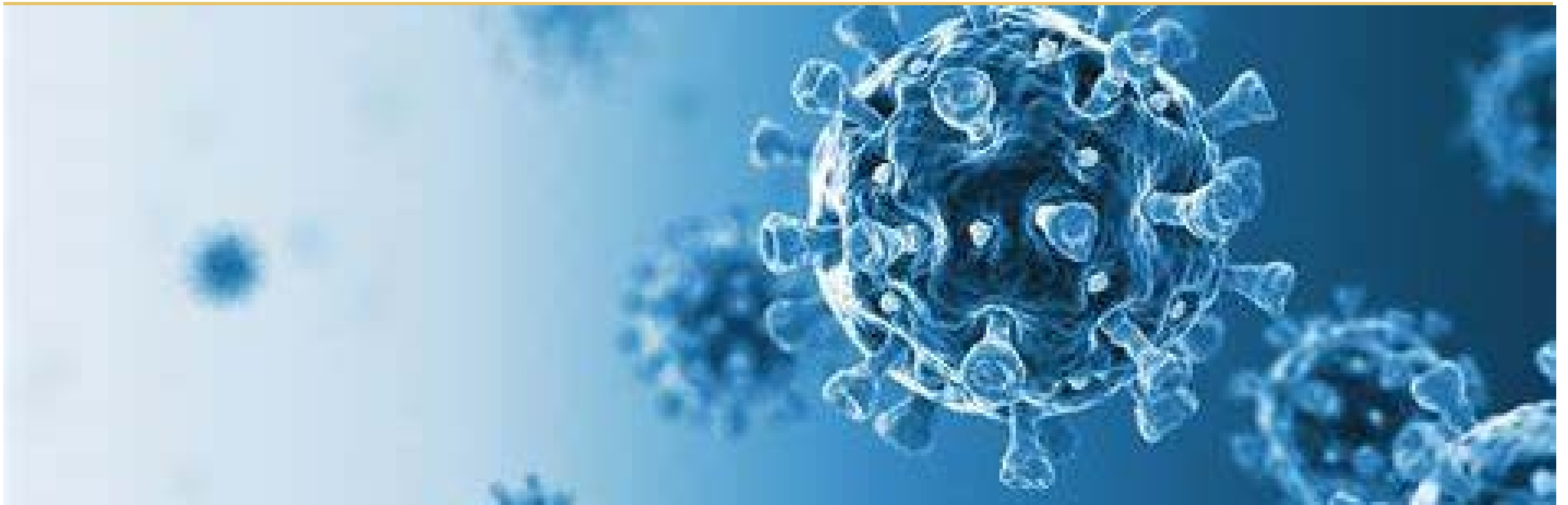

THE POST COVID CLINIC - TRIAGING AS PART OF AN MDT TEAM

Dr Wendy McRae
Middlemore Hospital



OUTLINE

What we have done

What we have learnt

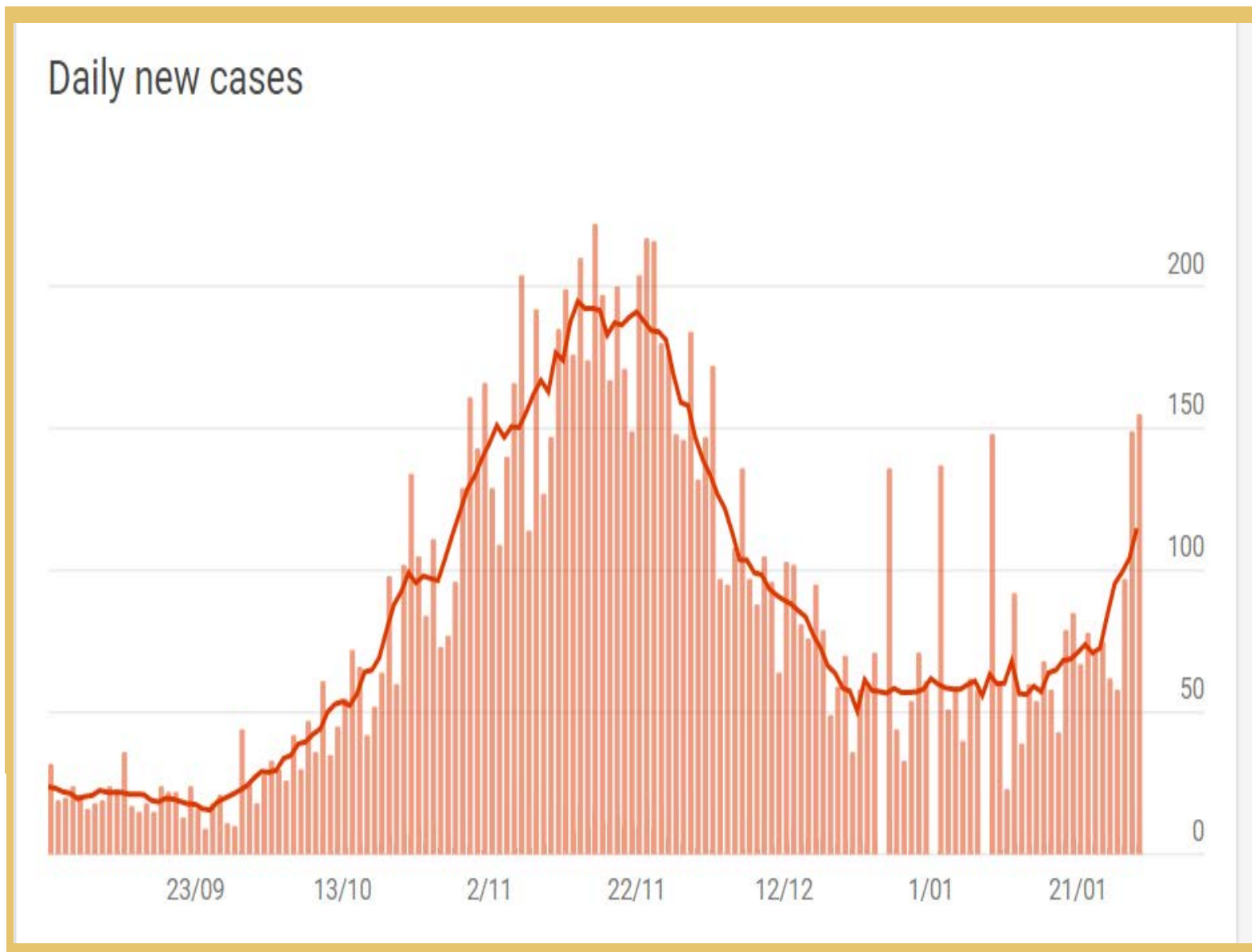
What an effective Post-COVID
MDT clinic could look like



THE AUCKLAND EXPERIENCE

17 August 2021

The first case of the Delta variant was reported in NZ



THE MIDDLEMORE DELTA EXPERIENCE

TOTAL CASES 284

NP O2 – 162 (57%)

HFNO – 91 (32%)

CPAP – 69 (24%)

ICU – 33 (11.6%)

Intubation – 10 (3.5%)

Deaths – 6 (2%)





POST-COVID RESPIRATORY CLINIC

Commenced October 2021

In the past 7 months - 141 patients received an FSA appointment

- 92 patients seen face to face
- 49 patients contacted by telephone

THE MDT TEAM



Respiratory Physician
(General Physician)



Nurse Practitioner



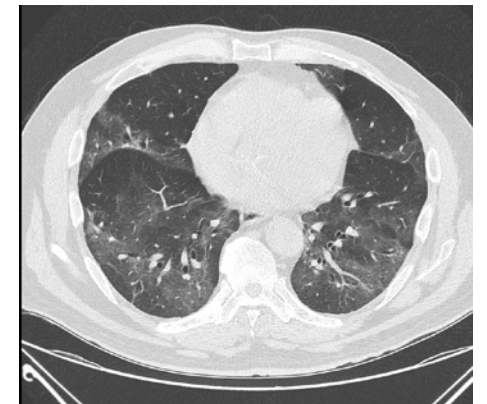
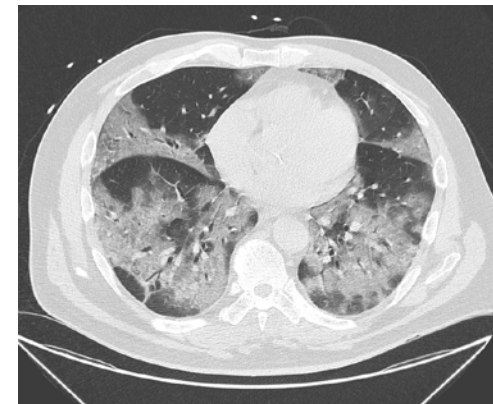
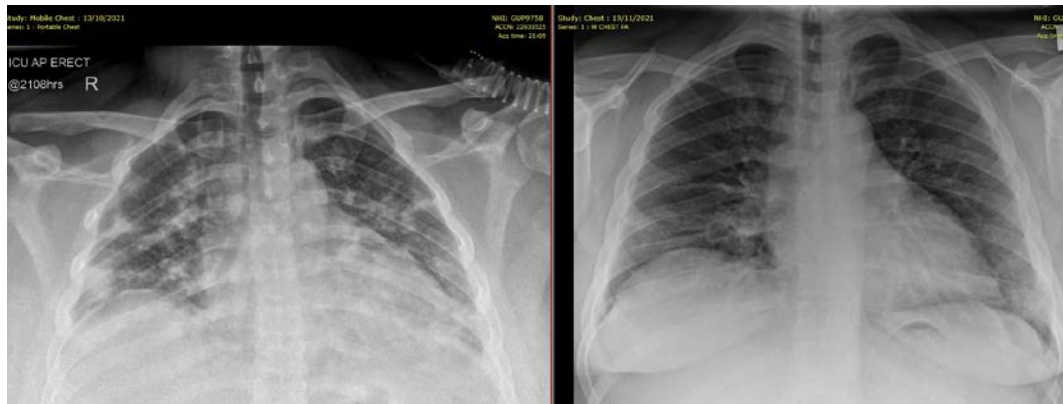
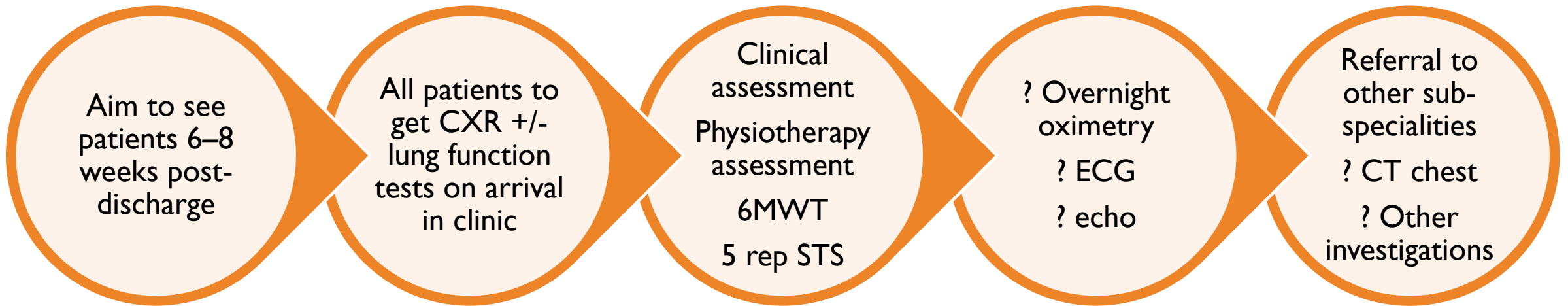
Physiotherapist



Physiologists
Radiologists



MDT CLINIC FORMAT

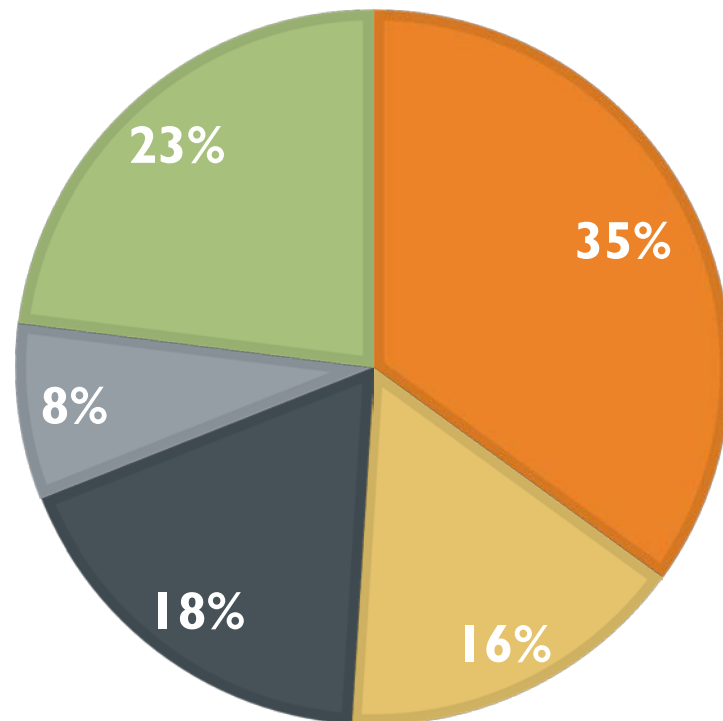


OUTCOME OF THE 141 FSA APPOINTMENTS

79 (56%) **discharged** to GP

62 (44%) referred for **clinic follow-up**

■ fully recovered ■ SOB ■ fatigue ■ pain ■ other



- Post-COVID clinic (30 patients)
- Sleep clinic (29 patients)
- HVS clinic (13 patients)
- Better Breathing service (8 patients)
- Health psychology (7 patients)
- Diabetes (6 patients)
- Obstetrics (5 patients)
- Chest clinic / bilevel clinic (4 patients)
- Orthopaedics (3 patients)

DISTINCT GROUPS OF PATIENTS



Fully recovered



Pulmonary sequelae

Organising pneumonia
Lung fibrosis
Bronchiectasis



Non-pulmonary sequelae

Chronic pain
HVS
Fatigue



Comorbidities

OSA
Diabetes
Obesity
Cardiac
Social issues...

WHAT WE HAVE LEARNT



Patients are grateful for the opportunity to attend a Post-COVID clinic – or receive a telephone call



Having their experiences and any ongoing symptoms validated is important to them



Patients found it of benefit to be seen in person. Allowed them to visualise results (CXR, lung function) but also to work with the physiotherapy team face to face

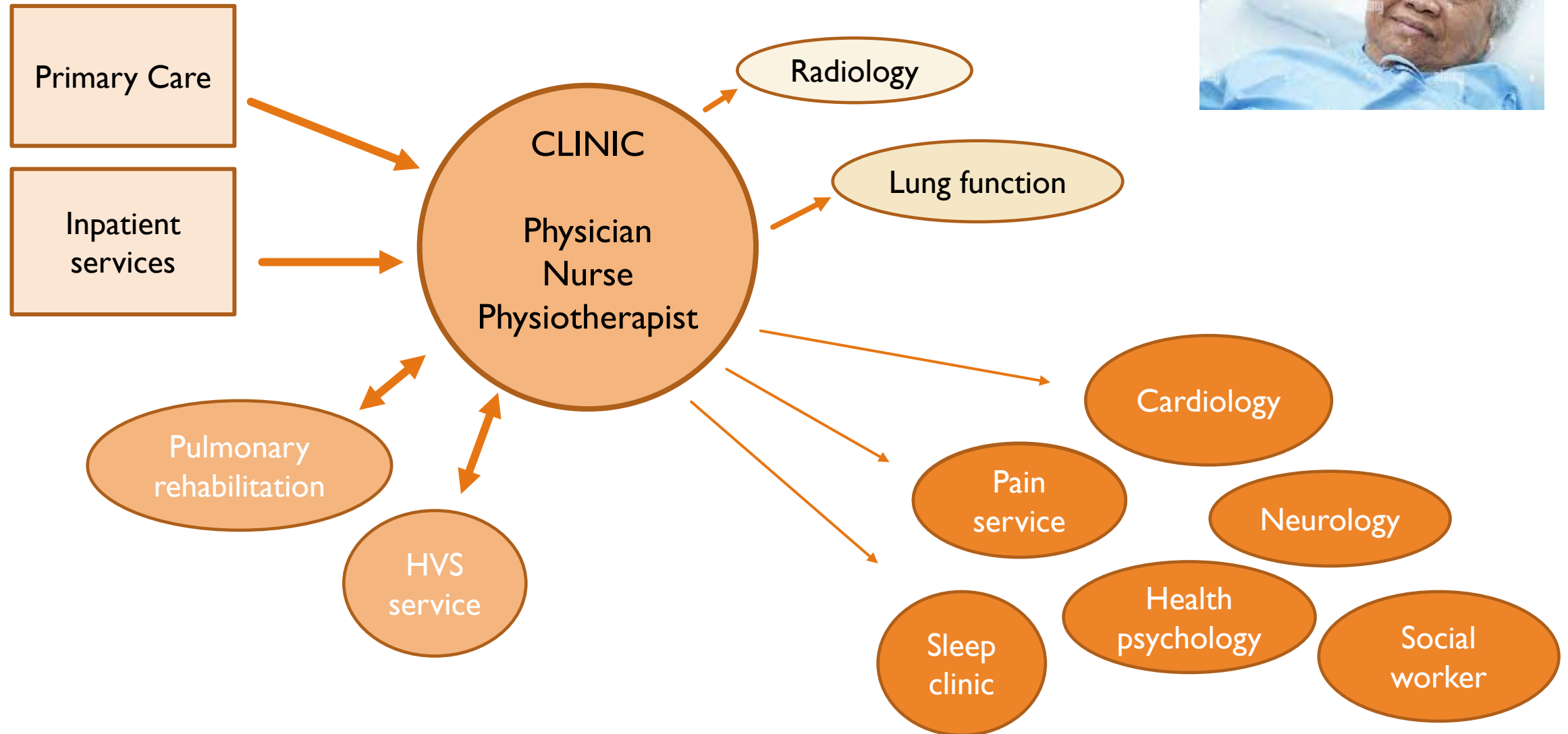


The clinic is an excellent place to assess patients and triage their referral to Better Breathing and Breathing Pattern Disorder clinics



Important not to focus on time-frames and to stay optimistic about long term outcomes

THE IDEAL POST-COVID CLINIC



THE IDEAL POST-COVID CLINIC



THANK YOU

