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University Health Board

Living with Long COVID

Michelle Rigby & Josh Elton



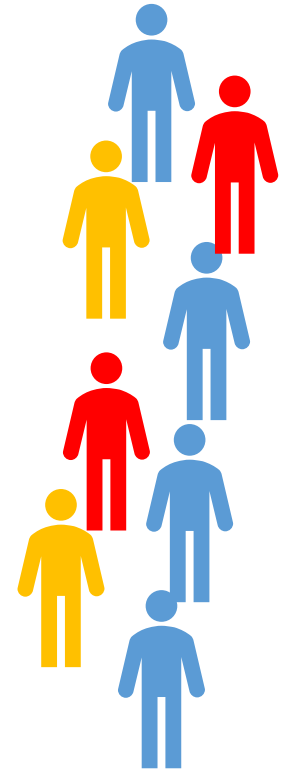
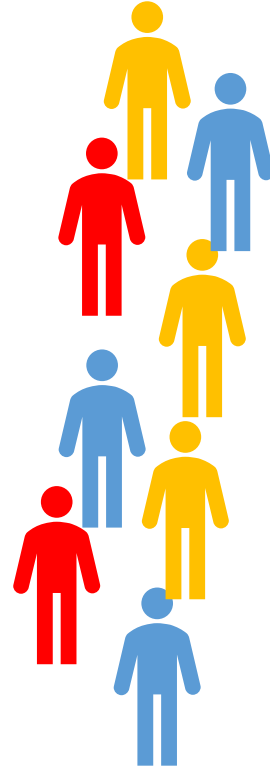
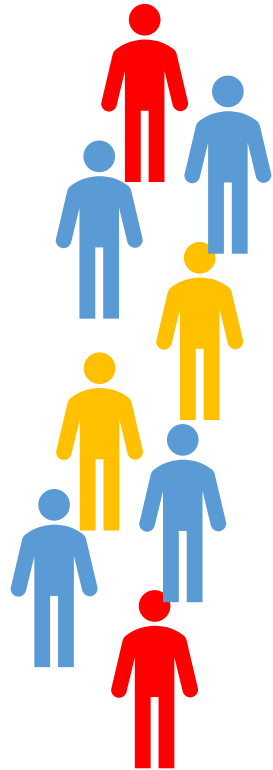
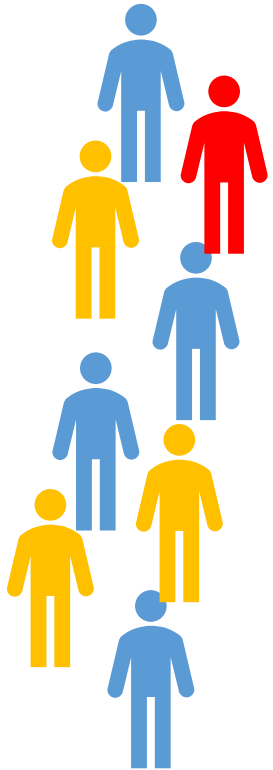
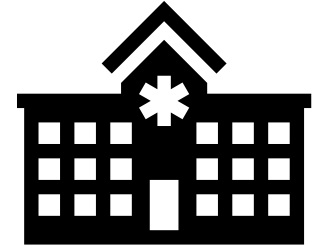
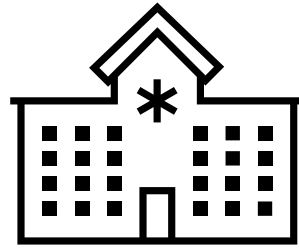
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Project Background

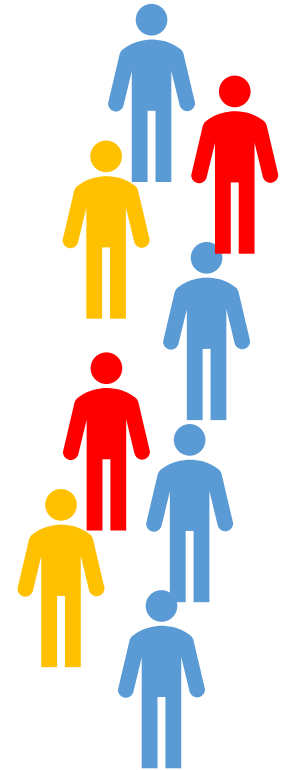
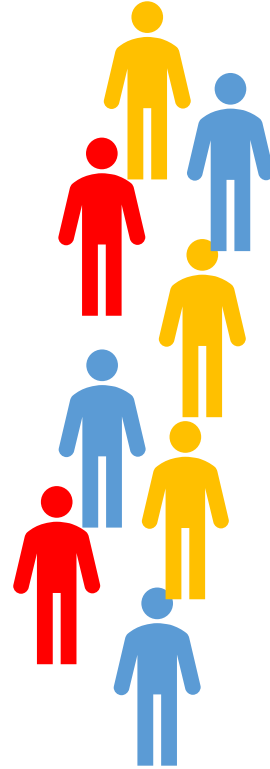
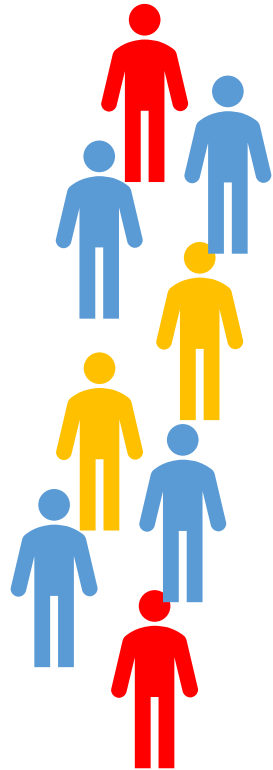
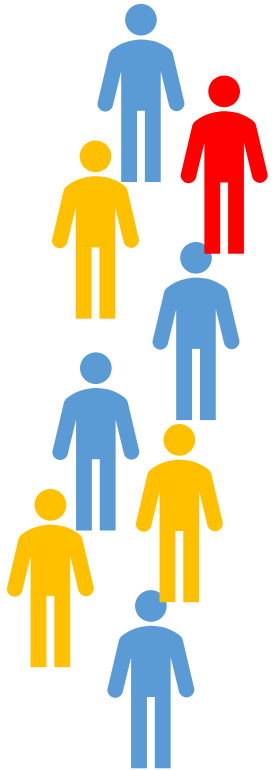
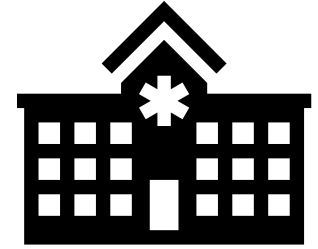
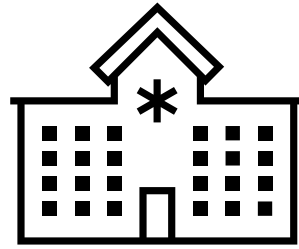
2m Britons living with Long COVID (ONS). Many people in need, with many varied needs, accessing a broad range of NHS specialist services.

Rationale: Create a Long COVID Peer education programme to support patients to self-manage their condition, with follow up peer support.



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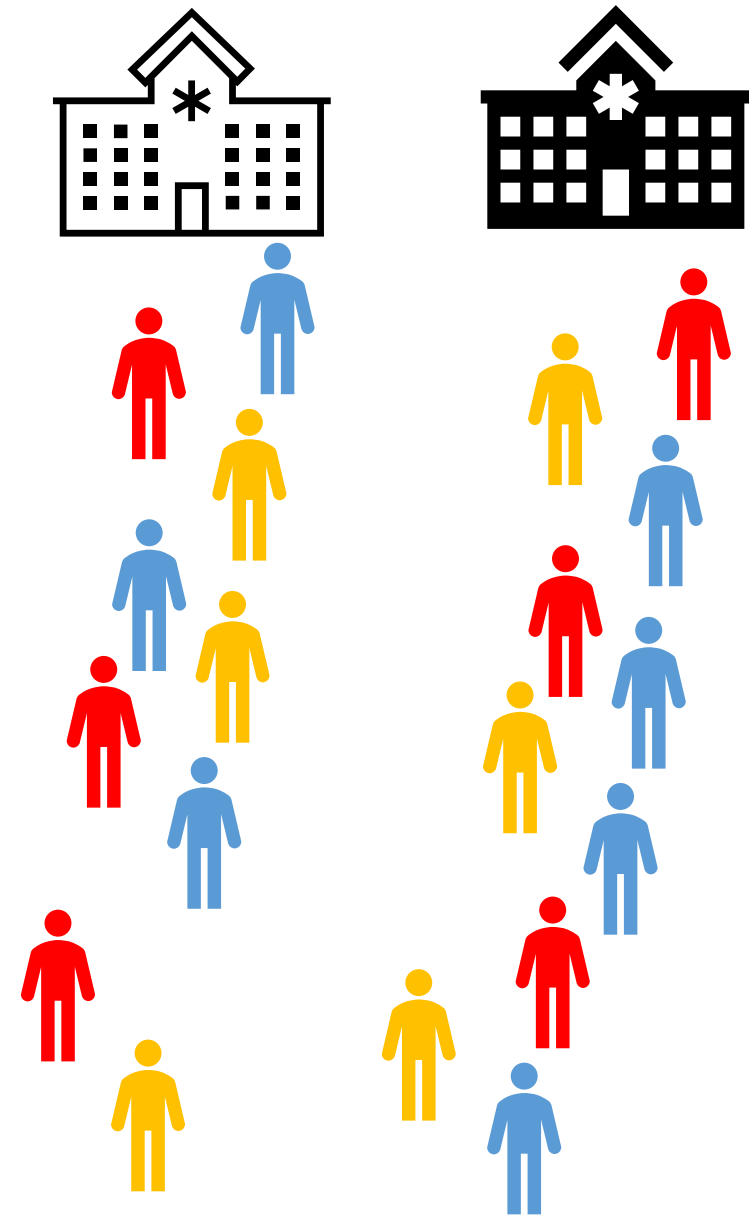
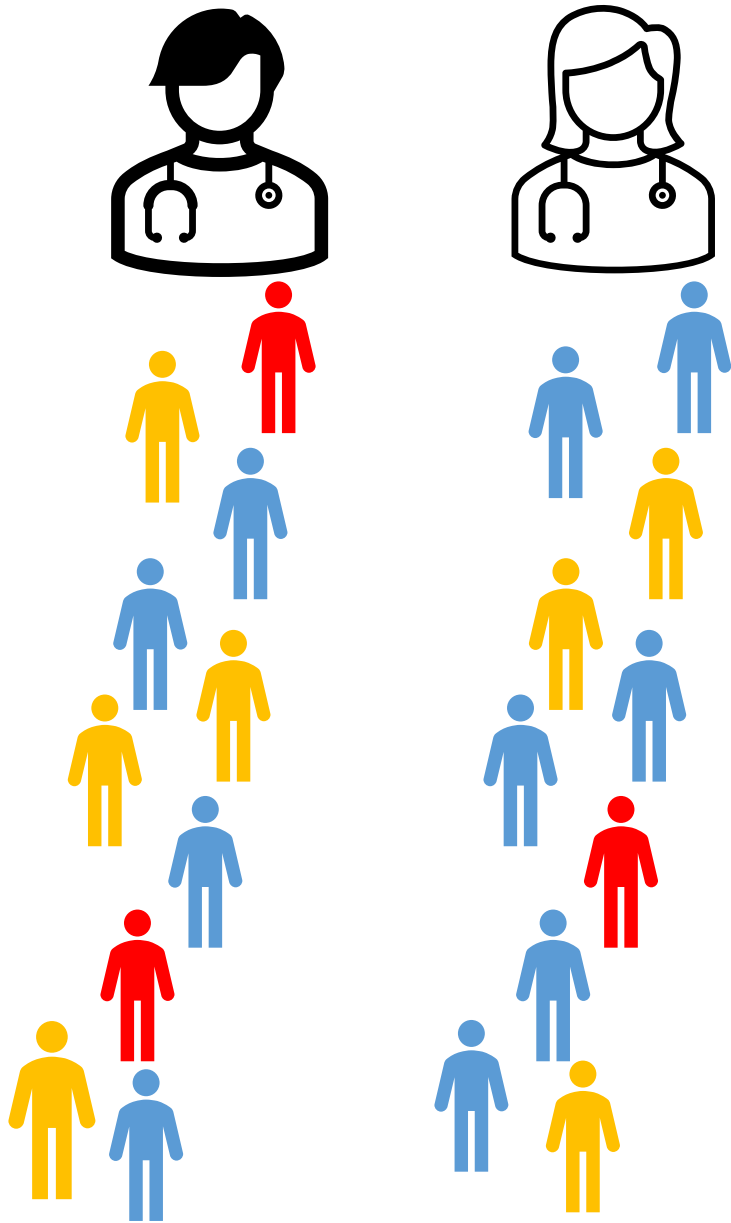
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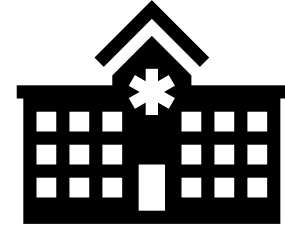
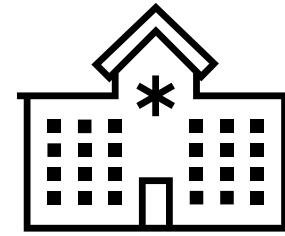
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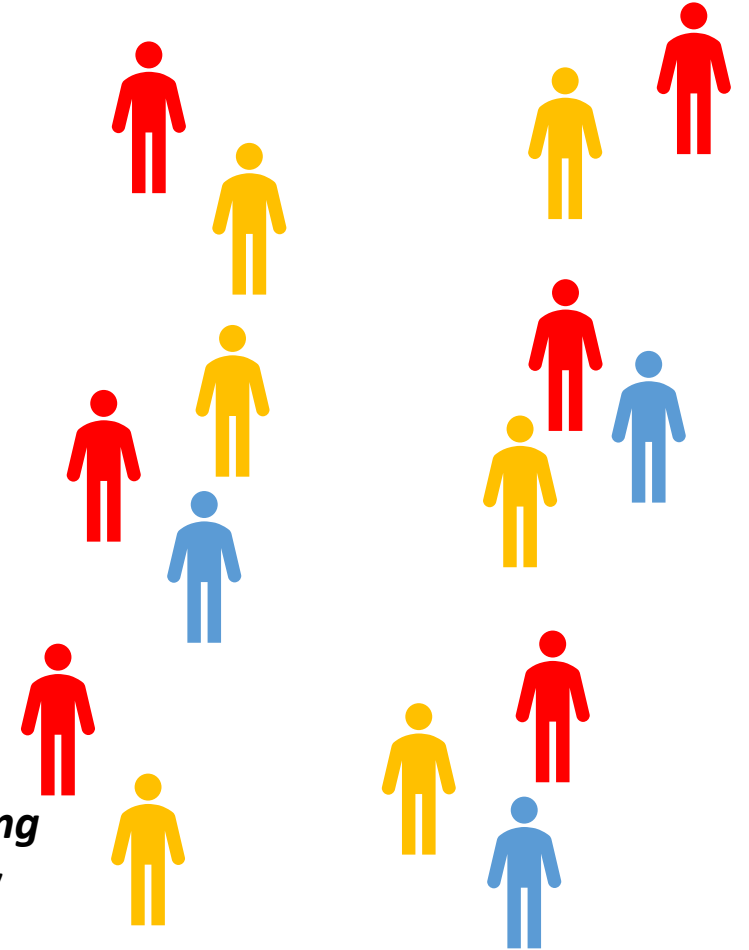
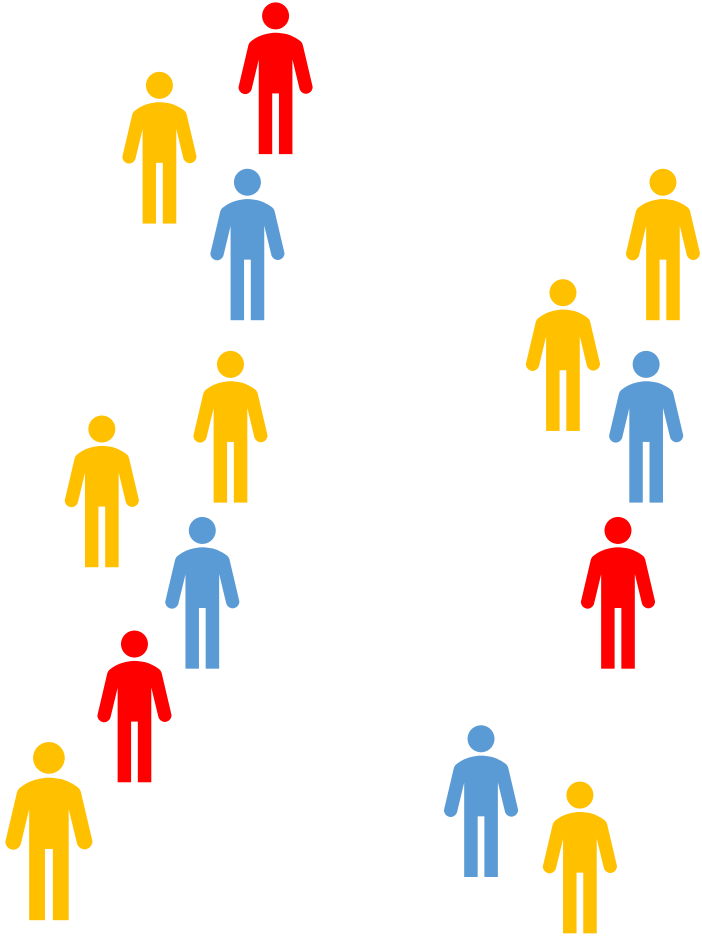
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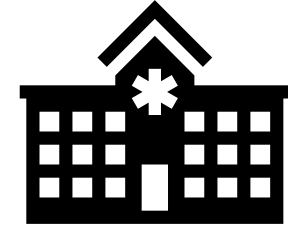
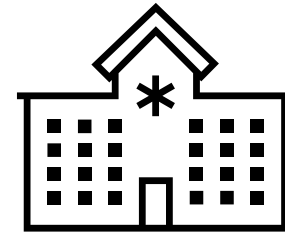
“feeling mentally and physical better”

“I have gained invaluable skills during the course which has given me my confidence back.”

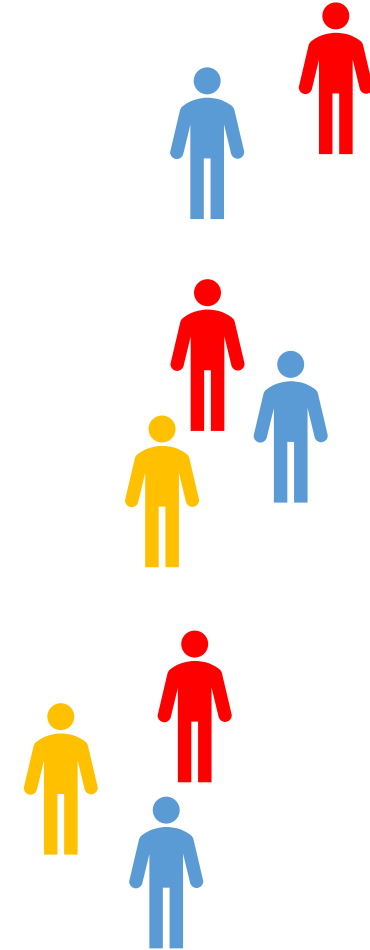
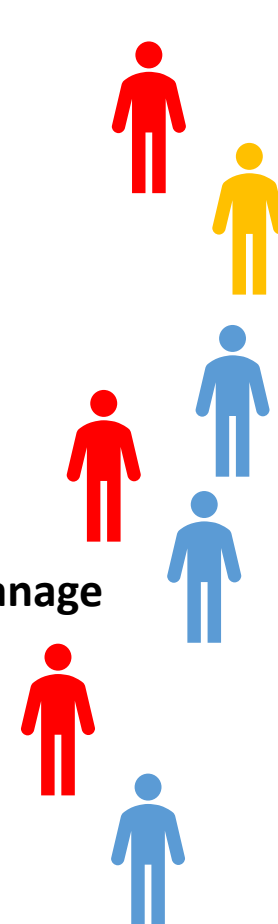
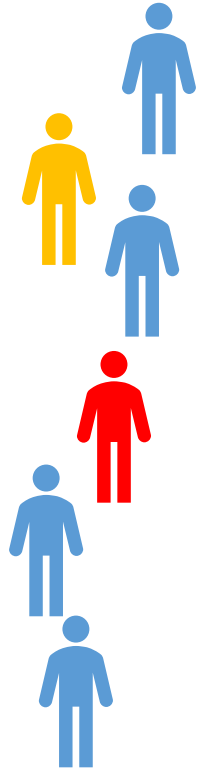
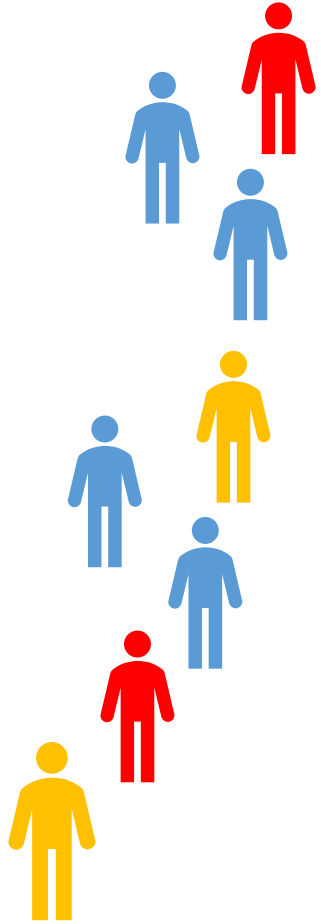


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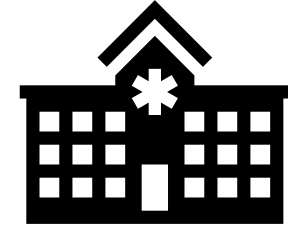
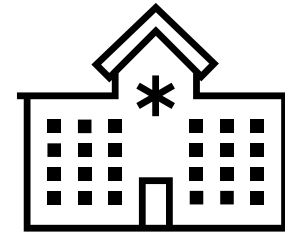


“I have an increased confidence to manage the condition going forward.”

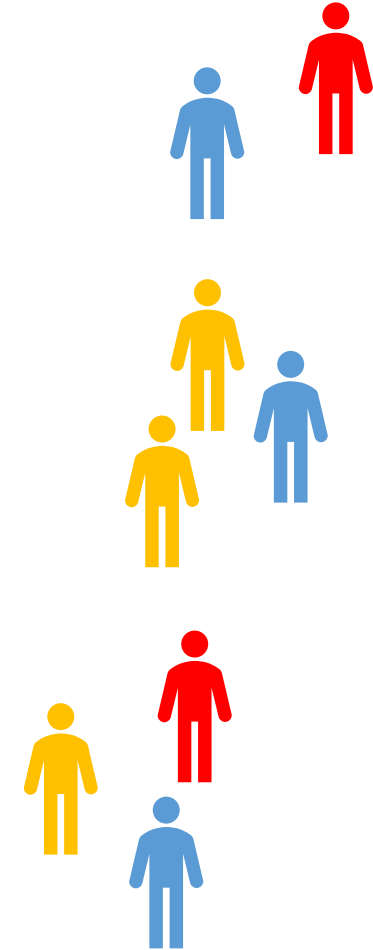
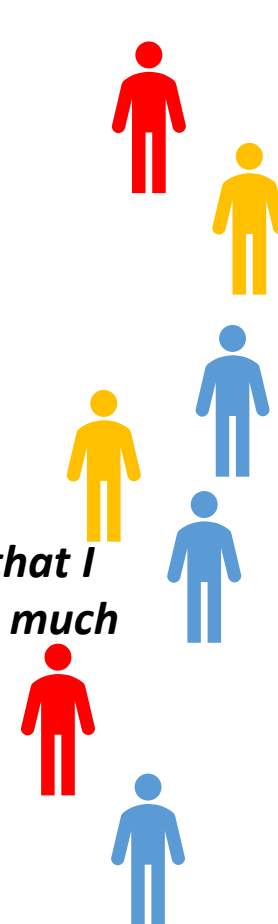
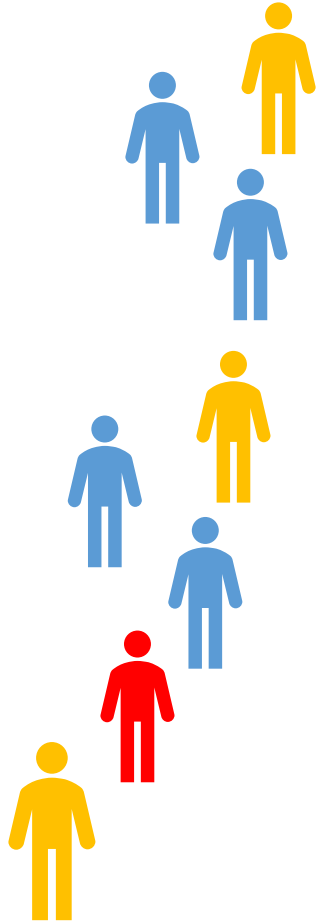


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“the course has helped me to realise that I have probably been pushing myself too much to try and get back to `normal`”



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Project Approach:



The project utilised a PDSA approach to deliver planned outcomes



By listening to feedback and responding, the service has grown and developed, continually over the year.



The service has developed in response to feedback from patients and health and care professionals.

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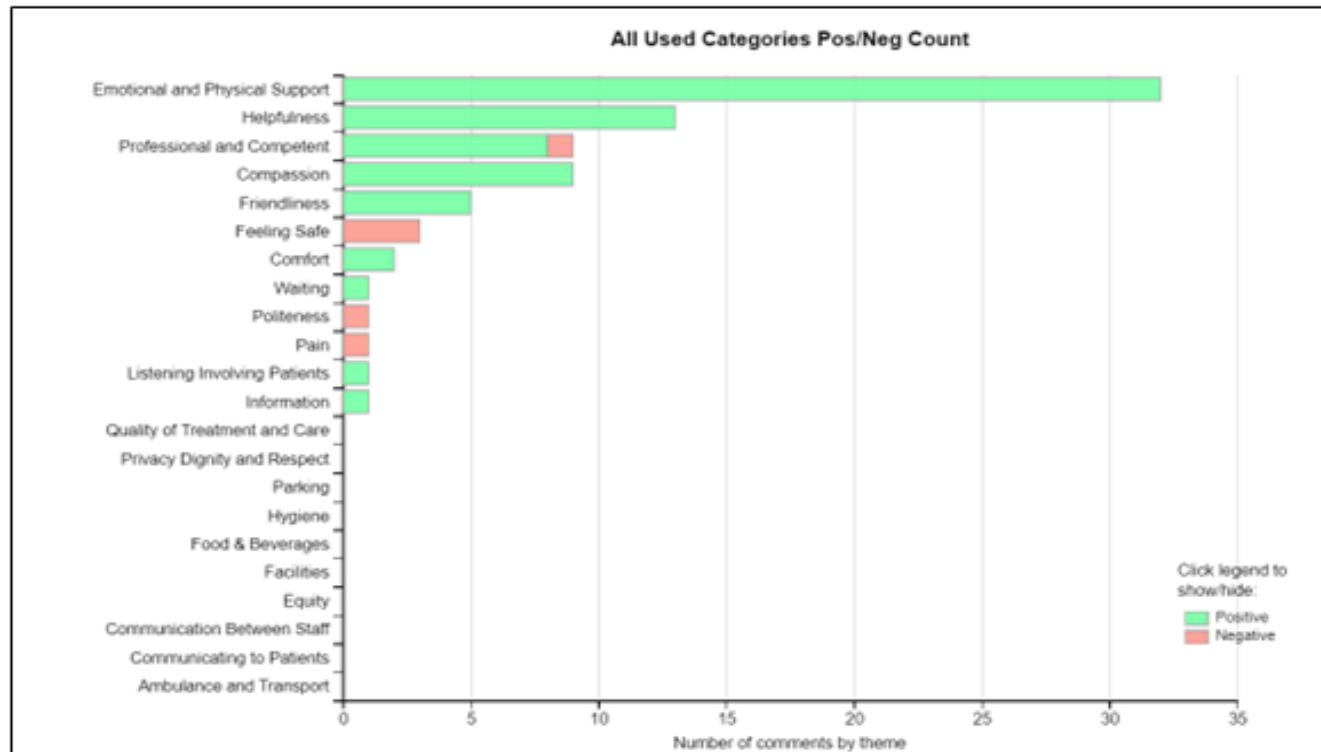
Project Impact:

8 Cohorts

147 Registered for Long COVID Self-management programme (LCSMP), 76 completing

42 individuals continuing to attend a session with Mental Health Foundation (MHF).

Feedback Analysis



1. Graph demonstrates that the majority of sub-themes relate to a positive experience of the course on long COVID itself.

2. Negative themes, such as pain, still reported in a positive light.

Word Clouds

supportive
helped
helpful
reassured

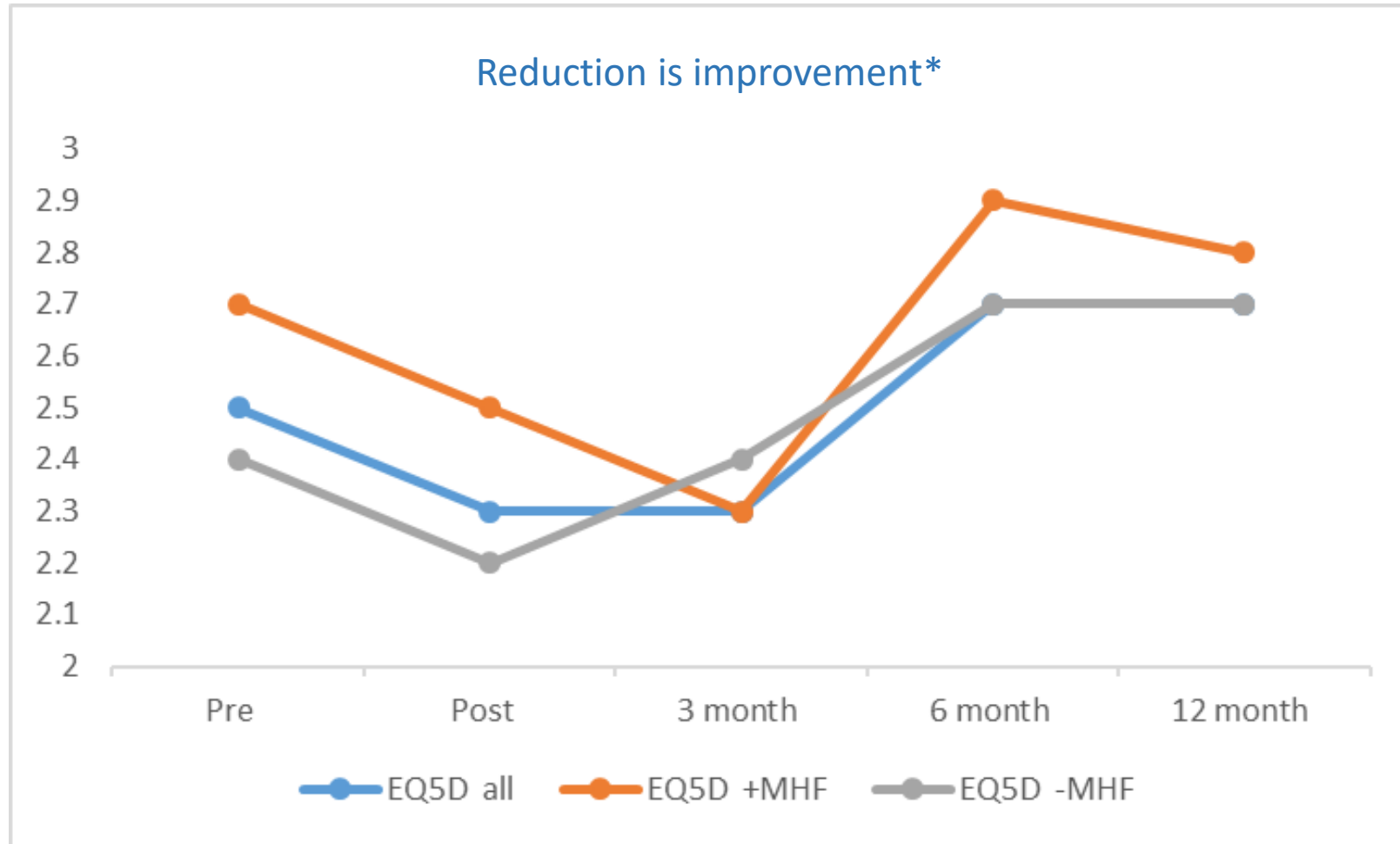
thoughtful
compassionate
understanding
supportive
kind
reassured

"highly recommend"
"much appreciated"
motivated enthusiastic
supportive
"i'd like to" incredible wish
amazing **excellent**
frustrated **enjoyed** limitations
dread afraid
friendly **difficulties** fantastic
impressed **guilty** desperately
"hope for" **expectations**
comfortable appreciate
compassionate

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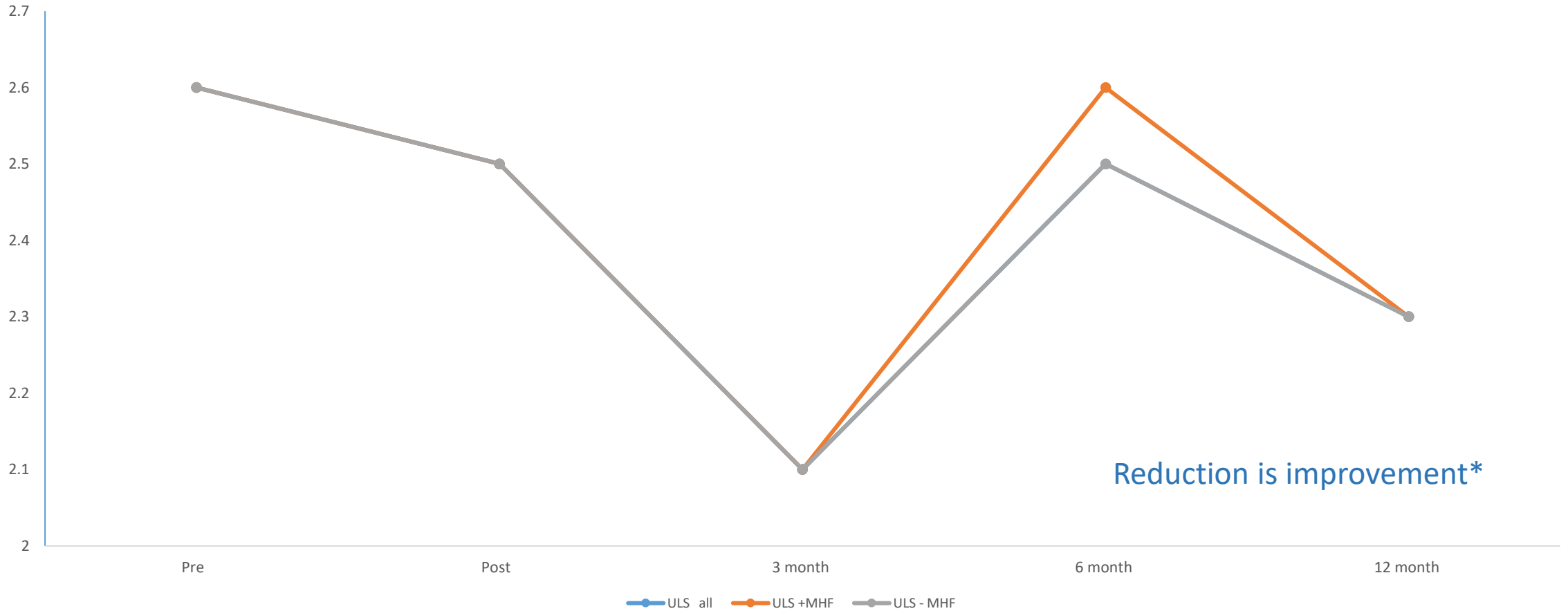
EQ5D- health and wellbeing questionnaire



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Universal Loneliness Score

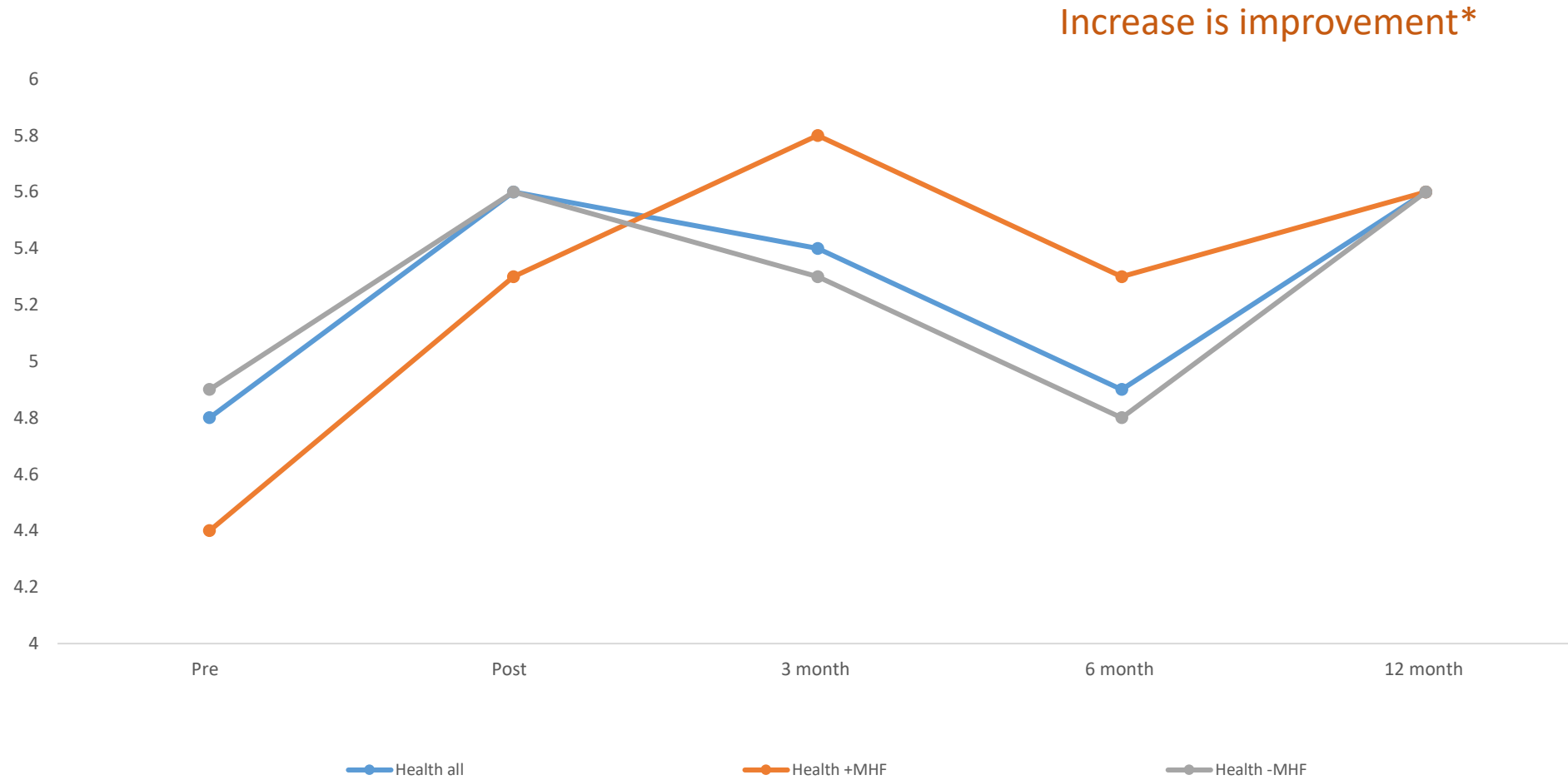


Reduction is improvement*

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Perceived Health Score



Conclusions



CDSMP is effective and valued by patients. It should be available to everyone as soon as possible in their symptom journey.



Peer support needs to be ongoing for some patients



Thematic analysis shows Peer Support was valuable as:

- 1) A space to share
- 2) Validation of their experience
- 3) Somewhere to process their change in identity