

# Post COVID Syndrome Community Pathway

**0300 330 5777**

[bromh.communitypostcovid@nhs.net](mailto:bromh.communitypostcovid@nhs.net)

Mon-Fri, 9am-5pm

## Useful Contact Information

### Bromley Well

0300 330 9039

[bromleywell.org.uk](http://bromleywell.org.uk)

### Bromley Age UK

0208 315 1850

[ageuk.org.uk/bromleyandgreenwich](http://ageuk.org.uk/bromleyandgreenwich)

### Talk Together Bromley (IAPT)

0300 003 3000

[bromh.bromleyiapt@nhs.net](mailto:bromh.bromleyiapt@nhs.net)

**NHS 111** - Medical support 24 hours a day

### South East London Resources

[keepingwellsel.nhs.uk/information-and-resources/long-covid-19](http://keepingwellsel.nhs.uk/information-and-resources/long-covid-19)

### Your COVID Recovery

[yourcovidrecovery.nhs.uk](http://yourcovidrecovery.nhs.uk)

**Bromley  
Healthcare**  
better together

The Post COVID Syndrome Pathway is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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**NHS**



# Post COVID Syndrome Community Pathway

Provided by Bromley Healthcare

## What is Post COVID Syndrome?

In August 2021 817,000 people living in private households in the UK were experiencing self-reported post COVID symptoms (also known as long COVID) where COVID-19 was confirmed or suspected at least 12 weeks prior.

Fatigue was the most common symptom reported as part of individuals' experience of Long COVID, followed by shortness of breath, muscle ache and difficulty concentrating.

Individuals may have ongoing symptomatic COVID-19 if they present with symptoms 4-12 weeks after the start of acute symptoms. If these symptoms are not resolved after 12 weeks, the individual may have Post COVID Syndrome.

## Who is this pathway for?

The Post COVID Syndrome Community Pathway supports those with a Bromley GP who have 'signs and symptoms that develop during or after an infection consistent with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis.' (NICE 2021)

## Who makes the referral?

- Your doctor (GP)
- The consultant via Hospital Post COVID Assessment Clinic

## Who will be involved in my care?

The Occupational Therapist will coordinate your care through the Pathway which consists of a variety of healthcare staff from Consultants, GPs, Physiotherapists, Occupational Therapists (OT) and Improving Access to Psychological Therapies (IAPT) staff.

The aim of this multidiscipline approach is to identify an appropriate plan to support your recovery whether that is through management of your symptoms or rehabilitation.

## How does it work?

Once referred, the Pathway provides a comprehensive assessment where your current symptoms, abilities and main goals to maintain or progress your recovery are discussed. Findings will be presented to the team who may recommend:

- Further appointments (GP, consultant, Pathway OT)
- Group Sessions
- IAPT
- ENO Breathe
- Physiotherapy inc respiratory
- Occupational Therapy
- Your COVID Recovery platform
- Living With COVID Recovery app
- Speech and language therapy

Please note this is not an exhaustive list and will differ with each individual.

## How is the Pathway delivered?

The Pathway is delivered via a combination of methods telephone, virtually or face to face depending on an individuals needs.

## Group Sessions

During the initial stages of assessment the pathway may recommend participation in virtual group sessions. This is a programme of eight sessions including:

1. Introduction to the programme
2. Fatigue part one
3. Fatigue part two
4. Breathlessness
5. Sleep Hygiene
6. Anxiety
7. Depression
8. Relapse and closing of programme

The group sessions aim to provide the necessary tools for you to implement strategies learned to manage your symptoms.

## What happens next?

If you feel this service would be of benefit to you and you have symptoms of Post COVID syndrome lasting for more than 12 weeks please discuss this with your GP.