

Paper for City Health and Wellbeing Scrutiny Committee

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Title: Leicester Response to COVID19: A One Year Reflection from the Respiratory Team*

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This short paper is designed as a brief introduction for members of Scrutiny to the work that has taken place over the period of the pandemic between clinicians / researchers from Leicester into the effects of COVID-19 on patients and staff from the onset of illness and hospitalisation through to our emerging understanding of post hospital COVID recovery and the longer term effects on individuals.

At the Scrutiny meeting on July 13th Dr Rachael Evans will present findings from the PHOSP-COVID Study, (PHOSP = 'Post Hospital' <https://www.phosp.org/>) which originated in Leicester and has attracted significant national attention and funding. This will look at the characteristics of 'long covid' and some of the risk factors which appear to influence recovery. Dr Evans will also share how this research is being used to develop services for patients locally to support their recovery.

In advance of that here is a short recap of the innovative work that has taken place in Leicester over the last 16 months.

Looking after our patients and staff

- New Acute Respiratory Support Service March 2020 – led by senior ventilation physiotherapist, Clare Rossall. Enabled patients to be supported on high level respiratory (lung) support outside of intensive care – critical to manage the large volume of patients requiring invasive mechanical ventilation on intensive care during the peaks.
- Staff well-being led by Dr Sarah Diver (Respiratory Research Registrar) – Weekly Bulletin including 'inspiration of the week'. Ward 20 'PostiviTree' – visual tree with all patient's names safely discharged from hospital named in a leaf
- Drive through breathing tests started Spring 2020 – high patient satisfaction
- Over 4,500 survivors of a hospital admission at UHL to date
- One of the first UK holistic COVID follow-up services including face to face assessment started in May 2020 including multidisciplinary and inter-speciality working to provide best care for our patients using resource effectively. Service lead – Dr Rachael Evans. One of the first centres to offer genuine COVID19 rehabilitation
 - >2,600 appointments
 - >1,400 face to face appointments
 - NHS-England long Covid assessment service

- Integrated approach

National Impact from the Leicester Respiratory Team

The Creation of National and International Guidelines:

- British Thoracic Society (BTS) follow-up guidelines for COVID pneumonia: Professor Jon Bennett, Respiratory Physician UHL, Honorary Professor UoL
- European Respiratory Society/American Thoracic Society COVID19 guidelines – Adapting Pulmonary Rehabilitation: Professor Sally Singh, Professor of Cardiopulmonary Rehabilitation UoL, Manager of Cardiopulmonary Rehabilitation UHL
- BTS adopted the Leicester ‘Sharing Patient Assessments Cuts Exposure for Staff’ ‘SPACES’ approach to clinical care

National Policy

- NHS-England Long Covid Taskforce and associated government roundtable: Professor Chris Brightling, Dr Rachael Evans Associate Professor UoL and Consultant Respiratory Physician UHL, Professor Sally Singh
- NHS-England <https://www.yourcovidrecovery.nhs.uk/> website and Phase II rehabilitation programme: Professor Sally Singh

Leicester and Research

Acute care research studies

Since April 2020, over 29,000 people have taken part in COVID-19 research with Leicester’s Hospitals across 39 studies classed as Urgent Public Health priority research by the Department of Health and Social Care. This is more than double the next highest Trust!

UHL were the largest recruiters to the life-saving Recovery Trial.

Research into Long COVID

£8.5 million funded UKRI grant Post-HOSPitalisation COVID19 follow-up study (PHOSP-COVID) - Chief Investigator Professor Chris Brightling, Lead Co-Investigator Dr Rachael Evans

UK Research Study into Ethnicity and COVID-19 outcomes in Healthcare workers (UK-REACH) – Principal Investigator Dr Manish Pareek, Associate Professor UoL, Consultant in Infectious Diseases UHL

PHOSP-COVID Study

The COVID-19 pandemic has tragically led to some patients experiencing severe acute illness, hospitalisation and even death. Beyond the health of those affected, it has had widespread economic, psychological and societal effects. The range and severity of symptoms arising from the virus is broad, from those with no or minimal symptoms, to severe pneumonia in 15-20 per cent of cases, with evidence of widespread disease beyond

the lungs, including the heart and circulatory system, kidney damage and effects on the brain. It is important to obtain more information and understand the long-term effects of COVID-19 and the ongoing medical, psychological and rehabilitation needs of these patients.

Purpose of the study

This study looks at how different patients recover from COVID-19, a condition caused by a type of virus called SARS-CoV-2, or coronavirus for short. As COVID-19 is a new disease, this study aims to identify whether there are longer-term health problems of COVID-19 for those who were hospitalised.

We want to understand:

- why some people recover more quickly than others
- why some patients develop other health problems later on
- which treatments received in hospital or afterwards were helpful
- how we can improve care of patients after they have been discharged from hospital.

Finally, we want to develop a data resource that other research teams can use to answer their questions quickly to further improve health outcomes in future. This will make the best use of the time, clinical information and samples participants provide.

- Widespread coverage by international and national media outlets
- >4,000 participants recruited across the UK to date

The results of the first 1,000 PHOSP participants will be presented to the Scrutiny Committee at the meeting on 13th July by Dr Rachael Evans.

ENDS