

Ref. No: 0822
Date: 28/03/24
Subject: Long COVID

REQUEST

1. Do you have a specialist service for long COVID patients within your Trust? Please name the clinic / service.
2. How many patients in your local NHS area have been referred to the clinic / service to date? Please break down by year-to-date i.e. 12 months to this date in 2024 and then each of the previous 12 months back to the start of the service.
3. Is the service physician-led?
4. Please provide figures for how many patients referred to the clinic / service received the following type of treatment in-house:
 - a. Physical rehabilitation – please give details.
 - b. Graded exercise therapy.
 - c. CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving / treating them.
 - d. Advice on pacing.
 - e. A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which).
 - f. Drug treatment.
 - g. Other, please specify.
5. Does the service have the ability to prescribe medications to long COVID patients for symptoms where appropriate?
6. If so, please list the 3 most common drugs prescribed for long COVID patients by the clinic, with numbers of prescriptions if possible.
7. Does the service have the ability to order diagnostic tests and scans?
8. If so, please list the 3 most commonly ordered tests / scans / diagnostic questionnaires for long Covid patients by the clinic.

9. If not provided in-house, which of the following types of services does the clinic / service refer patients onto or recommend?
- Physical rehabilitation – please give details.
 - Graded exercise therapy.
 - CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving / treating them.
 - Advice on pacing.
 - A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which).
 - Drug treatment.
 - Other, please specify.
10. How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:
- Doctor
 - Nurse
 - Physiotherapist
 - Occupational Therapist
 - Clinical Psychologist / CBT Practitioner / Psychotherapist / Counsellor
 - Other, please specify.
11. For any doctors employed, please specify their specialism e.g. GP, Cardiologist, Neurologist, Psychiatrist.
12. Is the clinic expected to continue running after 2025?

RESPONSE

St Helens and Knowsley Teaching Hospitals NHS Trust and Southport and Ormskirk Hospital NHS Trust became a single legal entity known as Mersey and West Lancashire Teaching Hospitals NHS Trust on 1st July 2023, as such parts of the response may be provided in two sections relating to the hospital sites of each of the legacy organisations.

1. Do you have a specialist service for long COVID patients within your Trust?

The Trust does not have a specialist service for long COVID patients. There is a regional service based at Aintree Hospital and we refer anyone who is eligible into this service.