



Long Covid and return to work support- What Works?

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GLOBAL

Cases- 660,000,000

Deaths - >6 million

UK Long Covid 1.3 million(ONS)

Scotland Long Covid -110,000

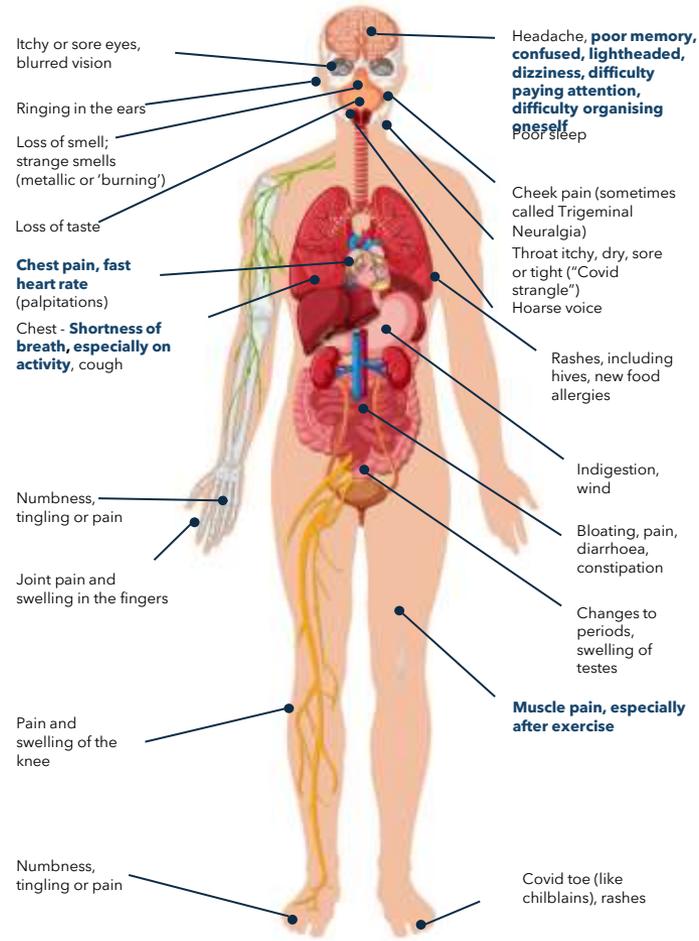
Symptoms for more than 4 weeks



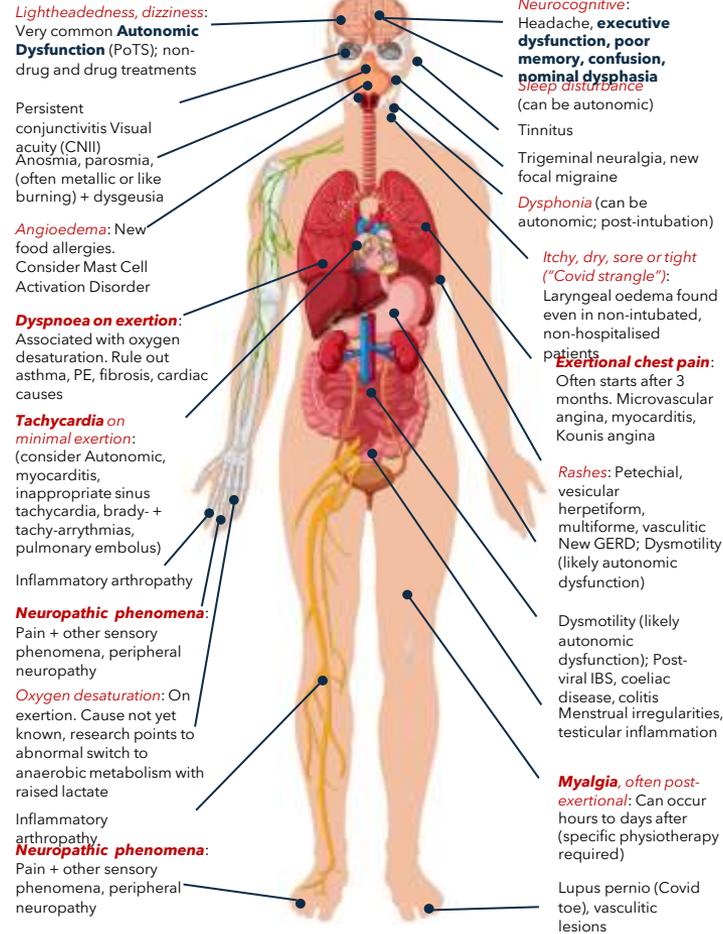
- **Female age 58 – night support worker- very fit and active**
- **Covid 19 –March 2020- intensive care three weeks**
- **Extremely fatigued**
- **Vocal cord paralysis, breathless**
- **Lung scarring**
- **Can walk 200m with a stick in 15 min**
- **Physio, mental health , OT , speech therapist**
- **Adaptations to home**
- **Review January 21 , attending hospital, can walk 400m, unfit for work**

- **Partner returned from holiday to Wuhan in November 2019**
- **Unwell , chest infection December advised to see GP-
no-(strongman!)**
- **January 2020 – residual breathlessness on exercise ,
chest discomfort**
- **Still working –exercise tolerance 40% of normal**
- **February – saw family doctor – referred for investigation**
- **Lung scarring and myocardial damage**
- **Reduced exercise tolerance**
- **Still working and now exercise tolerance 60% of normal**

Common Symptoms of "Long Covid"

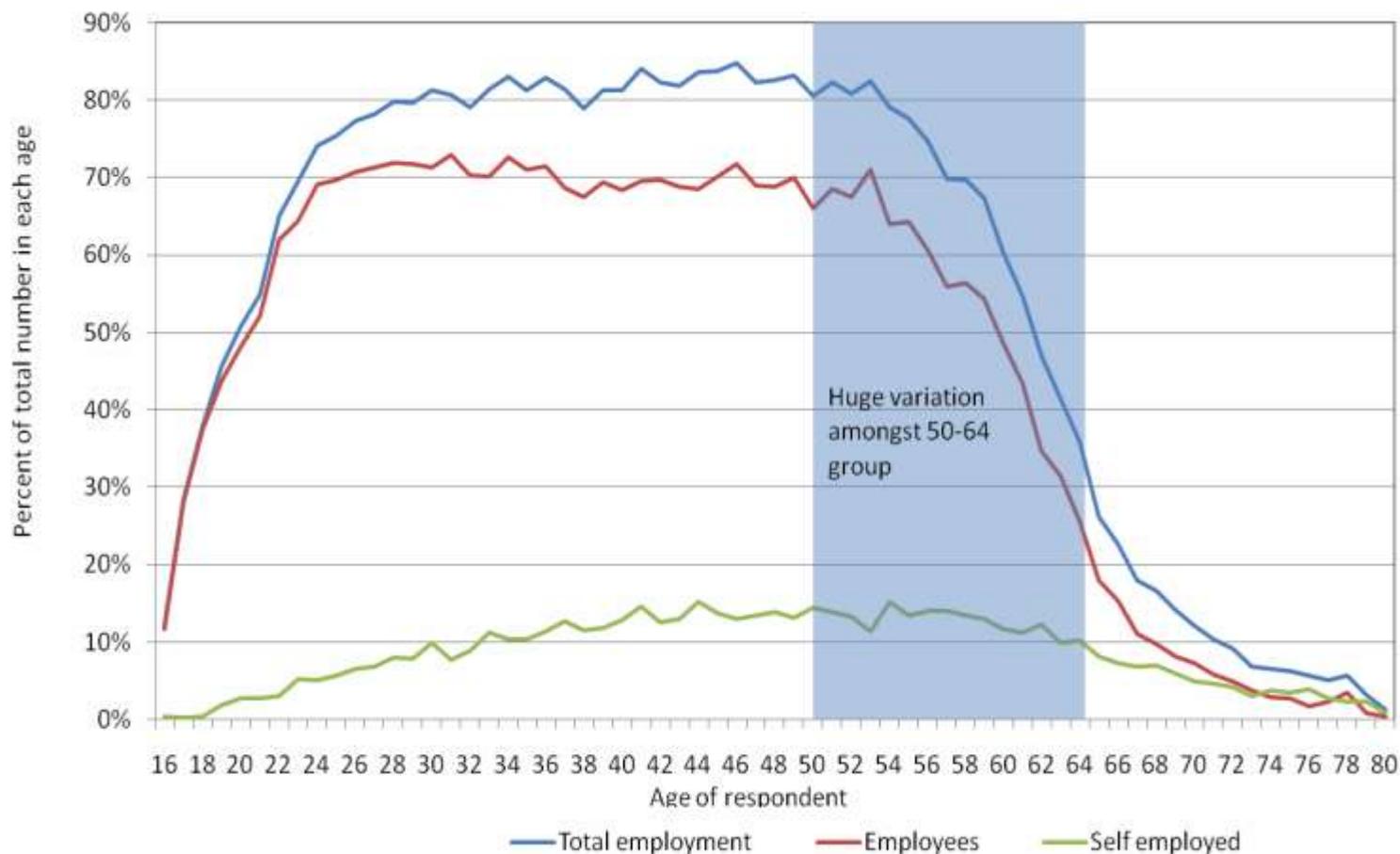


What is Post COVID Condition?



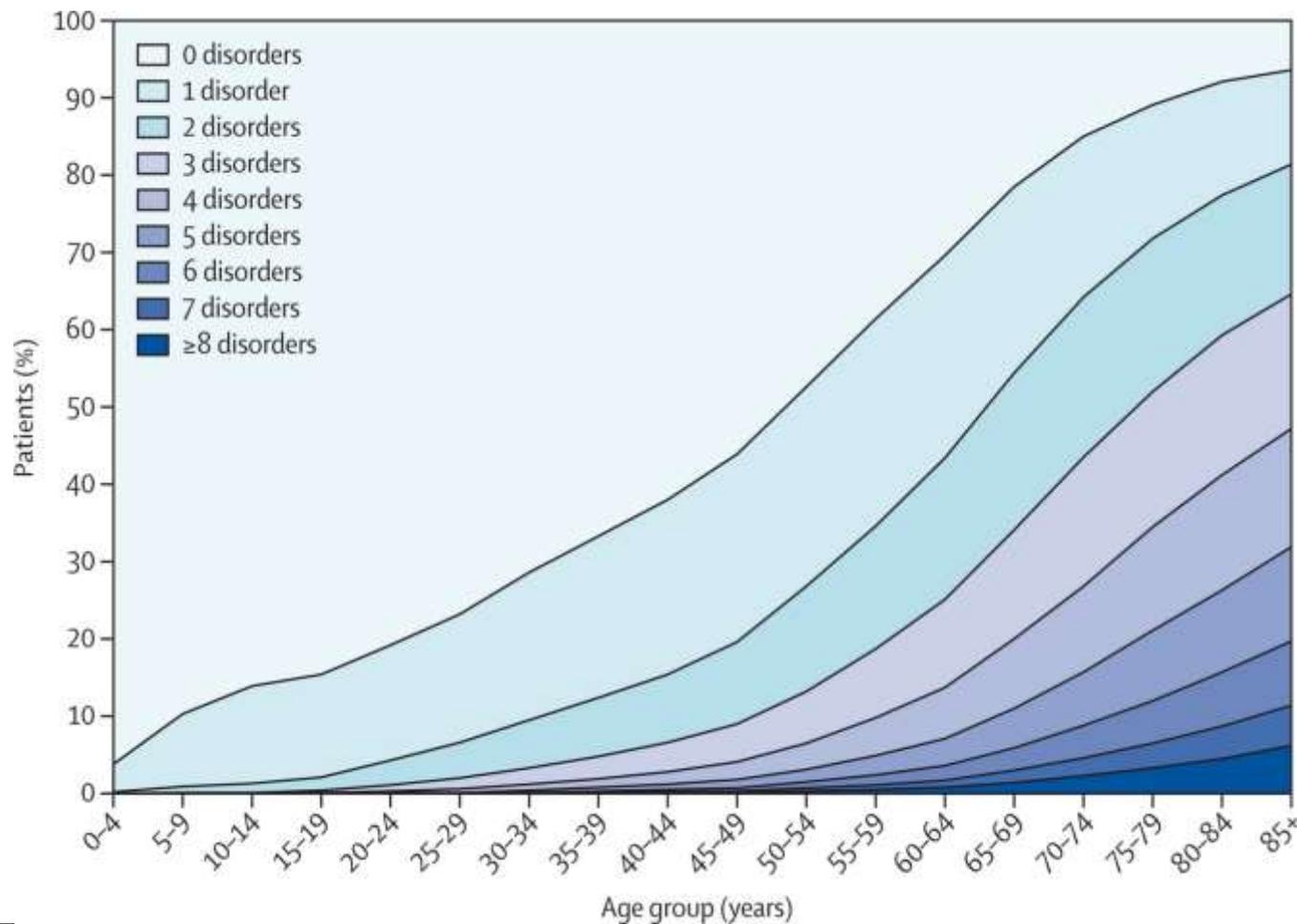
- Multi system disease
- Primarily a disease of blood vessels : endothelitis - inflammation
- May lack a diagnosis of Covid 19
- New syndrome – was not recognised initially
- Often inadequate medical care
- Lack of good rehabilitation facilities
- Long term absence leading to potential job loss

Employment rate by type of employment and by age



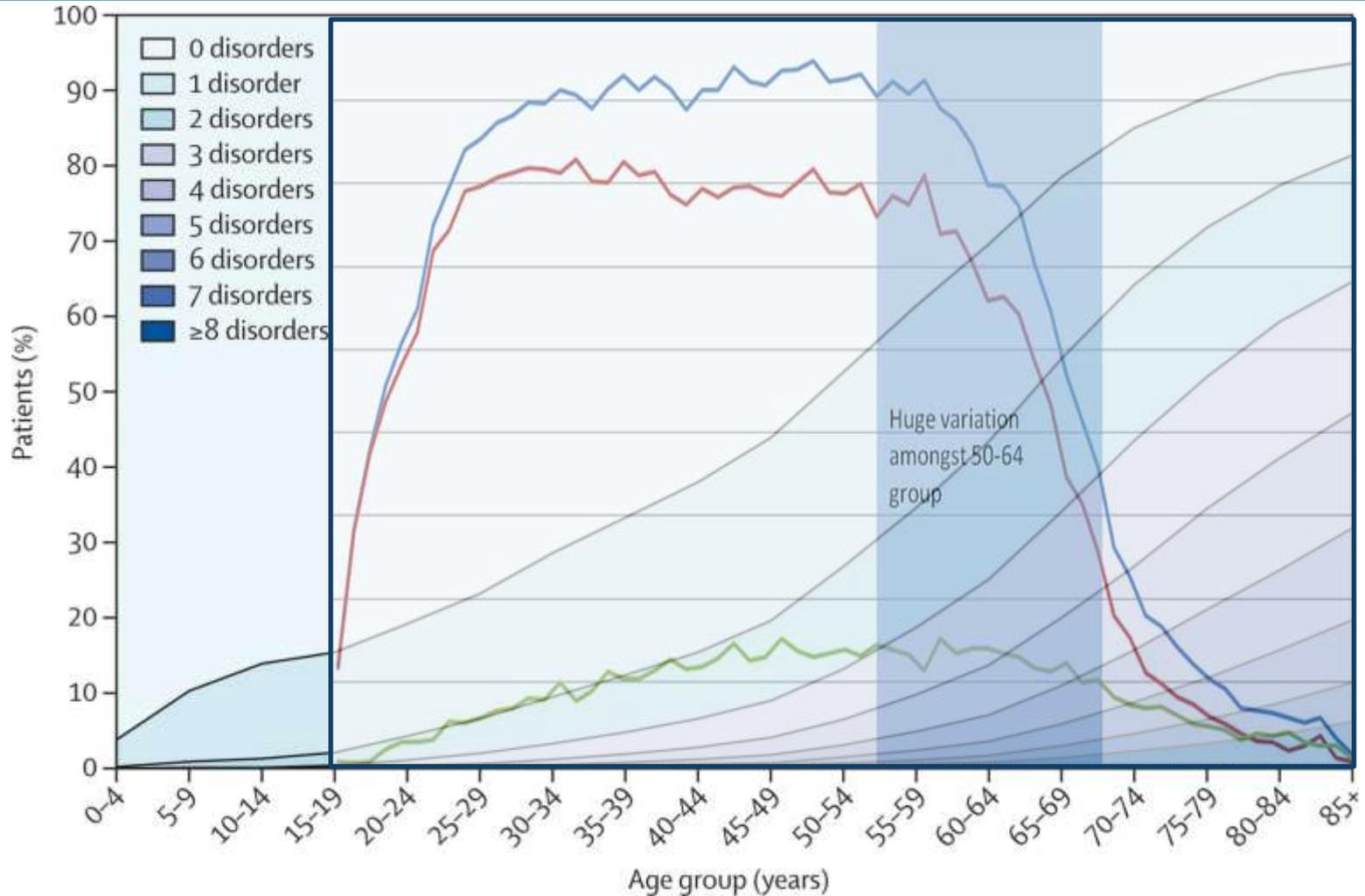


Multimorbidity – Barnett, Lancet 2012





ONS 2016 and Barnett 2012



- **Long Covid adds to the existing burden of multimorbidity in an ageing workforce**
- **Long Covid is the sting in the tail of this pandemic**
- **Long Covid will increase job loss in ageing workers and reduce life expectancy further, unless we are very proactive**



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Policy and guidelines

December 2020 Scottish Intercollegiate Guidelines Network/ NICE – Covid guidelines

September 2021 – Scotlands Long COVID Service – Health Minister

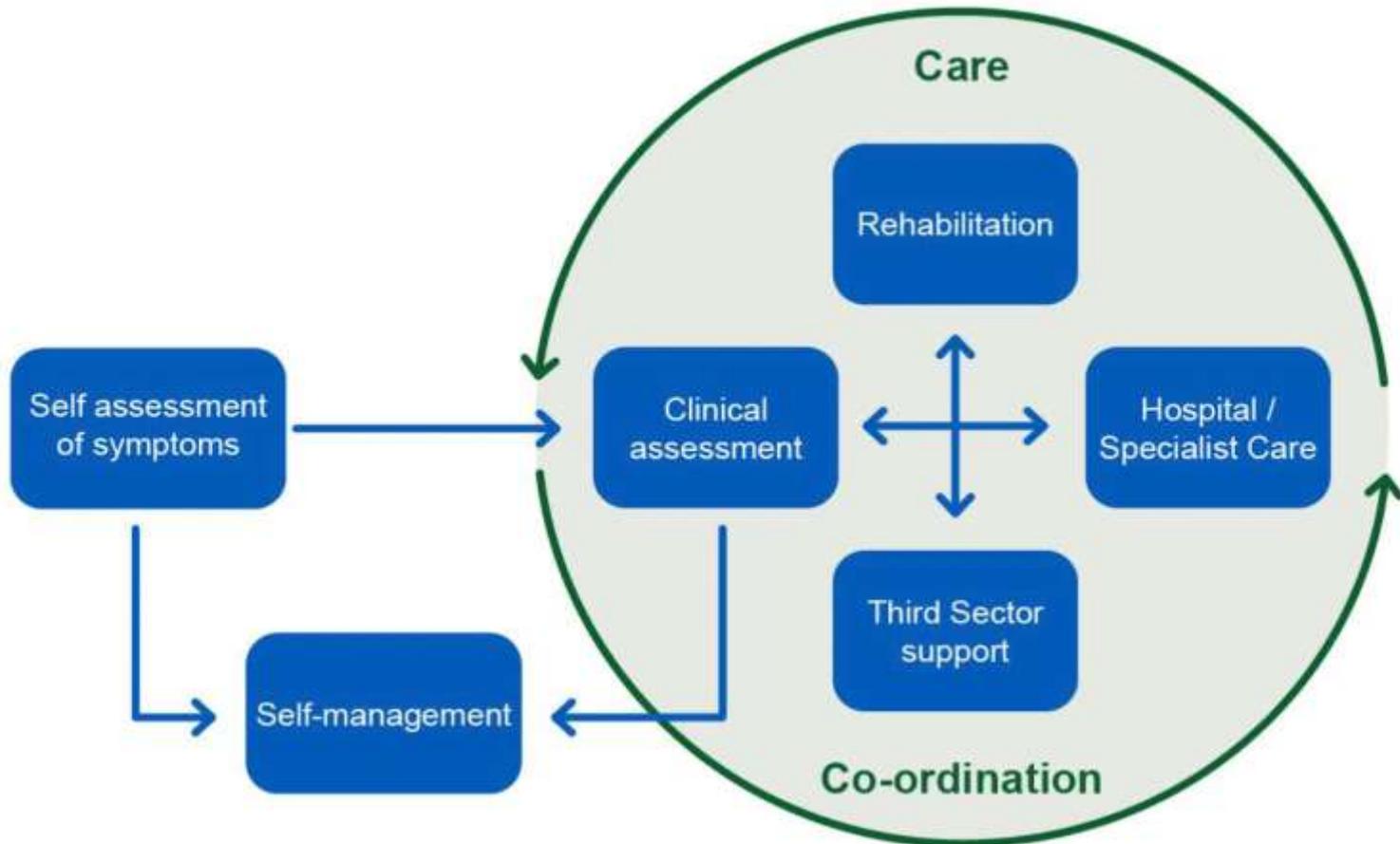
SIGN/NICE guidelines November 2021

NSS National Reference group Gap analysis

NSS National Expert Group



Scotland's Long Covid Service



- **Supported Self Management**
- **Primary Care and Community based support**
- **Rehabilitation support**
- **Secondary Care investigation and support**



- **Self Assessment**
- **Self management**
- **Clinical assessment -GP**
- **Third sector support - Chest Heart and Stroke**
- **Rehabilitation**
- **Specialist care**
- **Self management –Thistle Foundation**

- **Chest heart and stroke helpline**
- **Thistle foundation helpline**
- **NHS boards setting up services for their own staff**
- **Eg NHS Glasgow Long Covid service-
Physiotherapist, 2 Occupational Therapists,
Occupational health nurse , Psychologist**

- **Inform webpage established December 2020**
- **Long Covid Microsite launched 5 October 2021**
- **Usage by 17th January -797k users,**
- **Signs and symptoms of long covid - 476,407**
- **Cough- 262,167**
- **Breathlessness -27094**
- **Brain Fog – 20,012**
- **Low mood, depression -11,934**
- **Muscle and joint pain -38,849**
- **Fatigue – 10,917**

- **Emphasis on self management and support**
- **Advice lines**
- **Person and GP centred**
- **Developing Range of services**
- **High useage of Long Covid Microsite**
- **Gathering symptom patterns and epidemiology**
- **Informing future developments**
- **Slow start , now dynamic approach**