

# PCSS Assessment Clinic

## Post-Covid-19 Syndrome Service

Patient presents with possible Post-Covid-19 Syndrome

### GP Screen & Investigate

- Step 1** – Desktop review using risk stratification
- Step 2** – Adapted Newcastle Screening Questionnaire
- Step 3** – Exclude underlying pathology & “red flags”
- Step 4** – Complete referral form and email to [REDACTED]

Self Care

Existing Services  
e.g. INT, specialist services  
for ongoing care

Onward referral for other  
diagnoses

Hospital patient follow up by community integrated teams

Resp FU

Post ICU

## Post-Covid-19 Syndrome Service

(usually 12 weeks from Covid-19 symptom onset, but earlier referral will be considered if clinically indicated)

### Triage, Holistic Assessment & Case Management by Senior Occupational Therapist

- Referral received, triaged and assessed using adapted Yorkshire tool by Occupational Therapist
- Case management and therapy-led management plan by OT including:
  - Patient centred rehabilitation plan e.g. Your COVID Recovery Rehabilitation Programme
  - Full access to range of professionals including SLT, dietetics etc.

### Multi-Professional Assessment Clinic (if required)

- Physical, cognitive & psychological assessment
- Review by Assessment Clinic for advice, guidance and learning
- Assessment clinic to include:
  - Core members – GP, OT, Generalist (Secondary Care), Clinical Health Psychologist
  - As required - SLT, Dietetics, Physio, other specialists e.g. neuro

Sub-group of patients where clinically indicated for review by Multi-Professional Assessment Clinic

Referral to ICS Tier 4 once established

email referrals to [lcn-tr.lscft.longcovidreferral@nhs.net](mailto:lcn-tr.lscft.longcovidreferral@nhs.net)

# Referral Criteria:

## Inclusion Criteria

- ✓ Patient registered with a Blackburn with Darwen or East Lancashire GP;
- ✓ A previous diagnosis of COVID-19; either a positive test or a clinical diagnosis;
- ✓ Triaged and stratified using the Adapted Newcastle Screening Tool and subsequent suspected Post COVID-19 Syndrome;
- ✓ Exclusion of underlying pathology and 'red flags' that require further investigation and treatment;
- ✓ Patient around 12 weeks from initial onset of COVID-19.

## Exclusion Criteria

- x Patients under 18 years \*
- x Patients with acute or life threatening mental or physical illness.
- x Symptoms that can be accounted for by a pre-existing or alternative diagnosis

\* Discretion can be used with those under 18 if needs may be better met by adult service on individual basis