

Resources for Primary Care in Ipswich and East Suffolk: Supporting Post-Covid Recovery and Staying Active

Background

NHS England have noted that there is increasing medical evidence and patient testimony showing that a small but significant minority of people who contract Covid-19 cannot shake off the effects of the virus months after initially falling ill. Some estimates suggest that 10% of Covid patients may still be experiencing symptoms more than three weeks after infection, and some people could be suffering from long Covid symptoms after more than three months. New guidance commissioned by NHS England from NICE is expected in November 2020 regarding the support that long Covid patients should receive. This pack has been compiled to support primary care with resources which may be useful for signposting patients to the right support.

In addition to this, Public Health England has recognised that low levels of physical activity in older adults, for example those who may have been socially shielding during the Covid-19 pandemic, will lead to reduced fitness and may result in loss of independence and increased need for care in the future. With this in mind, resources have also been provided to encourage patients to remain active.

Resources to support recovery after Covid-19

Your COVID Recovery provides information for people recovering from Covid-19 as well as information for family and carers on supporting recovery after COVID-19.
<https://www.yourcovidrecovery.nhs.uk/>

The **ESNEFT Recovery Following Covid-19** patient information leaflet provides information on managing breathlessness, coughing, fatigue, exercise, nutrition, communication, memory and mental health. The leaflet also contains contact details for local support.



ESNEFT-Recovery-Following-COVID-19-8-J



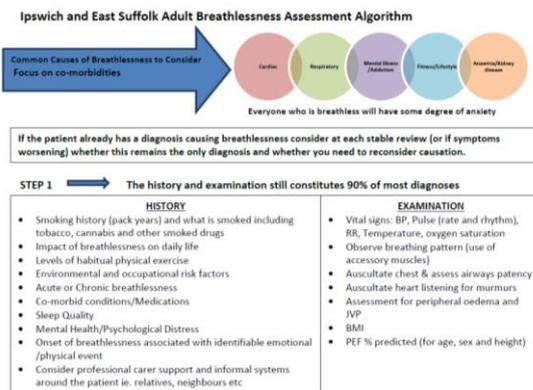
The **Ipswich and East Suffolk Adult Breathlessness Algorithm** and guidance on **Assessing and Managing Patients with Fatigue** supports the assessment and management of patients with breathlessness and fatigue.



Breathlessness Algorithm East Suffolk



Assessing and managing patients with fatigue

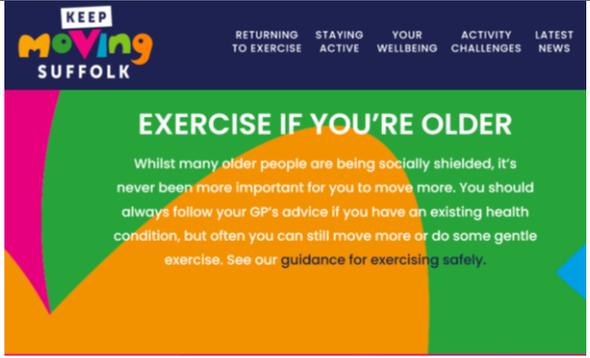


The new [interactive COVID-19 recovery and rehabilitation e-learning programme](#) from **Health Education England** aims to provide health and care staff with strategies and techniques to manage key symptoms experienced by people recovering from COVID-19.

Four 20-minute e-learning sessions are available covering breathlessness, exercise, cough and fatigue.

The programme is included in the continuing professional development (CPD) portfolio for health and care staff.

Resources for staying active

<p>Public Health England's 'Active at Home' leaflet has been developed to provide practical guidance to older adults on home-based activities to maintain their strength and balance.</p>  <p>PHE Active at Home Booklet 21 May ELEC1</p>	
<p>Public Health Suffolk's website https://www.healthysuffolk.org.uk/ provides information on looking after mental and physical health at home including the Five Ways to Wellbeing advice on what we can do every day to make ourselves feel good.</p>	
<p>Keep Moving Suffolk provides local advice on how to build movement into everyday life and remain physically active during Covid. https://www.keepmovingsuffolk.com/</p> <p>There is also a dedicated page with information on exercising for older people with links to various resources, including exercise videos for older adults and patients with long-term conditions. https://www.keepmovingsuffolk.com/exercise-if-youre-older/</p>	
<p>The OneLife Suffolk website provides information on health walks in Suffolk. https://onelifesuffolk.co.uk/health-walks/</p>	

We Are Undefeatable is a campaign led by 15 UK charities that supports people with health conditions to be active.

<https://weareundefeatable.co.uk/>

They have produced a leaflet and poster focusing on 15 ways to move more at home. These are embedded below but can also be requested in printed form.



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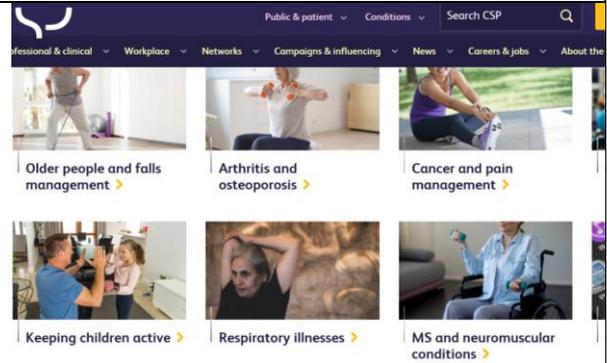


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The **Chartered Society of Physiotherapists** website provides information to help patients to be active and self-manage existing conditions during the COVID-19 pandemic.

<https://www.csp.org.uk/news/coronavirus/clinical-guidance/supporting-patients-stay-active-during-covid-19>



Active Care Home toolkit – a resource to support those working in care settings to build movement across the care setting -

https://www.mostactivecounty.com/wp-content/uploads/2019/02/SCC_CareHomeToolkit2019_WEB.pdf

