



## 3<sup>rd</sup> Annual Quality & Patient Safety Conference

### Improving the Healthcare Journey for Patients & Staff



#### TITLE

**Establishing a Post Acute Covid-19 AHP led rehabilitation clinic**

#### SUBMITTED BY

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#### ABSTRACT

##### INTRODUCTION

The service was established to provide enhanced follow-up and rehabilitation to patients post discharge from hospital with a confirmed diagnosis of COVID-19. The programme was designed to deliver a comprehensive service for patients recovering from COVID-19 with ongoing rehabilitation needs and based on the essential components advised by expert panel.

##### METHODOLOGY

We used a PDSA model based on British Thoracic Society Guidelines for post covid-19 follow up.

##### AIM

To ensure patients are followed up and in a timely fashion, that the need for early clinical review is identified, to ensure a holistic post COVID-19 assessment and provide rehabilitation as indicated.

##### CHANGE IMPLEMENTED

The service we established provides an initial contact with trained respiratory staff and allows for a personalised rehabilitation program for patients recovering from covid-19 which was not in existence previously.

##### MEASUREMENT

A number of outcome measures were used including 6MWT, 1 min STS, Nijmegen, HADS and Fatigue Intensity Scale as well as a post rehabilitation completion satisfaction questionnaire.

##### RESULTS

We found a clinical improvement in all patients who underwent a structured rehabilitation program. Due to the increased numbers of acute cases during the year the program has been recommenced with the addition of an advanced respiratory nurse practitioner. We found the face to face model may be more appropriate for patient more severely affected. Recent guidelines have been published with expert consensus on rehabilitation following COVID-19 in the pulmonary rehabilitation setting which we have implemented.

##### VALUE

Our pathway allows for ongoing referrals to specialist medical and psychological support if required. An allied health respiratory team can provide a cost effective assessment and rehabilitation program for patients with post Covid-19 respiratory symptoms.

##### SUSTAINMENT

The clinic is now an established physiotherapy led post covid-19 review clinic with respiratory consultant and advanced nurse practitioner input. Further development of this new service model would require financial support, something which may need to be considered nationally.

##### ADDITIONAL INFORMATION

This service model could be implemented throughout other acute services managing patients post covid-19.