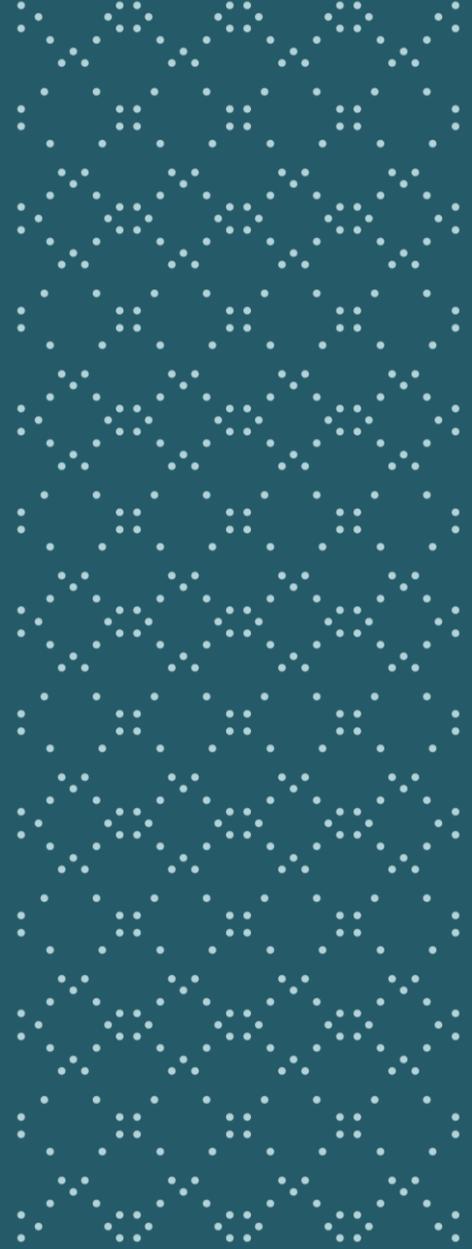




# COVID-19 Rehabilitation Programme

**Marc Holl** BSc (Hons) MSc PgDip MCSP

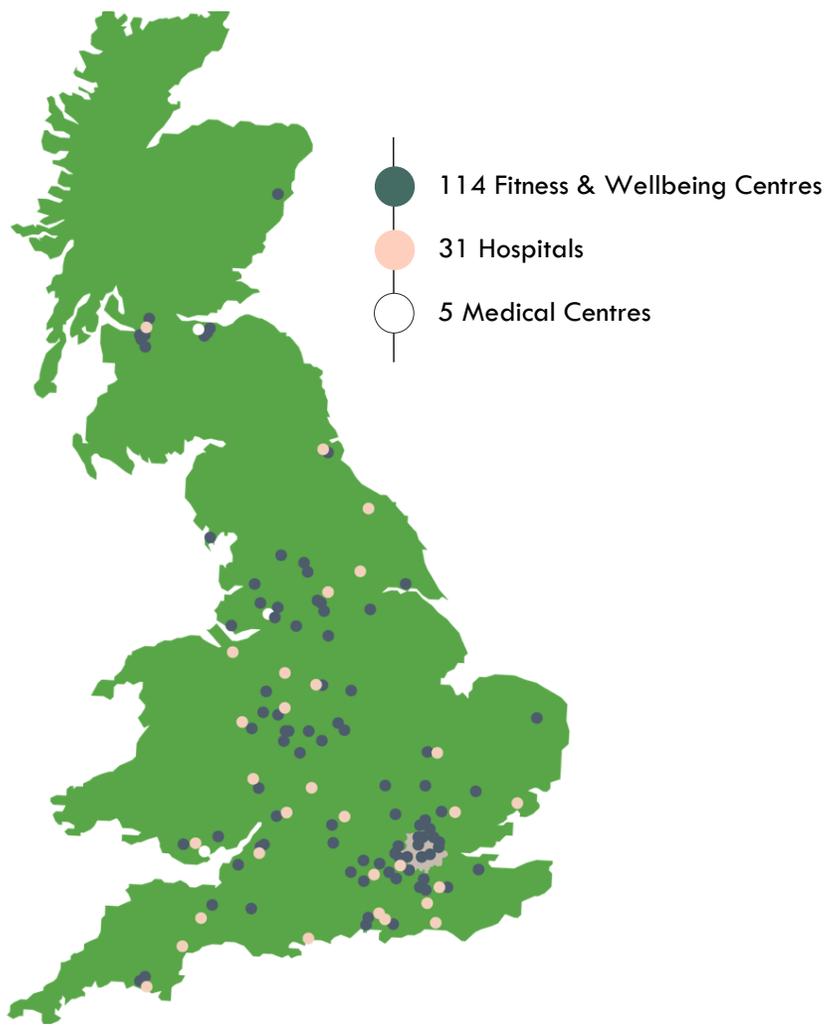
**Head of Primary Care**



# Building a healthier nation

We are the UK's largest healthcare charity. As a trading charity, we invest all our income back into our purpose to build a healthier nation, delivered through our services:

-  **153** workplace wellbeing sites
-  **114** fitness and wellbeing centres
-  **31** hospitals
-  **5** medical centres
-  **1** diagnostic suite



In 2020, we reached 1.55 million people and created a Social Return on Investment of 311%

## Our free flagship programmes

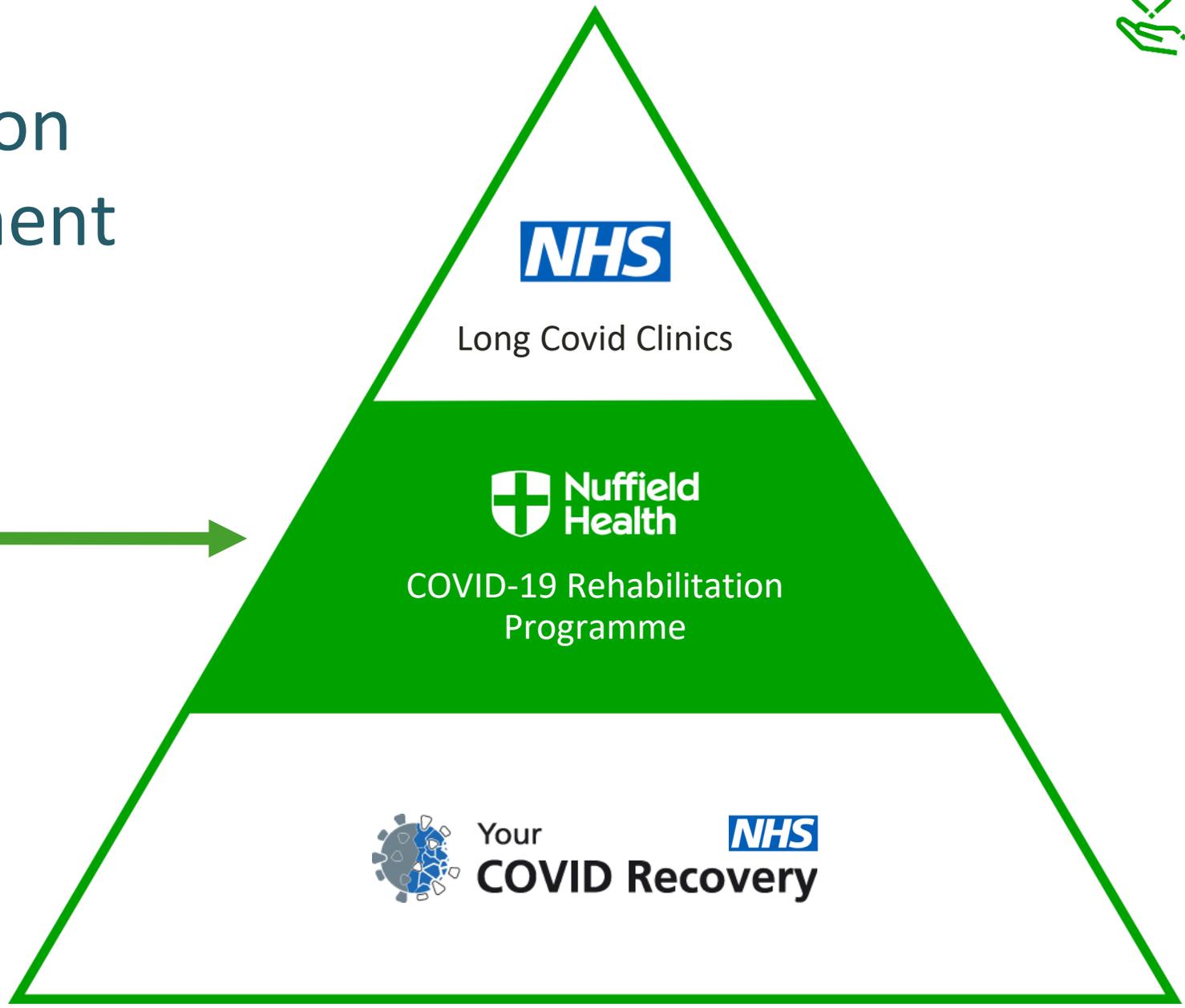
- Joint Pain
- Schools Wellbeing Activity Programme (SWAP)
- Cystic Fibrosis
- STAMINA
- COVID-19 Rehabilitation Programme



# COVID-19 Rehabilitation Programme development

## Where our programme sits

- ◆ Developed by collaborative MDT Clinical working group at Nuffield Health
- ◆ MDT members include Cardio-Pulmonary Rehab Lead, Physician, Mental & Physical Health Practitioners and University of York Professor in Pulmonary Rehab
- ◆ Delivered by Nuffield Health Physiotherapists and Rehabilitation Specialists
- ◆ National Community Rehabilitation Alliance
- ◆ Formal evaluation in partnership with Manchester Metropolitan University
- ◆ Contribution of method and outcomes towards NICE Guidelines



# Programme overview

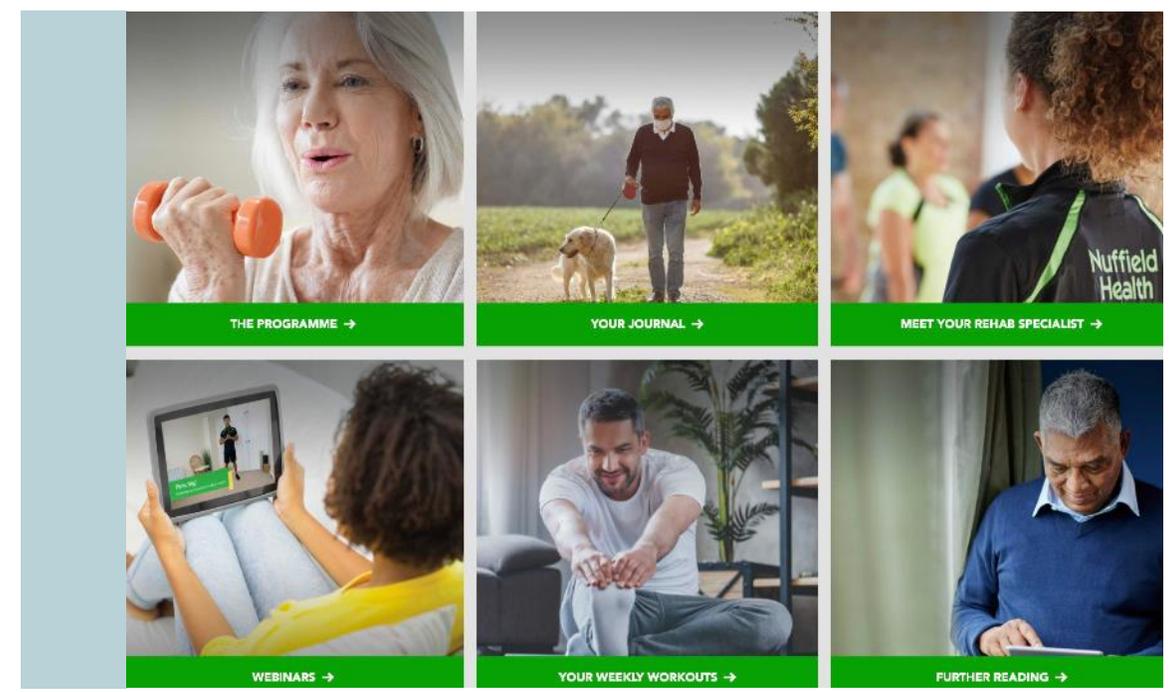
The programme offers a unique blend of physical and emotional support led by a Rehabilitation Specialist and tailored to individual needs. Weeks 1-6 are delivered remotely. For weeks 7-12, the programme moves to face-to-face delivery at a local Nuffield Health fitness and wellbeing centre.

## Programme pathway:



- ◆ Weekly 1:1 calls with Rehabilitation Specialist
- ◆ Weekly live stream group rehabilitation
- ◆ Access to on demand rehab exercises via Nuffield Health 24/7
- ◆ Online Hub of information, webinars and support materials
- ◆ Journal of information, activities and tracker
- ◆ Access to local Nuffield Health fitness and wellbeing centre

## Online information Hub



# Components of the programme

The programme was designed to address the ever changing symptoms associated with Long Covid including

- ◆ Fatigue
- ◆ Breathlessness
- ◆ Anxiety
- ◆ Pacing
- ◆ Mood changes and brain fog
- ◆ Muscle Ache



# Programme outcomes

41

sites live

78%

female

3150

referrals received

45±11

Age

1864

participants accepted

Initial cost-benefit-analysis:

£4,685

health gain per participant (0.234 QALY).

311%

Initial Social Return on Investment

# Clinical outcomes

39%

improvement in breathlessness

29%

improvement in EQ5D Health Status

70%

improvement in emotional wellbeing

39%

of participants absent from work due to symptoms felt they could return to work after completing the programme

45%

improvement in functional capacity

3.7%

of participants see no improvement in any clinical outcome

41%

improvement in fitness



“The COVID-19 Rehabilitation programme has changed my life. There was a moment when I thought I’d struggle to ever walk again.”

Claire McVittie

Participant on the COVID-19 Rehabilitation programme at Nuffield Health Didsbury Fitness and Wellbeing Centre

# Participant feedback



“I had little hope ahead of being introduced to this programme. I was just walking to get myself better but I didn’t know if I could be pushing myself more or if I started running if that would damage my lungs. This programme was an opportunity to have someone guide me.”

“This programme has been extremely supportive and surprisingly comprehensive. It’s very much worth doing and I think to some it actually is a lifeline.”

“It’s really reassuring having a programme which has been developed for people going through what I’ve been through. It’s already a weight lifted off your shoulder, even just knowing that.”

“I never thought I would have come this far in 12 weeks, I’m going to be forever thankful for, and a proper ambassador for this programme. It has made a huge difference to the quality of my life. I now have a normal blood pressure reading, I’ve lost a stone and I have been doing 10,000 steps a day – those were my goals and I hit them.”

“It’s been an incredible springboard in my recovery and I’m really going to miss it. It’s helped me get up and out, given me motivation and has uplifted me mentally. I feel stronger and a lot more positive. Honestly, I don’t know where I would have been without this programme.”

“It’s really valuable and important to have our rehab specialist who is helping monitor, motivate and also reign me in when I need it!”

# COVID-19 Rehabilitation Programme





# In summary

- ◆ Nuffield Health has developed a scalable blended 12-week intervention to help improve the health and wellbeing of those suffering from the long-term effects of COVID-19
- ◆ The programme to date is clinically safe and effective with an accredited training element
- ◆ Utilising an upskilled exercise professional workforce, we have created a programme suited for scale
- ◆ We are delivering the programme at 41 sites now but are committed to mobilising 113 sites by year end
- ◆ Nuffield Health remains dedicated to the research agenda, will continue to publish findings and where possible look to curate/contribute to a National Data Hub



Thank you  
Questions?

