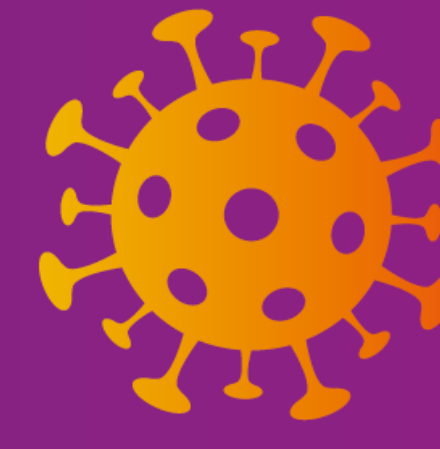




Mid and South Essex Long COVID Service

Service Redesign and Innovation through Co-production



Authors: Barlow R., Cox K., McGough-Heath C., Lambert A., Branson R., Hancock P. (Provide CIC)

Set up at speed in 2020, our service is **continuously evolving** to holistically meet patients' physical, psychological and cognitive needs.

Our MDT consists of physiotherapists, occupational therapists, speech and language therapists, doctors, nurses and other health professionals. We offer patients **a mix of in-person and virtual rehabilitation and education**, including specialist sessions for patients with Breathing Pattern Dysfunction.

We also work closely with other services, such as Talking Therapies, and local charities and organisations to ensure that our patients' needs are met, both during intervention and post discharge.

To fully meet our patients' needs, **co-production is at the heart of everything we do.**



We offer flexible hours, remote working and bank posts to get the right skill mix. We have recruited clinicians who first came to us as Long COVID patients and have staff working in Lincolnshire, Leicestershire and even Spain.



Formed in late 2022, our Co-production Group now has over 50 members and reviews all aspects of the service. Their patient perspective is essential to successful service delivery.



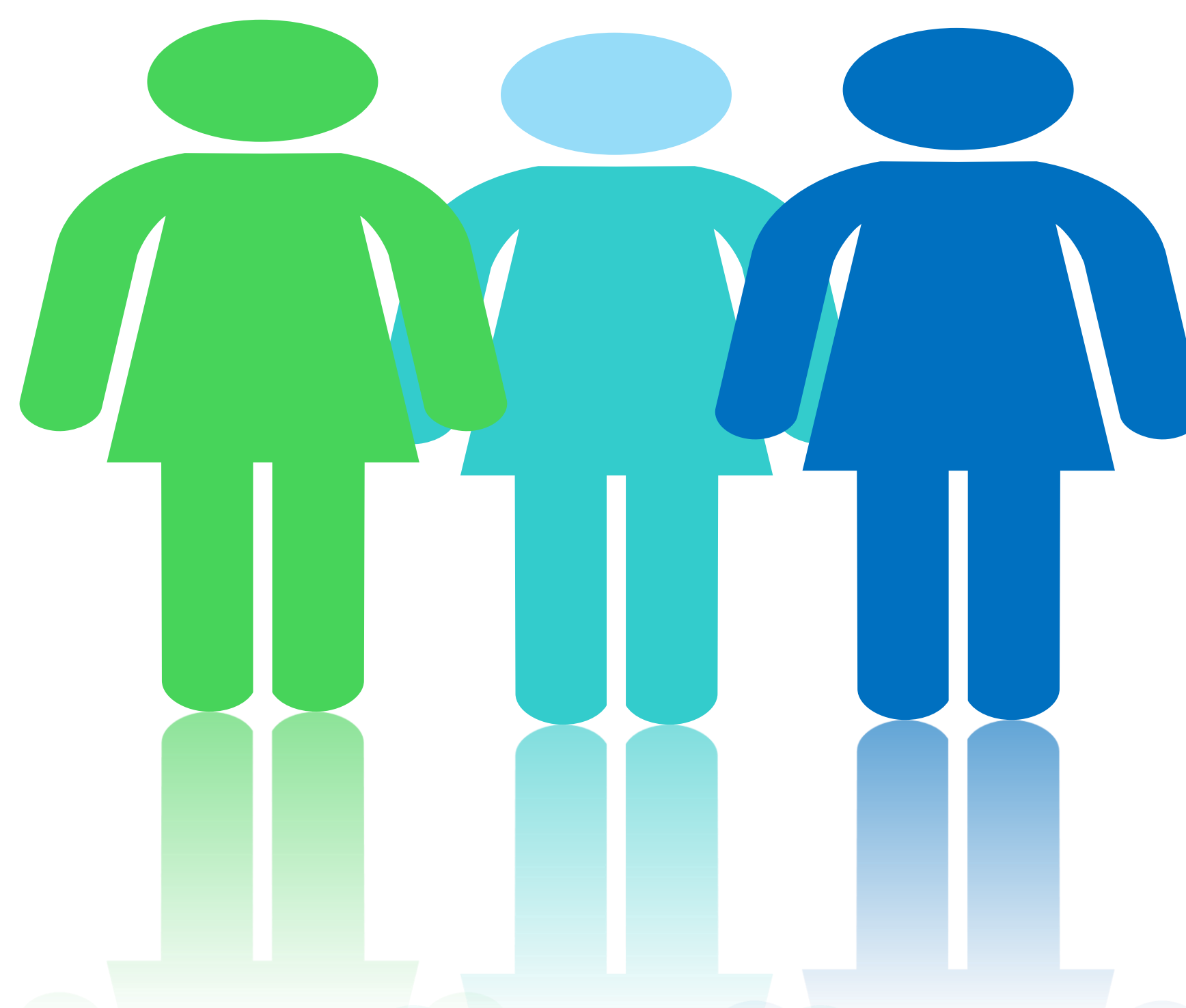
Outwardly mobile – our Outreach Team brings care closer to home in hard-to-reach and deprived areas, offering diagnostic tests including spirometry, oxygen saturation and blood pressure.



Patient and staff champions have worked together to redesign the assessment, intervention and discharge elements of our new patient pathway.



Each MDT discipline is represented on our Quality Forum, which aims to improve the quality of patients' experience



Lines between disciplines are becoming blurred, as clinicians learn from each other, bringing greater knowledge, understanding and flexibility.



We work with Essex and Anglia Ruskin Universities, offering MDT placements for Physio, OT and nursing students, with joint clinical projects around goal setting and rehabilitation.