

[sent via email]

**21/9/21**

Dear colleague,

**Re: Promoting self management for patients with early symptoms of long covid**

From December 2020, patients in our region have been able to receive dedicated care and treatment for symptoms associated with long Covid via the BSW SPA assessment clinic run by Wiltshire Health and Care; this requires a GP referral.

From June GPs have been invited to register for the Enhanced service specification Long Covid 2021-22; C1313. This involves improved Data recording, education about the condition , referral to the self- management platform

[Your COVID Recovery | Supporting your recovery after COVID-19](#)

And referral to long covid clinics.

Please advertise the pathway using the attached poster .

**Additional information about the BSW single point of access hub and spoke clinic can be found here.**

<https://wiltshirehealthandcare.nhs.uk/service/bsw-long-covid-rehabilitation-assessment-clinic/>

As GPs, you are patients' most-common route into NHS care, and we are sure you will acknowledge that your support is very much key to getting this new support service up and running. If you would like some support with the DES please get in touch with Carol or Louise.

We would also suggest you sign up for one of the NHS SW GP webinars  
The next webinar at **1-2pm** on the **14<sup>th</sup> October 2021**, covering: see attached flyer

- What is long covid?
- How are patients presenting with the condition?
- Post-covid assessment services
- Onward pathways
- Managing patient expectations

Dr Tim Robinson has been appointed as the SW GP lead for the North of the area to offer support to the pathway.

[tim.robinson10@nhs.net](mailto:tim.robinson10@nhs.net)

The SPA clinic is designed to help people who still have symptoms related to a Covid infection after 12 weeks. The aim of the clinic is to identify what symptoms a person is experiencing and how this is affecting them day to day. We help them find resources and/or treatments to manage these symptoms effectively so they can rehabilitate to living a fulfilling life.

We have been referred 868 people via the Ardens electronic referral form over the last 9 months. A team of Physiotherapists, Occupational therapists, Dietitian, Speech therapist and clinical psychologist work together to assess patients from across Bath and North East Somerset, Swindon and Wiltshire to provide a Long Covid rehabilitation assessment clinic.

The telephone-based first assessment helps to compile a personalised plan for the individual.

Patients with more complex symptoms will be discussed by the team in the virtual multidisciplinary clinic, which has input from Cardiologist, Respiratory Physician, GP ( Louise), Clinical Psychologist and Fatigue specialist from BCFS, who will be responsible for allocating more specific support from an existing NHS or voluntary sector service; this may involve a secondary care referral .

We are offering a virtual rehab course -'Healthy Futures' run as small groups led by an Occupational therapist. As well as some limited one to one support.

It should be noted that patients are unable to self-refer to this MDT support, and can only receive care through an NHS referral.

Should you have any queries relating to anything mentioned in this letter, please do not hesitate to send questions to [bswccg.postcovidpathway@nhs.net](mailto:bswccg.postcovidpathway@nhs.net) Or directly to; [clangley-johnson@nhs.net](mailto:clangley-johnson@nhs.net).

Yours sincerely,

Carol Langley Johnson,  
BSW Strategic Clinical lead for Long Covid

Dr Louise Abson

GP Widcombe Surgery & Planned Care Lead BSW CCG

Lucy Baker,  
Director of Service Delivery