- Exercises or continuation of rehab needed
- Assistance with accessing daily app'
- Be aware of Brain Fog
- Biggest challenge so far

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Post pilgrimage

- Debrief with patient
- Sharing of information with GP/carers
 - New symptoms/concerns
 - deterioration
- Difficulties on pilgrimage
- Daily diaries filled in Pilgrim/staff
- Your usual protocol

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Supporting NHS Staff

- Enhanced OH and wellbeing services for staff
- Mental health hubs
- Your COVID Recovery Website
- LC Clinics

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Vaccinations

- Double Jabbed
- Booster Jab
- COVID Passports
- Visiting Country : French Guidance
- Flu Vaccination
- Other travel immunisations

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Questions?

Thank you for listening

Wishing you a safe and blessed Pilgrimage