

GP Information: Sheffield Post Covid Rehabilitation Hub

 **Information for GPs**
Integrated Care



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



What is long-covid or post-covid?

Some people will recover from Covid-19 quickly with few or no long term effects. For others it may take up to 6-8 weeks before returning to normal. Between 5% to 10% of patients with an acute Covid-19 infection will develop symptoms persisting beyond 12 weeks and this is defined as post or long-Covid. Symptoms can include:

- Fatigue
- Breathlessness
- Joint and muscle pain
- Persistent cough and chest pain
- Increased levels of anxiety related to their persistent symptoms

This document is a guide for GPs about the service Sheffield Teaching Hospital has put in place for those patients experiencing the effects of Covid-19 longer term. The Sheffield Post Covid Rehabilitation Hub ('the hub') has specialist rehabilitation therapists who will conduct an holistic assessment of rehabilitation needs with support as required from a rehabilitation medicine consultant.

What kind of help is available from the hub?

Patients may receive:

- Advice and guidance on how to manage their symptoms
- An assessment for a rehabilitation programme from one of our community based teams including mental health / fatigue services
- Arrangements made for a secondary care doctor to review the patient if required.
- Referral to another specialist service such as Dietetics, Psychology, Speech and Language Therapy, Chronic Fatigue Service, IAPT

How do I access the hub for my patient?

If you have a patient who has ongoing effects of covid-19 with no alternative diagnosis identified please complete the Sheffield Post Covid Referral and Screening Tool accessed via SystemOne or EMIS. We anticipate that most referrals will be made circa 12 weeks post diagnosis of covid-19, however the hub will review early referrals if GPs deem this appropriate.

The purpose of the screening tool is to identify patients who may benefit from a comprehensive multi-disciplinary assessment.

It is designed so it can be used remotely or face to face and is equally applicable for patients who were either hospital inpatients or managed in the community during the acute phase of their illness.

This screening tool is designed to screen for the issues that might prompt concern if still present 10-12 weeks after the acute illness. If other issues are identified (that are not obviously related to a pre-existing condition which may prompt an alternative route of referral) and it is believed there is a link to the patients covid-19 illness, referral may still be considered.

To exclude serious underlying pathology and differential diagnoses please complete the post-covid ICE test bundle and review the results.

The ICE test bundle includes:

- Full blood count
- Urea and electrolytes
- Liver function test
- CRP/ESR
- Thyroid function testing
- Random blood glucose
- Serum calcium and serum CK
- NT-proBNP

- Haematinics
- Autoantibodies
- Vit D
- Serum Ig
- Chest X-Ray
- Electrocardiogram

If a diagnosis requiring secondary care input is identified, please refer directly (e.g. dysrhythmia) however, if no specific disease is identified, but you feel a secondary care review would be beneficial please indicate as part of your referral. The hub will arrange for your patient to be reviewed by the hub consultant, who will refer onward as needed.

The post covid-19 referral and screening tool should be sent to SPA via your normal route of referral.

How will I be engaged by the hub?

The offer from the hub is to allow you to the opportunity to participate in virtual MDT's should this be of benefit. The hub team will also communicate progress and outcomes with you via letter.



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