

## **Post-COVID Information for Primary Care**

York Teaching Hospital Foundation Trust (YTHFT) and Harrogate and District Foundation Trust (HDFT) are currently following up with people who have been admitted to hospital with COVID-19 as part of their discharge pathway. However, there is currently no dedicated pathway for primary and community patients to be referred into a post-COVID assessment clinic in the North Yorkshire and York area.

We are currently working with providers to commission these clinics and will keep primary care updated on our progress. In the interim YTHFT, HDFT and Tees, Esk and Wear Valleys Foundation NHS Trust (TEWV) have provided guidance to support caring for these patients, which primary care may find useful.

## **Signposting to the Your COVID Recovery Website for Self-Management**

For patients able to self-manage and access digital services, your COVID recovery is an online tailored interactive self-management programme developed by NHS England and NHS Improvement with the University Hospitals Leicester NHS Trust.

Paper manuals will soon be available for those without IT access and for those with disabilities precluding the use of digital media.

[Click here](#) to access the Your COVID Recovery Website.

## **Royal College of General Practitioners (RCGP) Guidance**

Management of the long term effects of COVID-19: RCGP response and top tips for caring for our patients.

[Click here](#) to access the guidance.

## **YTHFT Recovery following Coronavirus (COVID-19): Information for patients, relatives and carers booklet**

The aim of this booklet is to provide people with information about coronavirus and what they can do to help their recovery whilst at home. The booklet includes information and exercises for people to complete including signposting to other information including managing fatigue, British lung foundation exercises, fall prevention, mental health, sleep support and how to conserve energy.

[Click here](#) to access the booklet.

## **YTHFT COVID Follow-Up Guidance**

In the interim of the post-COVID assessment clinics being set up, YTHFT has developed advice for GPs reviewing patients who present after COVID-19 pneumonia.

[Click here](#) to access the guidance.

## **Mental Health**

TEWV recommends primary care use the following tools to help measure the frequency of symptoms and their impact.

- PHQ-9 (Public Health Questionnaire - 9)
- Gad-7 (Generalised Anxiety Disorder Scale - 7)
- WSAS (Work and Social Adjustment Scale)

[Click here](#) to access the MST – MDS document which contains these tools.

The normal and established routes into mental health services in North Yorkshire and York still apply if onward referral is required.

## **Talking Therapies: Mild to Moderate**

For mild to moderate anxiety and depression, including PTSD patients, may want to make an appointment with their GP to discuss their problems. If appropriate, the GP can refer them to an IAPT service.

Patients can also visit the IAPT websites which provide a wealth of information about the support and services available, as well as an option for anyone registered with a GP in North Yorkshire, York and Selby to self-refer online. As part of the self-referral process, patients will be asked to complete a series of questions designed to help determine if the service is suitable. If the service is deemed suitable they would then be offered an initial assessment over the phone, after which they will be directed to the most appropriate treatment option for their needs.

**York & Selby:** [www.yorkandselbyiapt.co.uk](http://www.yorkandselbyiapt.co.uk) (tel: 01904 556820)

**Scarborough Whitby Ryedale:** [www.northyorkshireiapt.co.uk](http://www.northyorkshireiapt.co.uk) (tel: 01947 899270)

Please follow existing guidelines and protocols for managing high-risk patients.

## **National Institute for Health and Care Excellence (NICE) Guidance**

[Click here](#) to access NICE guidance for managing the long-term effects of Covid-19.