

Tuesday 1st June 2021

Covid-19 Recovery

How can you support this in your care?

The webinar will begin shortly



Recovery Back to Baseline - What can you do?

- Fatigue- Setting small goals and Pacing -Including getting people out of bed.
 - Breathlessness
 - Mental Wellbeing
 - Eating and drinking
 - Movement and Activity
- Signposting – Recognising signs of deterioration.

Terms

NICE guidelines –

Covid-19 rapid guideline: managing the long-term effects of COVID-19

- Acute COVID-19: signs and symptoms of COVID-19 for up to 4 weeks
- Ongoing symptomatic COVID-19: signs and symptoms of COVID-19 from 4 to 12 weeks
- Post-COVID-19 syndrome: signs and symptoms that develop during or after an infection consistent with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis.
- 'Long COVID' is commonly used to describe signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 and post-COVID-19 syndrome (defined above).

For who?

- People who have had Covid-19 and may have some of the symptoms of Long Covid
- People who have not had Covid-19 but who have been less active, less mobile and more isolated as a result of the pandemic
- Anyone who has similar symptoms to those of Long Covid as a result of an existing long term health condition, such as MS, Stroke, COPD
- Anyone who has similar symptoms of Long Covid as a result of an acute health condition, such as a chest infection, an ankle fracture, an exacerbation of a Mental Health condition

Long Covid effects

- Physical Health
- Mental Wellbeing
- Cognitive Function

Physical Health

- Breathlessness
- Fatigue
- Cough
- Taste and smell
- Swallowing and voice
- Musculoskeletal pain – shoulders, back

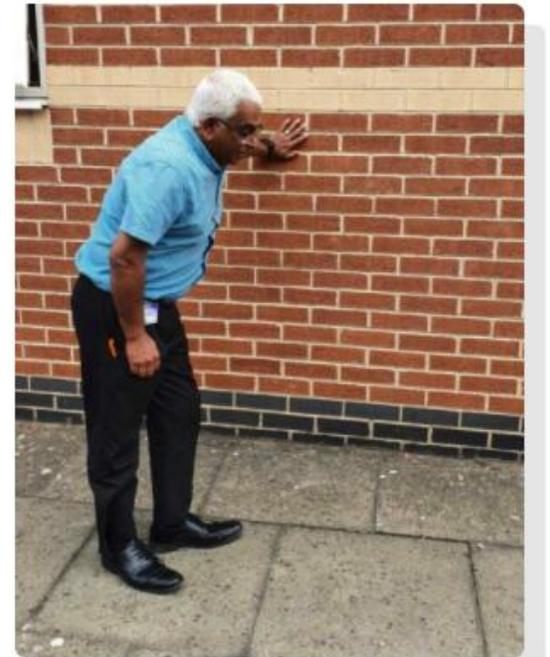
Breathlessness means:

- It may be difficult to walk as much as normal, requiring frequent stops to 'get the breath back'
- Getting short of breath going up and down the stairs
- Feeling that breathing in general is really effortful - shoulders are going up and down (this is tiring in itself!)
- Getting tense and gripping things to try to relieve breathlessness.
- A feeling of tightness in the chest

What can you do to help someone who is breathless?

- Remind them that getting short of breath with exercise/activity is normal after Covid-19
- Help them to:
 - Pace
 - Plan tasks or activities ahead
 - Try not to rush or do things rapidly
 - Try and conserve their energy
 - Take rests
 - Not stop doing the things that make them breathless
 - Practice a technique called ‘breathing control’
 - Practise relaxation
 - Use positions of ease
- Refer for medical review if worsening – see signposting slide

Positions of Ease



Fatigue means:

- A feeling of extreme tiredness/ exhaustion that does not feel 'normal'
- Tiredness/ exhaustion is not relieved by rest or a good night's sleep
- Tiredness/ exhaustion that occurs after minimal effort, is prolonged or limits usual activities
- Tiredness/ exhaustion that leaves the person feeling 'dull' or finding it difficult to concentrate or remember things

What can you do to help someone who is fatigued?

- Remind them that fatigue is normal and real after Covid-19
- Help them to:
 - Get a good night's sleep every night
 - Try relaxation techniques
 - Plan tasks or activities ahead
 - Keep an activity diary
 - Encourage independence where possible
 - Keep active
 - Ensure they eat well
- Refer for review if worsening – see signposting slide

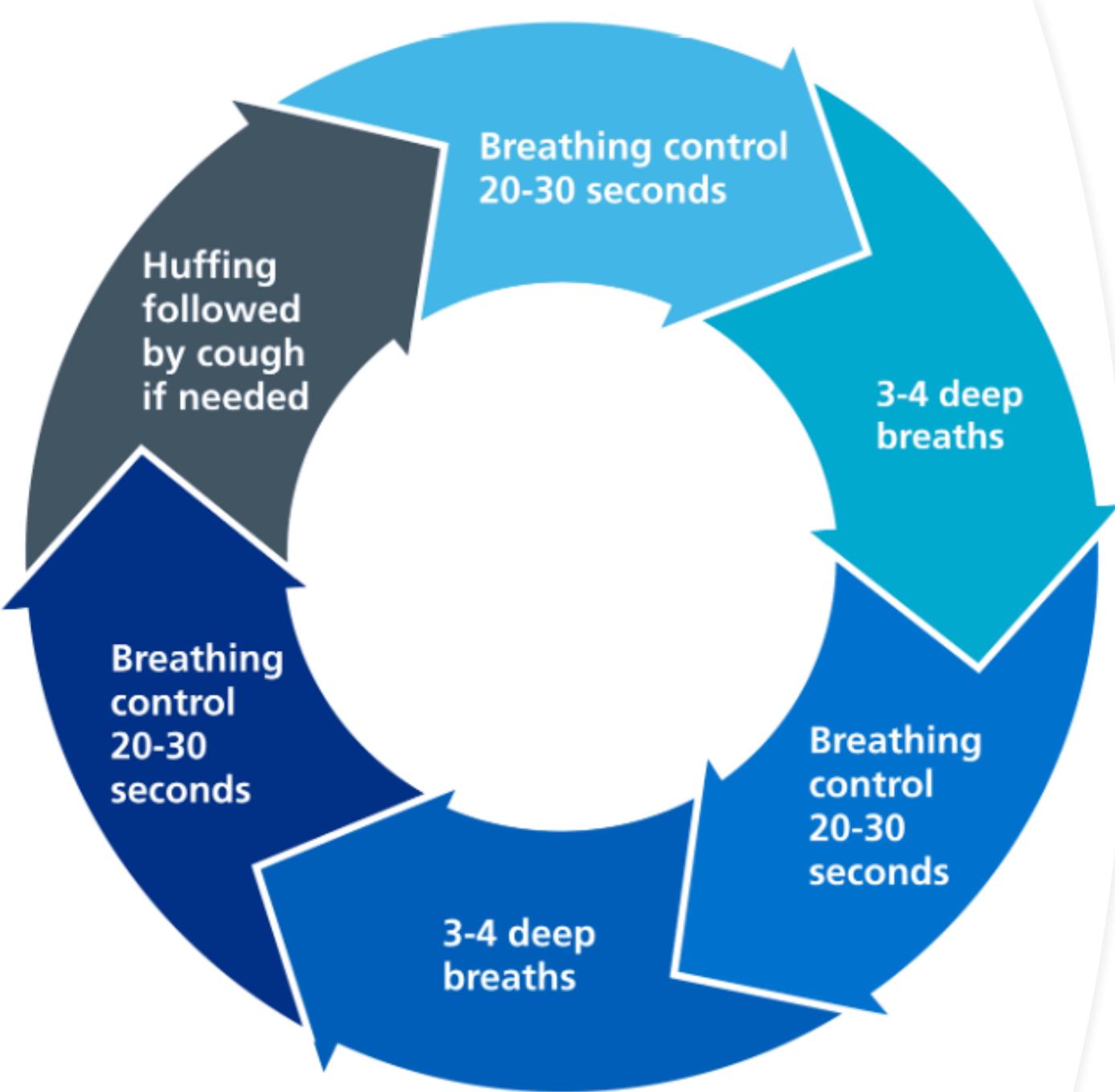
Bed Prevention

Cough means:

- A reflex action to protect the windpipe (trachea) and lungs from infectious particles or irritants
- May persist for a long period after Covid-19
- Over time may develop into a cycle, where excessive coughing causes irritation and inflammation, which worsens the cough
- Can also cause mouth breathing which causes further irritation and more coughing

What can you do to help someone who has a persistent cough?

- Remind them that a persistent cough is normal after Covid-19
- Help them to:
 - Practise a 'normal' relaxed breathing pattern
 - Close their mouth and swallow.
 - Gently breathe in and out through their nose, until the urge to cough goes away.
 - Sip drinks regularly (hot or cold).
 - Suck boiled sweets or lozenges - *if appropriate*
 - Understand that if they have a productive cough, it is important to clear the secretions from their lung
 - Use Active Cycle of Breathing (ACBT)



Active Cycle of Breathing (ACBT)

Active Cycle of Breathing (ACBT)

- It is important not to force clearance and to make sure they give themselves plenty of time to rest during and after
- Repeat this for 3-4 cycles or until they feel that the phlegm has cleared
- Always go back to breathing control if they become fatigued
- They may need to use this technique several times in a day The following can also help with keeping your chest clear
- Positioning – help them keep upright as much as possible. If they have been advised by a physiotherapist to use other positions, then help them try them
- Ensure they take their prescribed medication of antibiotics and/or steroids
- Ensure they take their inhalers if they have them
- Ensure they keep well hydrated
- Encourage them to keep active

Eating and Drinking - Swallowing difficulties (Dysphagia)

- COVID can affect breathing. This can interrupt the breathe-swallow pattern
- They may become breathless while eating and drinking, or find it hard to hold their breath to swallow
- They may cough when they swallow
- A stay in Intensive Care Unit (ICU) can result in a weakening of the muscles used for swallowing
- If they were intubated, this can sometimes cause some bruising and swelling to your throat and voice box.
- If they are getting chest infections it could be a sign that food and drink are going down the 'wrong way'

What can you do to help someone who has swallowing difficulties?

- Remind them that swallowing difficulties are normal after Covid-19 and that usually these affects are temporary and will resolve over time
- Help them to:
 - Sit upright and ensure they are fully awake and alert when eating and drinking
 - Take smaller sips or mouthfuls at a slower pace
 - Reduce distractions around them so they can focus on eating and drinking
 - Avoid talking while eating and drinking
 - Keep their mouth clean and healthy with regular oral hygiene
- Refer to Speech and Language (SLT) or medical review if dehydration is an acute problem – see signposting slide

Eating and Drinking - Taste and smell

- Favourite foods may taste and smell different
- Food may taste bland, salty, sweet or metallic
- These changes affect a person's appetite and how much they eat

What can you do to help someone who has difficulties with Taste and Smell?

- Remind them that changes in taste and smell perception are normal after Covid-19 and that usually these affects are temporary and will resolve over time
 - Help them to:
 - Choose foods that still appeal to them to ensure they eat well
 - Keep trying different foods
 - Ensure good oral hygiene
 - Keep hydrated
- Refer to Dietician if worsening – see signposting slide

Musculoskeletal Pain (mainly Shoulder and Back Pain)

- Being unwell may have made existing problems come back or get worse
- When unwell with COVID-19 people are less active than usual
- Some of the treatments needed during the period of illness may have put extra stresses and strains on some of the joints and muscle
- These may have caused new or increased joint and muscle problems
- Aches and pains, stiffness and muscle weakness
- Difficulties with activities such as standing, climbing stairs, gripping objects or lifting the arms overhead

What can you do to help someone who has Musculoskeletal Pain?

- Remind them that Musculoskeletal Pain is normal after Covid-19 and that usually these affects are temporary and will resolve over time
- Help them to:
 - Get back to their usual activities
 - Try to gradually increase the amount of movement and activity they do
 - Encourage them to pace and rest when they need to.
 - Encourage them to try to do a bit more each day
 - Take into account any other symptoms they may have, such as fatigue and breathlessness
 - Aim for a balance between exercise/activity and rest
 - Limit the amount of time they are in one position, such as sitting

Refer to Physiotherapist if worsening function or for medical review for sudden onset of new pain, swelling, numbness, weakness in the arms or legs, or bowel/bladder changes – see signposting slide

Effects on the Mind

Mental wellbeing

- Fear and Anxiety
- Mood changes and Frustration
- Reduced motivation

Cognitive Function

- Memory and Concentration difficulties – 30% of Covid-19 patients have problems with executive functioning

What can you do to help someone who has Emotional changes?

- Remind them that emotional changes are normal after Covid-19 and that having COVID, being in hospital, or trying to seek help out of hospital, can be really frightening experiences
- Help them to:
 - Reduce the fight or flight response with relaxation techniques, Tai Chi, Music, Yoga, Exercise
 - Try listening - letting them talk about their worries

Refer for professional help if things do not improve – see signposting slide

Signposting - For acute deterioration:

- Be vigilant and questioning
- Compare Vital Signs measurements with Baseline measurements
- Use NEWS2 and RESTORE2 tools to establish the degree of urgency for acute illness
- Use the Prevention of Admission Services in your area

Signposting -For chronic deterioration:

- Do reassure
- Do question - Don't accept that someone won't improve
- Do use an Enabling Approach
- Do refer to the appropriate services for advice or assessment of:
 - Physical impairment or equipment needs
 - Swallowing or communication difficulties
 - Eating and Drinking problems
 - Sleep problems
 - Cognitive impairment
 - Neuropsychological impairment

How to get support or refer your service

Phone – 01707 536 020

Email- stopfalls@hcpa.co.uk

Training- www.hcpa.info/training

Resources-

www.hcpastopfalls.info

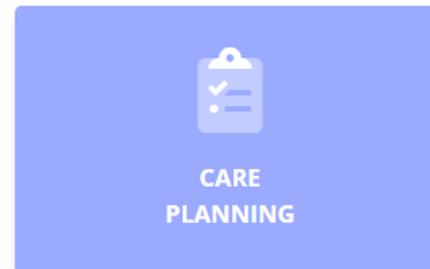
Next Cohort of Enabling
Care Facilitator-

Cohort 5- 8th June 2021-
[Click here to book](#)

Cohort 6- 12th July 2021-
[Click here to book](#)

Resources:

HCPA members Zone and education resources

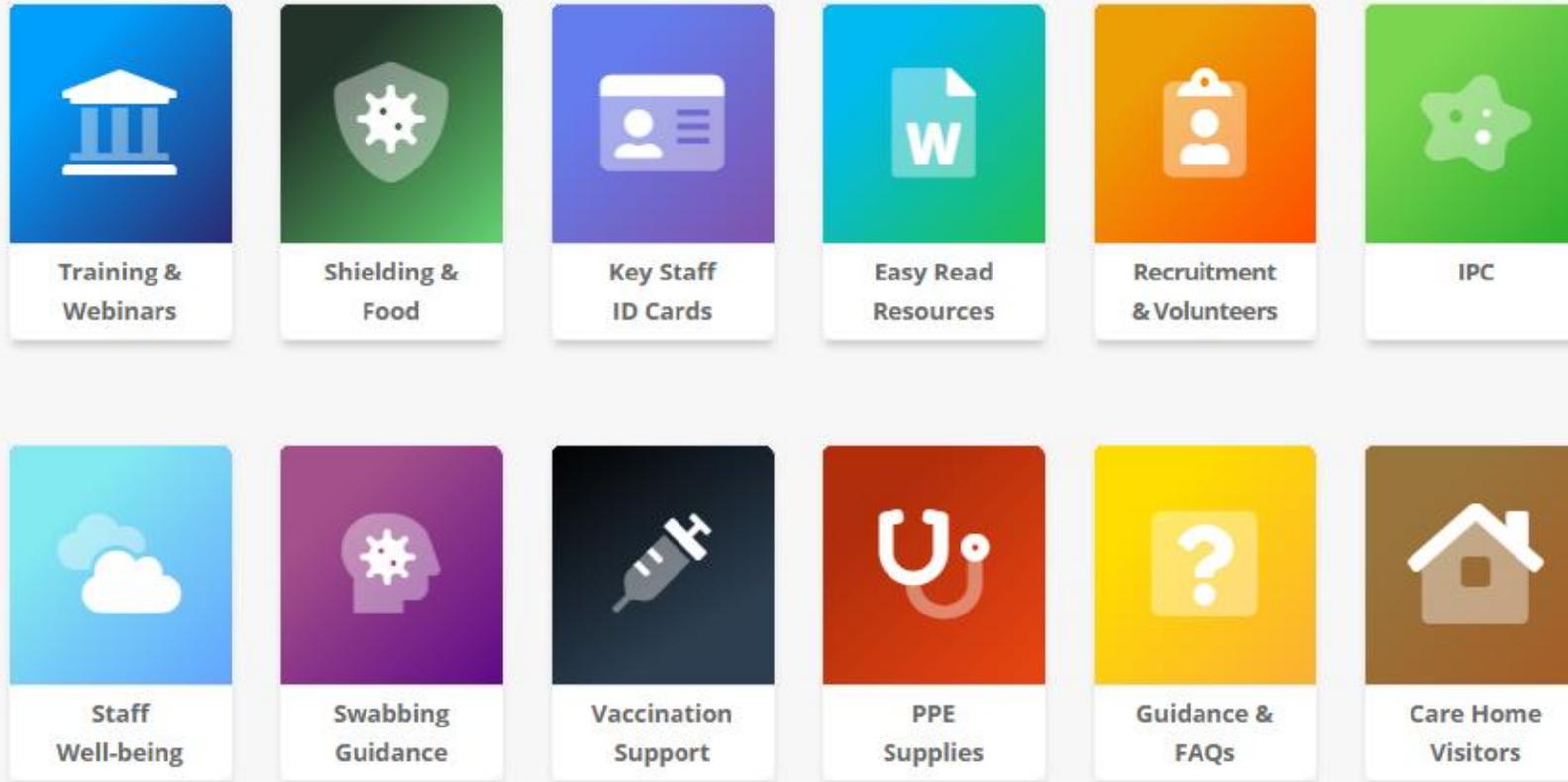


[An Enabling Care Approach:
Changing the culture across the
Care Sector in Hertfordshire](#)

[StopFalls – Falls Prevention
needs your attention](#)

[Connected Lives Toolkit](#)

Support COVID-19 pages managed on the HCPA website- hcpa.info/covid-19



Q&A

Provider Hub

Call 01707 708 108 (9am – 5pm | Mon – Fri)

Email assistance@hcpa.co.uk

Visit- hcpa.info/covid-19

Sign up for the Daily HCPA newsletters at hcpa.info/news