

B4 Therapy Assistant Practitioner

Leeds Community Healthcare Trust Long Covid Rehabilitation Service

thebmj**awards**

Winner of Clinical Leadership
Team of the Year 2021

 **medipex**[®]
healthcare innovation hub
www.medipex.co.uk/awards

 Winner of Medipex
NHS Innovation Awards
and Showcase 2021

HFMA
AWARDS 2021

Who are we?



Megan Parker



Graduate (BSc Hons) Sports and Exercise Therapist from Leeds Beckett University in 2019.



Tony Callaghan



Birkbeck University of London Counselling and Counselling Skills Qualification 2012. Studied S.T. Psychodynamic Psychotherapy and C.B.T. Graduate of Hoffman Process 2010



Worked privately in clinic for just under 2 years prior to entering this role.



Currently studying a Masters degree part-time in Sports & Exercise Medicine. Due to graduate in 2022.



Freelance P.T. and Pilates Teacher and Biomechanics Coach, private clientele and classes. Specialised in M.S.K. injury rehabilitation . 15 years Ealing West London.



-Member of London Therapy Group. Currently studying Hypnotherapy distance learning course designed by Dr Kate Beaven-Marks

Our service currently...

Hybrid model consisting of clinic, home and virtual appointments. We also have a 10-week virtual course and a printed Long Covid Rehabilitation booklet.

We are an award-winning flagship service! Here's what we've achieved so far: BMJ Clinical Leadership Team of the year 2021, Winner of Medipex Innovation Awards & Showcase & HFMA finance award to close partnering and collaboration – Yorkshire and Humber

Media profile – radio, TV, social media exposure:

Yorkshire evening post x2 articles, BBC Leeds radio interview, ITV Calendar piece

Webinars/conferences: WHO LC rehab conference last month - UK representative service, RCOT/CSP LC webinar, RCOT annual conference, CSP webinar, Webinar Thailand Physios, Multiple NHSE LC webinars

Some publications: Dieticians article on British Dietetics association website & in Complete Nutrition, CSP Innovations database have published our work, OT news article.

Current team profile – what does our team look like?

In one year the service has gone from 8.8 to 19.9 AHPs, plus admin and ops

MDT comprises of: PTs, OTs, Dieticians, TAs, CBT therapist, Psychologist, Research fellows, Doctors

We have a weekly MDT virtual meet which is great for learning and development.

The introduction of TAs to the service

- For this presentation, we spoke with our Pathway Coordinators Rachel Tarrant and Jennifer Davison to ask why they felt recruiting TAs was a necessary step in the progression of the service. Here's their response:

“We decided to recruit to Band 4 Rehabilitation Assistants to support the clinical staff with the outcome measures and observations that are crucial to a holistic assessment in Long covid and to be able to review the effectiveness of interventions. In addition to use their individual skills to deliver group virtual sessions, and in the future to follow up patients with low activation to assist them in participating in their rehabilitation programmes and helping them to progress through the stages of recovery.”

Our role as TAs within the Long Covid Rehab Service:

Our core responsibilities are similar to those of a TA within a trust community team, covering administrative tasks, organisation of workload and professional responsibilities and communication.

However, our rehabilitation and risk management is specific to post covid-19 syndrome. We are required to hold a breadth of knowledge in order to understand and interpret patient symptoms and data collected.

Our scope as TAs within the Long Covid Rehab Service:

Knowledge of breathlessness management techniques.

Awareness of common pathologies and conditions and how this is likely to impact on the patient.

Knowledge of function and major muscle groups and bones & to be aware of what normal ROM is.

MDT involvement and additional project work.

Understanding of equipment prescription, fitting and usage.

Outcome measures and observations - we will go into more detail on the next slide regarding our current outcome measures that are being used in clinic.

Outcome measures and observations



Outcome measures: C19-YRS, MRC Dyspnoea rating, EQ5D, PAM (if requested by clinician), MFIS

Cover physical, emotional, cognitive triggers of LC symptoms.



OBS: Sitting, lying and standing BP, HR and SpO2 → The NASA 10min Lean test, Temperature, Resp rate, 1min STS



Why are these being used?

Service evaluation and auditing purposes.

Used to measure change within patients – initial, interim and final assessments.



C19-YRS is now a validated outcome measure. We also have the C19-YRS app that has been developed by ELAROS, where patients are provided log-in details to complete these outcome measures via this platform.



A day in clinic...



Additional
project
work –
what else
have we
been
getting up
to?



The service has welcomed our previous experience and allowed us to initiate a project focusing on improving movement to aid the breathing exercises prescribed by our clinicians. Termed “*Movement Improvement for Breathing*”




Tony is involved with the Relaxation group, which is a new virtual module that we are aiming to deliver in the near future – currently in pilot stage.

This involves teaching simple and effective soft manual massage stimulation exercises directly affecting the Vagus Nerve. Proven techniques to regulate breathing function and lower autonomic heightened nervous system responses.



Megan is involved with the research team. Carrying out a service evaluation of our current exercise advice within, to assess the effectiveness of using the Borg CR-10 scale in managing PEM.



What will
our work
lead on to?

Further projects/CPD

More TAs as the service
grows

Holistic role



Thank you for
listening!

Any questions?