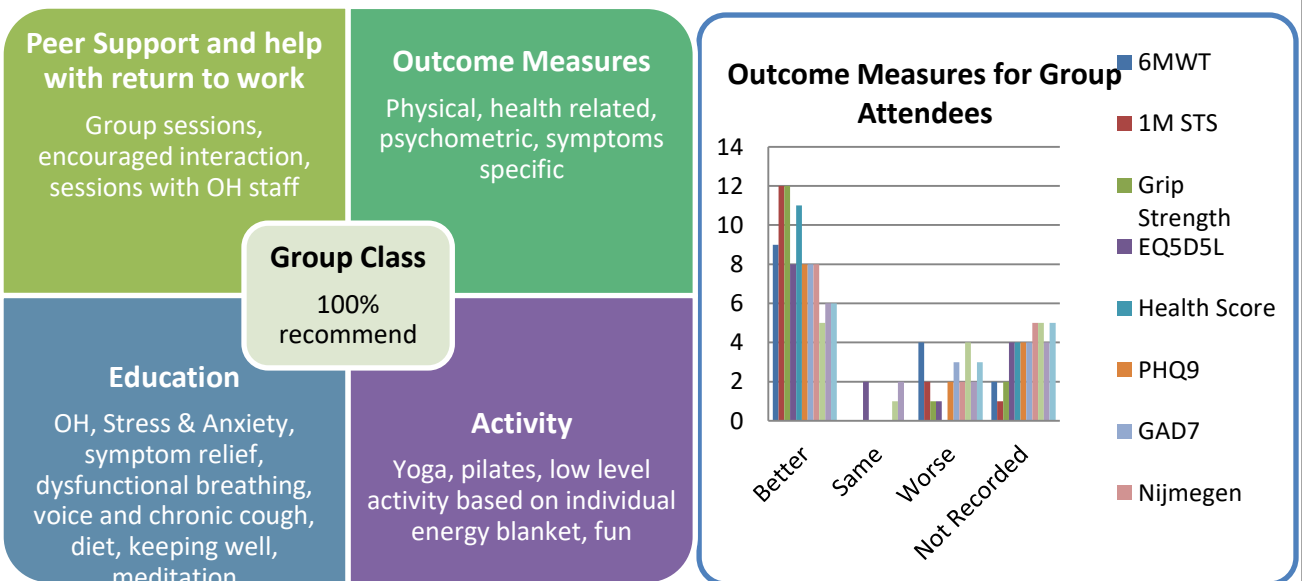


Supporting Staff with Long COVID from University Hospitals Dorset with their return to work and activities in their life Aim

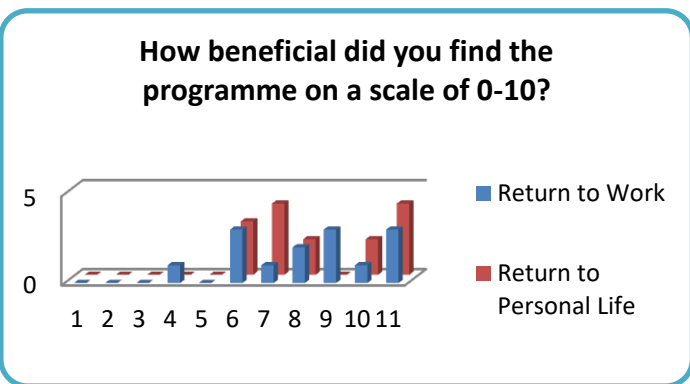
Health care professionals have been at the forefront of exposure to COVID-19 throughout this pandemic. Based on national data, we estimated that around 800-1600 staff at University Hospitals Dorset (UHD) had COVID-19, and roughly 80-160 members of staff suffer from long COVID. We felt it was essential to offer a service to these staff. We aim to provide education, peer support and exercise within a 3 month period.

Improvements and measurements

67 members of staff were supported through June 2021 to September 2021. A variety of methods were offered: 8 week group sessions (25 people), 2 hour peer support sessions (15) or 1:1 sessions (27). There is in-depth analysis for the 8 week programme.



Outcomes and lessons learnt



Outcomes

- Overall staff felt supported with tools to manage their work return to work and their personal life.
- Many differences within staff management prior to this, needs addressing.

Next Steps

- Training for managers about long COVID
- Further course and programme
- Peer supports sessions

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