

Te Whatu Ora
Health New Zealand
Taranaki



Cardio-Respiratory

The Multidisciplinary Long Covid Clinic for Staff: Te Whatu Ora -Taranaki

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2020/2021

- Research Overseas
 - CRSIG/PNZ
 - AHANZ
 - WCPT
 - Social media professional platforms
- GUIDELINES**
- NICE
 - WCPT
 - Long Covid Physio
 - Long Covid Kids

2022

- Ad Hoc Rx increase
- Straw Poll May, Collab with Occ Health June
- AH Long Covid Group formed June
- Library/ Dataset
- TOR
- MDT Declaration
- TIER 1/2 model
- First pt seen 11/6/22

2023

- **Hub Meetings**
- **Clinical caseloads**
- **Solution focused**
- **Service priorities**
- **Achievements**
- **Data evolving**
- **Efficacy**
- **Education-**
- **Collaboration training, Local, National**
- **Presentations,**
- **Audits, reviews**

Timelines: Te Whatu Ora Taranaki LC service

Long Covid impact on staff

UNDERLYING FEARS/ANXIETIES ABOUT HOME & WORK

DRIVEN HEALTHCARE WORKERS- A NEW LEVEL OF FATIGUE

RTW- LINEAR MODEL OF WORKPLACE SUPPORT

MASKS COMPULSORY

DEPLETED WORKFORCE AND CULTURE/MINDSET OF COPING

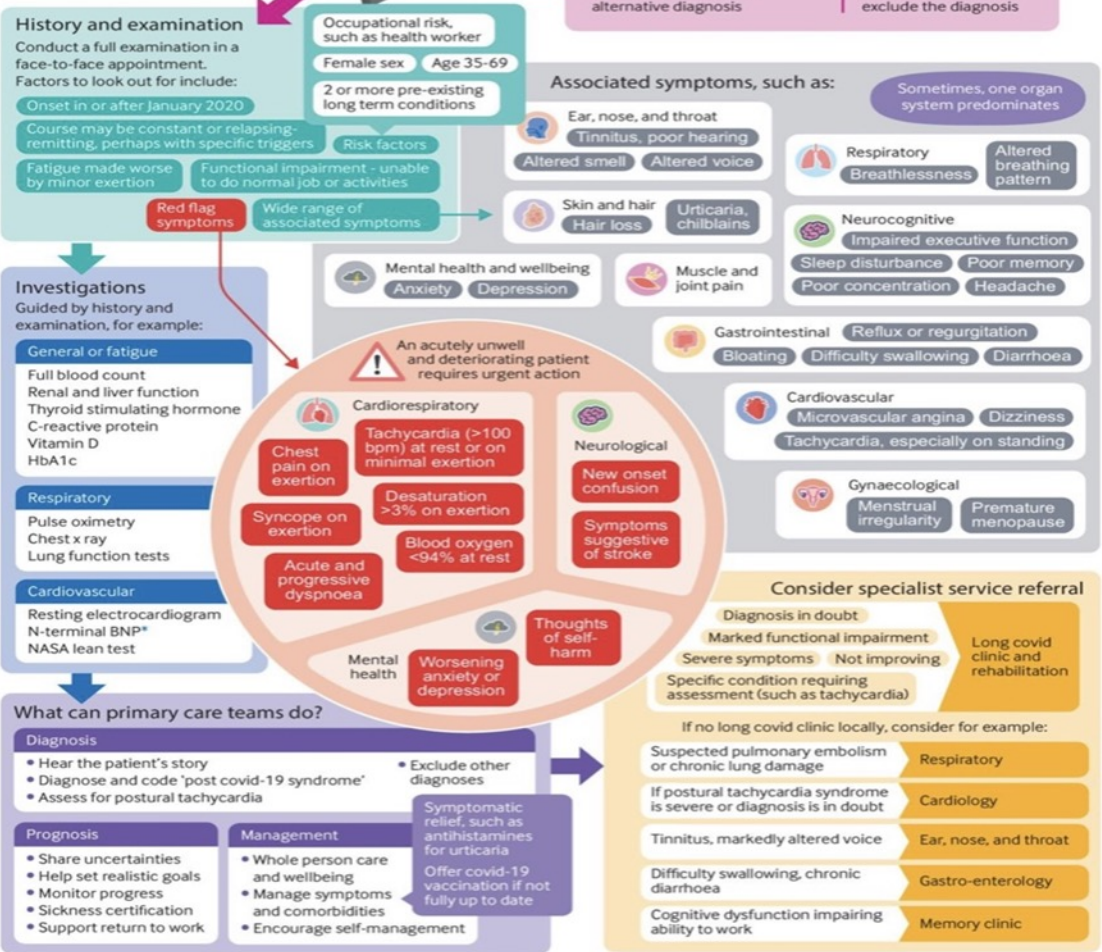
MISINFORMATION CHAOS



Long covid

A guide for primary care

Long covid produces a wide variety of general and organ specific symptoms. Some patients have profound functional impairment including difficulties with daily activities. This graphic gives a quick overview of what to look out for in primary care, and when to refer.



thebmj Read the full article online <https://bit.ly/bmj-long2>

* BNP = b-type natriuretic peptide
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See more visual summaries <http://www.bmj.com/infographics>

Long covid—an update for primary care

BMJ 2022 ; 378 doi: <https://doi.org/10.1136/bmj-2022-072117> (Published 22 September 2022)
Cite this as: BMJ 2022;378:e072117

<https://www.bmj.com/content/378/bmj-2022-072117/infographic>

Gold Standard Care: Best Practice

Provide appropriate environment

Triage to clear cloaking and provide symptom focus

Screen for Red flags

Provide an MDT response

Have Co-ordinated referral pathways

Have Multi-option management approach

Provide Integrated care

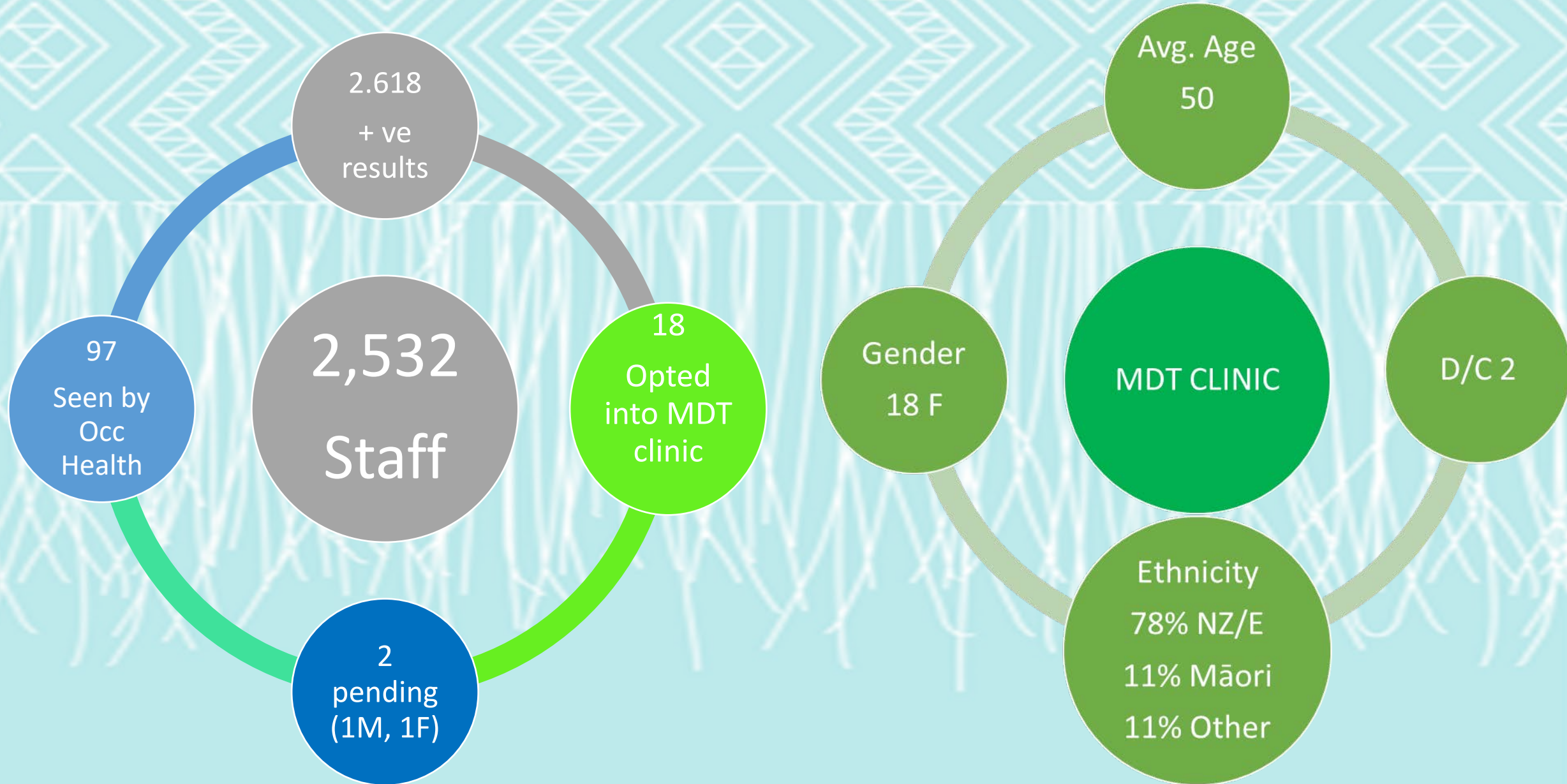
Recognition of long Covid as an umbrella term

Separate clinics for children

Return to work/return to school support

Research funding

Te Whatu Ora - Taranaki Long Covid Clinic for staff



The Post COVID-19 Functional Status Scale

[Post COVID-19 Functional Status Scale and Post COVID-19 Symptom Checklist \(albertahealthservices.ca\)](https://albertahealthservices.ca)

Part 1: Post COVID-19 Functional Status Scale (PCFS)		
How much is the patient currently affected in their everyday life by COVID-19?		
<i>Check the box beside the most accurate description and see below for appropriate resources and services.</i>		
<i>Consider pre-existing conditions and whether there are changes from baseline (pre-COVID-19 infection) function.</i>		
	No limitations = PCFS Score 0	
	No symptoms related to the COVID-19 infection.	
	Negligible limitations = PCFS Score 1	
	Can perform all usual duties/activities, although still has persistent symptoms e.g. cough, loss of taste/smell.	
	Slight limitations = PCFS Score 2	
	Occasionally needs to avoid or reduce usual duties/activities/work or needs to spread these over time due to symptoms. May require occasional assistance to complete activities due to persistent symptoms e.g. minor headache/fatigue, muscle aches.	
	Moderate limitations = PCFS Score 3	
	Unable to perform all usual duties/activities/work due to symptoms e.g. chest pain, moderate fatigue/brain fog, nerve pain.	
	Severe limitations = PCFS Score 4	
	Unable to take care of oneself, is dependent on nursing care and/or assistance from another person due to symptoms e.g. shortness of breath, severe fatigue/brain fog.	
Practitioner Name	Signature/Designation	Date (dd-Mon-yyyy)

Klock FA, Boon GLAM, Barco S, et al. The post –COVID-19 Functional Status Scale: a tool to measure functional status over time after COVID-19. *Eur Respir J* 2020; in press (<https://doi.org/10.1183/13993003.01494-2020>).

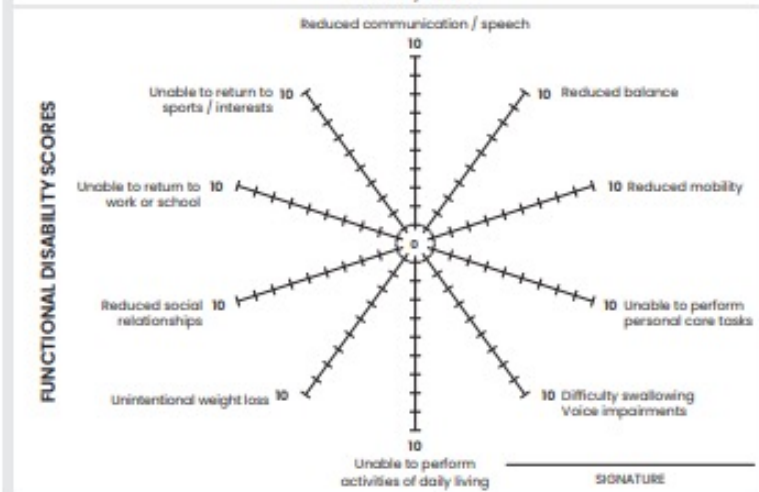
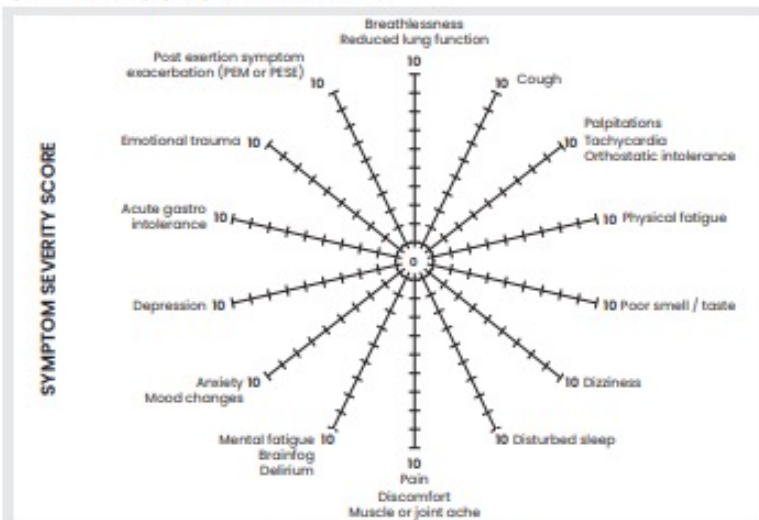
The Symptom Map-directing symptom-lead response

Long Covid Symptom Map

DATE:

ATTACH PATIENT LABEL

COVID-19 can cause many symptoms. Mark on the charts below to show us your symptoms today. Zero means nil or nothing and 10 is the highest level. It is ok to have help to complete this form from family/whānau or staff. If you do not have a symptom please leave the line blank.



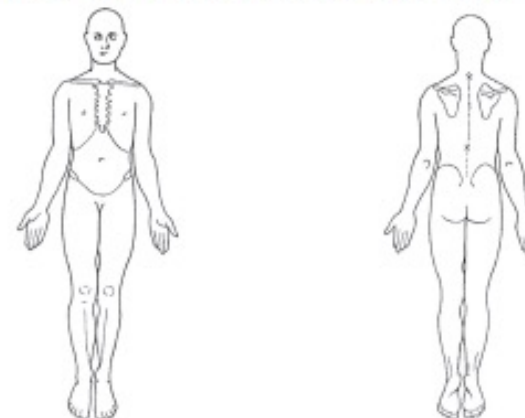
Long Covid Symptom Map

SIGNATURE:

DATE:

ATTACH PATIENT LABEL

Mark on the body diagram where you experience symptoms and describe what they are.



OTHER

Please note below any symptoms that you feel have not been mentioned:

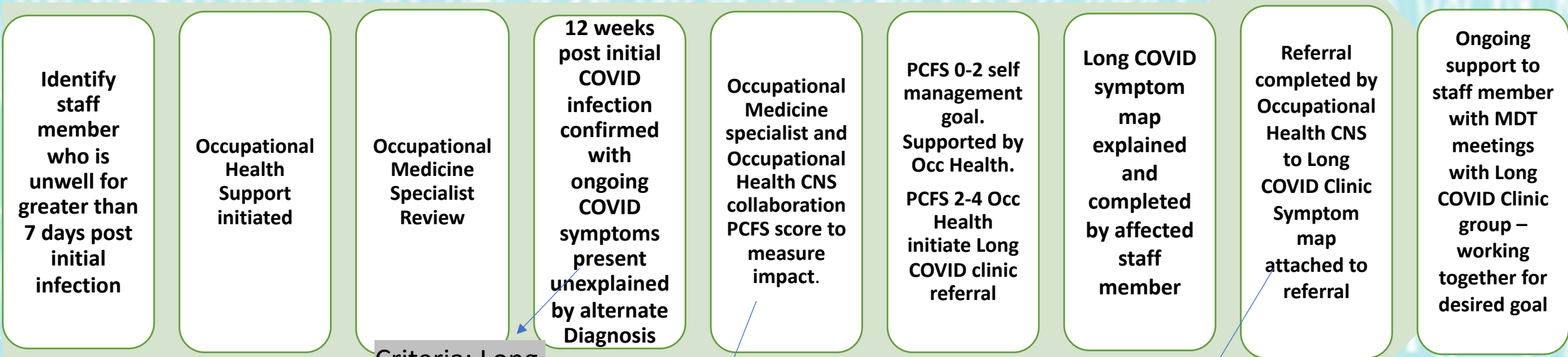
Form completed by _____ (Patient/family/staff) _____

PRINT NAME

PRINT NAME

Long Covid Symptom Map v2		Developed by Fy Durford
Department: Expert Advisory Group/ Ministry of Health	Responsibility: Physiotherapy New Zealand, Cardio Respiratory Special Interest Group.	Review By Date: 01/8/22
Copyright: The electronic version is the Master copy and in the case of conflict, the electronic version prevails over any printed version.		

Process: Occupational Health referral to the Staff Long COVID Clinic – Te Whatu Ora Taranaki

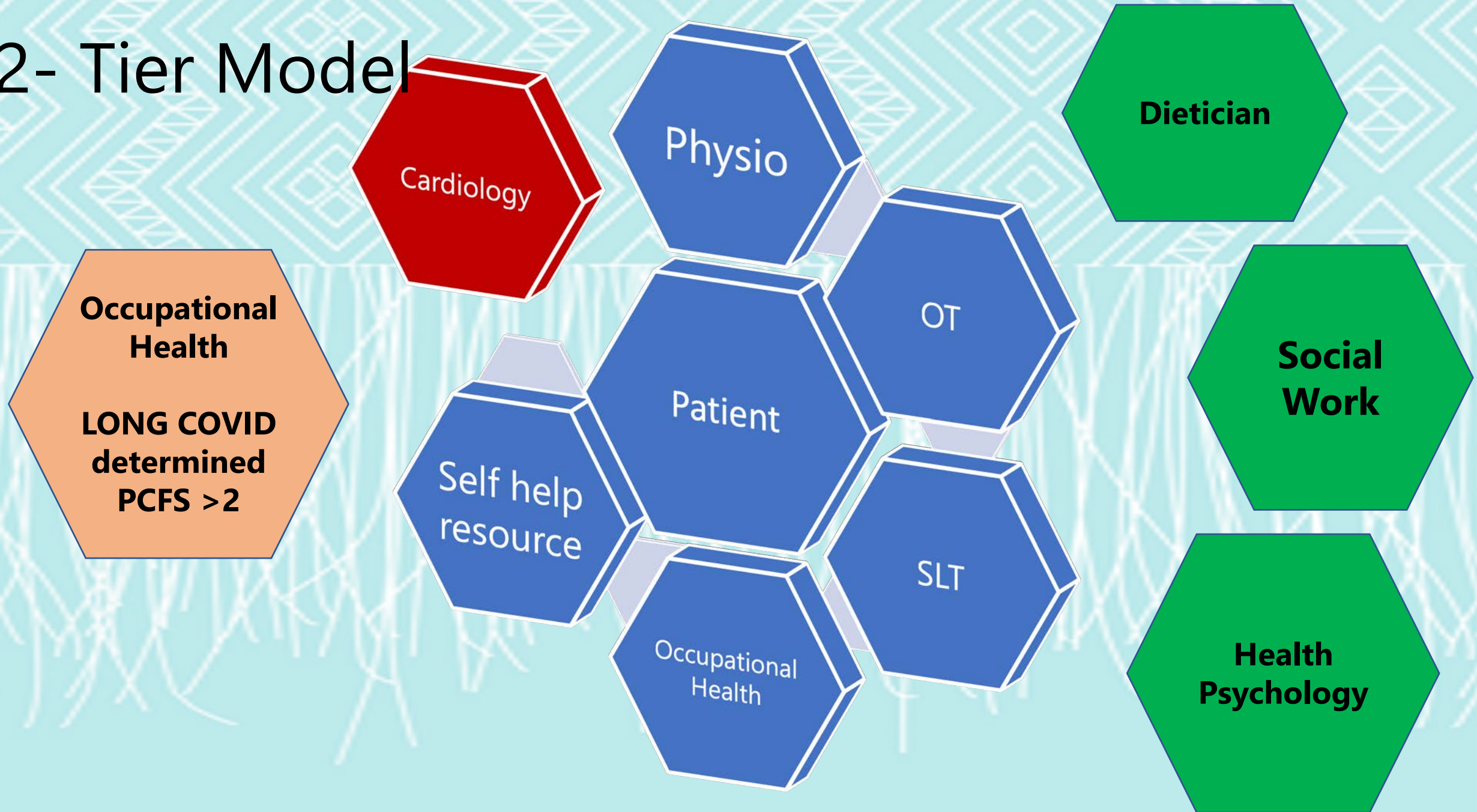


Criteria: Long Covid Dx; **Opt in consenting;** willing to participate and engage.

Place for PCFS here
Occ Health determine impact

Place for Symptom Map here:
Occ Health Pre send or assist to complete

2- Tier Model



Users of this service tell us.....

100% those attending have expressed positive engagement experiences with the clinic. (OH)

I'm back in control of me

I feel valued....
Like the organisation cares about me

I know what to do now, how to help myself....

My Wairua is returning

I am so grateful that my manager understands

They helped me to see how I've changed and progressed visually

The time taken for me has given me hope

Information feels safe and at my pace

Our Vision:

- Nationally supported funding and research for clinics
- Tool evaluation development for the NZ context
- Validation and clarity around NZ numbers
- Equitable access and clear pathways to Long Covid clinics
- Supported resourcing of NZ based information
- Adoption of overseas learnings - where practical
- Sustainable staffing; acknowledging scope of practice
- Targeted support to vulnerable groups
- Build Primary /Tertiary relationships
- Build Private/public relationships

References

- Alberta Health Services. Rehabilitation and Allied Health Practice Considerations Post- COVID-19 [Rehabilitation & Allied Health Practice Considerations Post COVID-19 Working Documents \(albertahealthservices.ca\)](#)
- Alberta Health Services. The Post COVID-19 Functional Status Scale [Post COVID-19 Functional Status Scale and Post COVID-19 Symptom Checklist \(albertahealthservices.ca\)](#)
- Klock FA, Boon GLAM, Barco S, et al. The post –COVID-19 Functional Status Scale: a tool to measure functional status over time after COVID-19. Eur Respir J 2020; in press (<https://doi.org/10.1183/13993003.01494-2020>).
- Ministry of Health. 2022. Clinical Rehabilitation Guideline for People with Long COVID (Coronavirus Disease) in Aotearoa New Zealand: Revised December 2022. Wellington: Ministry of Health. The Symptom Map. https://www.health.govt.nz/system/files/documents/publications/hp8627_-_long_covid_symptom_map_v4.pdf
- Munblit D, Nicholson T, Akrami A, Apfelbacher C, Chen J et al. A core outcome set for post-COVID-19 condition in adults for use in clinical practice and research: an international Delphi consensus study. Lancet Respir Med. 2022 Jul;10(7):715-724. doi: 10.1016/S2213-2600(22)00169-2. [A core outcome set for post-COVID-19 condition in adults for use in clinical practice and research: an international Delphi consensus study - PubMed \(nih.gov\)](#)