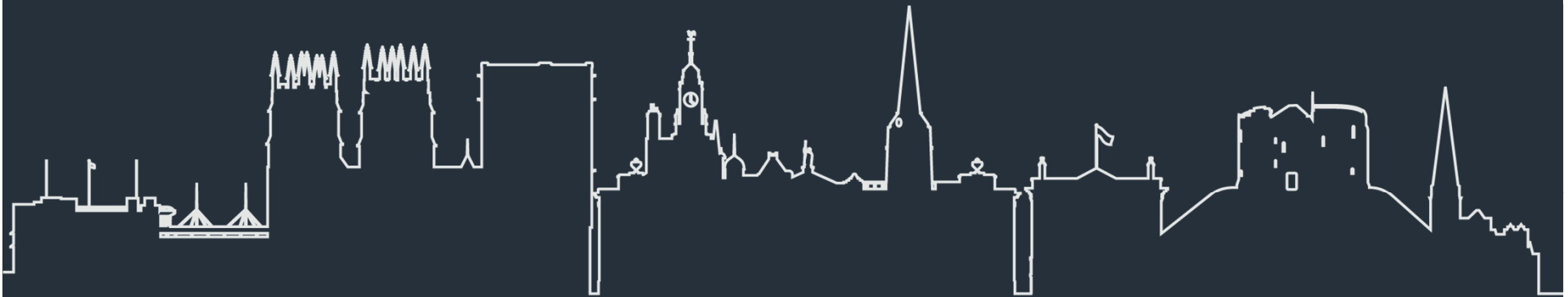




CITY OF
YORK
COUNCIL

Long COVID – overview, prevalence, services

HWB September 2021



Overview

- Long term condition developing after COVID infection with some similar clinical features to other post-viral syndromes / autoimmune disorders but with a vast array of symptoms and emerging evidence base on diagnosis / treatment
- Definitions:
 - Acute COVID: symptoms of 1-4 weeks duration
 - Ongoing symptomatic COVID: symptoms from 4 to 12 weeks.
 - Post-COVID-19 syndrome: symptoms beyond 12 weeks



What we do know:

- affects a significant proportion of the population (c. 10% have symptom persistence 4+ weeks, 1-2% 12+ weeks)
- Past positive test or symptoms not necessary for diagnosis
- Vaccination attenuates the risk (c. 50% reduction)
- Paediatric Long Covid rates likely to be lower (1 in 20)

What we don't know:

- Risk factors / relation to acuteness of original infection
- Effective diagnostic tests (in development)
- Full range of effective treatments



Prevalence

- 970,000 living with Long Covid in the UK up to the end of August 2021(ONS)
- Would equate to c. 3000 people in City of York
- Long term symptoms reported in UK ranked by most to least common →
- An expected demand of 260 patients per week by late September/early October across Long Covid clinics in Humber Coast and Vale area, based on current rates

Weakness/tiredness
Shortness of breath
Muscle ache
Difficulty concentrating
Loss of smell
Trouble sleeping
Headache
Worry/anxiety
Memory loss/confusion
Loss of taste
Low mood/not enjoying anything
Vertigo/dizziness
Cough
Palpitations
Chest pain
Loss of appetite
Sore throat
Abdominal pain
Nausea/vomiting
Diarrhoea
Fever



Services and Patient Pathway

- There are three long covid MDT assessment services in operation across NY&Y subsystem at YSTHFT, HDFT and the Friarage Hospital.
- Patients are assessed by their GP and any red flags/other possible diagnosis ruled out ahead of referral. As part of the referral documentation, patients are asked to complete the COVID-19 Yorkshire Rehabilitation Scale (C19-YRS). This is a validated screening tool recommended for use by NHSE
- Treatment options include: Consultant led care for complex cases, OT, Physiotherapy, IAPT, Chronic Fatigue, Sleep Support Services, Speech and Language Therapy, Weight loss/Exercise Programme, Smoking Cessation, Patient Groups, Social Prescribing, your covid recovery etc.
- Acute providers are working with community, primary, local authority and voluntary care providers to develop integrated treatment pathways for patients.



Primary Care DES

- The DES intends to support practices to access professional education, provide consistent coding of patients, planning of practice clinical pathways to assess and support patients and consideration of measures to reduce the risk of inequity of access to support.
- All practices across North Yorkshire and York have opted to deliver the Long COVID DES.

Paediatric MDT Assessment Service

- Each ICS is required to have one paediatric assessment service. HCV have received funding to support the set up of this service which will be delivered by HUTH.

