

Support of people recovering from Covid-19

We are developing guidance on the care of all people recovering from COVID-19, following either a hospital discharge or a managed episode in the community.

We would appreciate your opinion on various components of a support package focusing on recovery; the package at this stage would have a focus on the delivery of a holistic rehabilitation-based intervention. All data collected will be anonymised.

We are also hoping to secure views from those who have first-hand experience of treating COVID-19.

We hope the questionnaire should take less than five minutes of your time, and will help inform what might be the best approach to support people recovering from COVID-19.

We have identified a range of components that may be included in a recovery programme. We would like you to indicate whether you think these are essential components of the package.

Please complete this by Wednesday 15 April.

Could you please tell us a little bit about you? This informs the data collected and will not be used to identify individual responses in any way.

1. What is your gender?

- Male
- Female
- Prefer not to say

2. What age are you?

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+
- Prefer not to say

3. What is your ethnicity?

- White British
- White Irish
- Gypsy/Irish Traveller
- Any other White Background

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed/ multiple ethnic background
- Indian
- Bangladeshi
- Pakistani
- Chinese
- Any other Asian background
- African
- Caribbean
- Any other black background
- Arab
- Any other ethnic group
- Not stated
- Prefer not to say

4. To what speciality do you belong?

- Anaesthetics
- General Medicine
- Acute Medicine
- Respiratory
- Cardiac
- Healthcare of the Elderly
- Primary Care
- Sports and Exercise
- Psychology
- Psychiatry
- Other, please specify

5. What is your professional status?

- Consultant physician
- Trainee physician
- Nurse
- Physiotherapist

- Physician associate
- Speech and language therapist
- Occupational therapist
- Healthcare assistant
- Primary care physician
- Dietician
- Other, please specify

6. Where are you based/in what environment do you work?

- Acute hospital
- Community hospital/service
- Private hospital
- Primary care
- Other, please specify

7. In what country/continent do you work?

- England
- Scotland
- Wales
- Northern Ireland
- Rest of Europe
- North America
- South America
- Australasia
- Asia
- Africa
- Prefer not to say

8. Have you been involved in the care of people with COVID-19?

Please select all that apply

- Yes – ITU
- Yes – Acute Medical Ward
- Yes – step down unit
- Yes – Community
- No

- Other, please specify

9. Are you routinely employed as part of a rehabilitation programme?

- Please select all that apply
- Yes – pulmonary rehabilitation
- Yes – cardiac rehabilitation
- Yes – healthcare of the elderly
- No

Other – please specify

For the following questions, respondents were asked to give one of the following answers
Strongly disagree, Disagree, Neutral, Agree, Strongly Agree, Unable to comment

10. The essential components of an early phase recovery programme (first few weeks after discharge/episode) recovery programme are:

- A home/step down unit aerobic exercise programme
- A home/step down unit resistance exercise programme
- An online/digital delivery is feasible for patients
- Advice on the management of cough
- Advice on the management of fatigue
- Advice on the management of breathlessness
- Advice on nutrition
- Psychological support for social isolation
- Support for mood disturbances (including anxiety and depression)
- Psychological support for Post Traumatic Stress Disorder (PTSD)
- Return to work advice
- Where to get financial support
- Symptom monitoring for worsening symptoms
- Dealing with grief and death of a family member

11. The essential components of an assessment at 6-8 weeks post hospital (step down unit) discharge are:

- An initial face to face (centre-based) assessment
- Conduct of an exercise test (6MWT/ISWT) at the time of the assessment
- Assessment of muscle strength (quadriceps)

- Assessment of quality of life
- Assessment of cough
- Assessment of fatigue
- Assessment of dyspnoea
- Assessment of mood (e.g. anxiety and depression)
- Screening for Post Traumatic Stress Disorder
- Medication review
- Assessment of nutritional status
- Assessment of comorbidities
- Measurement of lung function (spirometry)
- Assessment of oxygen requirements
- Further intervention is only needed if there is evidence of ongoing physical or psychological deficit

12. The essential components of a continued recovery programme beyond 6 weeks post hospital (step down unit) discharge are:

- A home-based progressive aerobic exercise programme
- A home-based progressive resistance exercise programme
- Advice on the management of cough
- Advice on the management of fatigue
- Advice on the management of breathlessness
- Psychological support for social isolation
- Support for mood disturbances (including anxiety and depression)
- Assessment of nutrition
- Psychological support for Post Traumatic Stress Disorder
- Return to work advice
- Where to get financial support
- Dealing with grief and death of a family member
- Advice on returning to usual exercise habits
- Advice on returning to usual employment
- Advice on returning to alternative employment
- Once social isolation policy is relaxed, advice for engaging in outdoors activities
- Once social isolation policy is relaxed, advice on community exercise schemes
- Assessment of lung function at 6 months

13. Please provide your email address

This will only be used to contact you for clarification regarding your answers

14. Do you have any further comments or suggestions?