

Wrightington, Wigan and Leigh Teaching Hospitals

NHS Foundation Trust

Information Governance Department

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Ref: FOI/2024/9748

Date Received: 28th March 2024

Response Due: 29th April 2024

Date: 29th April 2024

Dear Sir/Madam

With reference to your request for information received on 28th March 2024, I can confirm in accordance with Section 1 (1) of the Freedom of Information Act 2000 that we do hold the information you have requested. A response to each part of your request is provided below.

In your request you asked:

1. Do you have a specialist service for long Covid patients within your trust? Please name the clinic/service

The Myalgic Encephalomyelitis / Chronic Fatigue Service (ME/CFS) hold and provide a separate service for those referred with Long Covid

2. How many patients in your local NHS area have been referred to the clinic/service to date? Please break down by year-to-date ie 12 months to this date in 2024 and then each of the previous 12 months back to the start of the service

Referral Year	2020	2021	2022	2023	2024
No. of Referrals	47	367	253	58	24

3. Is the service physician-led?

Yes, the service is a consultant led service.

4. Please provide figures for how many patients referred to the clinic/service received the following type of treatment in-house:

The service does not hold figures for treatment provided, the care a patient receives is prescribed following assessment with the consultant and Occupational Therapists / Physiotherapist / Therapy Assistant in the service.

From the list below the service treatment options available have been detailed:

a) physical rehabilitation – please give details

Yes, via Activity Management Plan

b) Graded exercise therapy

Yes, via Activity Management Plan

c) CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them

Yes, plus have access to local talking therapies Service as identified.

d) Advice on pacing

Yes

e) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning - Process, Gupta Programme or Nuffield programme (please specify which)

No

f) drug treatment

Yes

g) other, please specify

Yes, Management Toolkit approach includes Environmental assessments/ aids / adapts; relaxation / breathing / Sleep Hygiene; Stretches; Communication with Self and others (person centred counselling approach); Vocational Rehab / Return to work education plans, family & carer support.

5. Does the service have the ability to prescribe medications to long Covid patients for symptoms where appropriate?

The consultant provides recommendations for medication to the patients registered GP. The GP then prescribes if they are in agreement.

6. If so, please list the 3 most common drugs prescribed for long Covid patients by the clinic, with numbers of prescriptions if possible

Consultant recommends medication(s) to GP via his clinic later. Most Common include Amitriptyline, Sertraline, Topiramate. He does not write prescriptions.

7. Does the service have the ability to order diagnostic tests and scans?

Yes, the consultant can provide referral into relevant diagnostic tests and investigations as recommended by at clinical assessment.

8. If so please list the 3 most commonly ordered tests/scans/diagnostic questionnaires for long Covid patients by the clinic

Brain Scans, blood tests, referral to respiratory including for suspected sleep apnoea, cardiology arms of long covid service as identified.

9. If not provided in-house, which of the following types of services does the clinic/service refer patients onto or recommend?

a) physical rehabilitation – please give details

Yes – to local be well services.

b) Graded exercise therapy

Yes – to be well services.

c) CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them

Yes, plus to talking therapies and counselling service.

d) Advice on pacing

No provided in-house

e) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which)

No

f) drug treatment

No provided in-house recommendation to GP.

g) other, please specify

Sleep clinic; social services; benefit advisors.

10. How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:

a) Consultant

0.2WTE

b) Nurse

0WTE

c) Physiotherapist

0.6WTE

d) occupational therapist

x3:

Lead Band 7 – 0.2WTE

Band 6 – 0.8WTE

e) clinical psychologist/ CBT practitioner / psychotherapist/counsellor

0WTE

f) other, please specify

The Long Covid pathway has support from a therapy assistant 0.1WTE and administrator 0.2WTE.

11. For any doctors employed, please specify their specialism eg GP, cardiologist, neurologist, psychiatrist

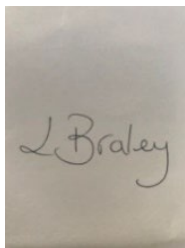
Consultant in Rehabilitation Medicine (Neurology).

12. Is the clinic expected to continue running after 2025?

Yes

If you are not entirely satisfied with this response, please do not hesitate to contact the Information Governance Department via the email address provided. If we do not hear from you within 40 days, we will assume that we have been able to accommodate your request under the Freedom of Information Act 2000.

Yours sincerely,



Lynne Braley
Director of Operations & Performance – Community Division

PLEASE NOTE:

If you are unhappy with the service you have received in relation to your request and wish to make a complaint or request a review of our decision, you should write to: Information Governance Department, Wrightington, Wigan and Leigh NHS Foundation Trust, Suite 9, Buckingham Row, Brick Kiln Lane, Wigan, WN1 1XX.

If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision at:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire, SK9 5AF

Helpline number: 0303 123 111