**Long Covid Referral Checklist for GPs**

From April 2022, the **Adult** Long Covid Pathway in Barnsley will change. Primary Care colleagues will be required to diagnose Post Covid Syndrome (Long Covid), assess patients treatment needs and make the necessary referrals to Physical, Psychological and Cognitive therapy services. The below checklist will support practices through this process.

**Diagnosis**

Primary Care Colleagues will diagnose Long Covid using the pathway below. All patients with suspected or confirmed post COVID syndrome should be signposted to the Your Covid Recovery Website, <https://www.yourcovidrecovery.nhs.uk/>.



NICE guidance can be found here: <https://www.nice.org.uk/guidance/ng188>

Further Education provided by RCGP on Long Covid can be completed here: <https://elearning.rcgp.org.uk/course/view.php?id=492>

SNOMED codes:

|  |  |  |
| --- | --- | --- |
| Ongoing symptomaticCOVID-19/post-COVID-19 syndromediagnosis | Ongoing symptomaticCOVID-19 | 1325181000000106 | Ongoing symptomaticdisease caused by severe acute respiratorysyndrome coronavirus 2 (disorder) |
| Post-COVID-19syndrome | 1325161000000102 |Post-COVID-19 syndrome(disorder) | |
| Self-management/ supportedself-management | Signposting to YourCOVID Recovery | 1325021000000106 | Signposting to Your COVID Recovery (procedure) | |

**Assessment**

Blood tests and Chest X-ray must be completed as part of the assessment stage.

Decisions about blood tests should be guided by the person's symptoms and should include

(ordered after onset of COVID-19 symptoms): FBC, U&Es , LFTS, TFTs, Bone biochem, Vit D, Auto antibodies, HbA1c, Cholesterol: total/HDL ratio, ferritin, b12, folate, crp, BNP

Once a diagnosis is confirmed, Primary Care colleagues will identify the additional health needs required. Additional tools have been provided below to support clinicians. These tools are also available on clinical systems.

Physical Health needs:



Psychological/ Cognitive:



Recommend practices use AccuRX to text the questionnaire to patients to complete outside of the appointment, clinician can then use page 3 to discuss the score and next steps with the patient.

Overall scoring of Post Covid Function

 

**Referral**

Once the patient’s treatment needs are identified, primary care colleagues will make the necessary referrals to the Long Covid treatment service.

**Psychological/Cognitive treatment needs**

Primary Care Colleagues can refer patients to the IAPT service using the usual referral routes, alternatively patients can self-refer stating ‘Long Covid Treatment’.

**Physical treatment needs**

For Physical treatment needs for symptoms including breathlessness, cough, chest tightness and fatigue management, Primary Care Colleagues need to refer to the SWYFT Long Covid Treatment service via email to SPA using the referral form below (email: RightCareBarnsleyIntegratedSPA@swyt.nhs.uk)

This form is below and available on Clinical Systems.

 

The SWYFT Long Covid Treatment Service is a small team of nurses, physiotherapists and an Occupational Therapist.

**Acute support**

If the patient requires treatment for specialties not provided by the Long Covid service, then please refer to the relevant secondary care team via the usual referral route.

**Additional education tools:**

Patient safety learning and RCGP resource: Post COVID-19 syndrome: What support can patients expect from their GP? <https://www.pslhub.org/learn/coronavirus-covid19/patient-recovery/resources-for-patients/post-covid-19-syndrome-what-support-can-patients-expect-from-their-gp-r3581/>

Health Education England (HEE) e-learning modules: COVID-19 recovery and rehabilitation <https://www.e-lfh.org.uk/programmes/covid-19-recovery-and-rehabilitation/>

NIHR resources: <https://evidence.nihr.ac.uk/themedreview/living-with-covid19/> <https://evidence.nihr.ac.uk/themedreview/living-with-covid19-second-review/>

The Faculty of Occupational Medicine has produced guidance for return to work for patients with Long-COVID: <https://www.fom.ac.uk/media-events/publications/fom-guidance>

Long COVID network on the FutureNHS platform: <https://future.nhs.uk/L_C_N/grouphome>

**Checklist before referral**

Patient has been referred to Your Covid Recovery Website for self-care

Ruled out alternative diagnosis

Long Covid Bloods completed

Chest x-ray completed

Appropriate referral sent (Psychological/Physical/another speciality)