

**Post Covid Assessment, Support and Rehabilitation Service: new service comms (West / East Kent)**

West Kent Primary Care are pleased to announce the continuation of the Post Covid Assessment, Support and Rehabilitation Service provision within Kent and Medway. In addition to the current virtual service provision, and following a change in guidance by NHS England, the service is now commissioned for the provision of face-to-face clinical assessments as well as rehabilitation support.

The initial referral route into the service remains, as does the requirement for pre-referral investigations to assist in treatment plans. Following a virtual assessment and MDT, the patients will be tiered and placed onto differing pathways dependent on need:

* Tier 1 – self management through enrolment and use of the Living With app
* Tier 2 – enrolment and use of the Living With app plus additional support and referral for face-to-face rehabilitation, such as pulmonary rehab, fatigue support, vocational support, dysfunctional breathing, exercise programs, psychological support
* Tier 3 – enrolment and use of the Living With app however these patients will be deemed complex patients who will require a face-to-face assessment to establish need for further diagnostics or onward referral to specialists.

Following enrolment on the Living With app patients will initially be able to access the assessment only module, enabling specific assessments to be completed prior to their initial consultation. Once an initial assessment has been undertaken, they will be transferred to the recovery module, providing continued access to the assessment tools to assist with symptom monitoring as well access to an up to date resource library and activity diaries to aid symptom management. Two-way messaging with the service is also facilitated to assist patients in the self-management of their progress.

Patients who fall within Tier 3 will be offered face-to-face clinic assessment to allow for a more in-depth discussion and examination surrounding their main symptoms. These clinics will be run on a regular basis throughout Kent and Medway to allow access for all.

The locations of the clinics are: -

Staplehurst Surgery--West Kent

Queen Elizabeth The Queen Mother Hospital, Margate--East Kent

Charing Surgery--East Kent

Sevenoaks UTC--DGS (Awaiting confirmation)

Rainham Surgery --Medway (Awaiting confirmation)

In addition to the face-to-face clinical assessments, patients will be further supported by a dedicated team of social prescribers, and both virtual and face-to-face rehabilitation services, including dysfunctional breathing specialists, fatigue support groups and exercise services.

The referral criteria remain the same, with the age range being 18yrs +, and the patient having to be seen in surgery by the referring GP prior to referral to the service, with there having been exclusion of alternate diagnosis.

It is hoped that, with the introduction of the face-to-face assessment along with a significant increase in rehabilitation and ongoing support provision, there will be an improvement in the health of those impacted by Long Covid within Kent and Medway.

If you have any queries relating to the provision of service, please contact the office:

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