

# OP6

## INNOVATIONS IN COVID-19 RECOVERY AND REHABILITATION SERVICE FOR HEALTHCARE WORKERS

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### Background

Newcastle OHS noted a key theme of a proportion of staff experiencing distress and functional impairment for a prolonged period following suspected and/or confirmed COVID-19. Funding was awarded by Newcastle Charities to support the provision of COVID-19 recovery and rehabilitation service for Trust employees.

### Aims

- To provide timely guidance to staff experiencing ongoing symptoms post-COVID-19, with access to a broad multi-professional team
- To reduce the impact of symptoms on function and absence
- To build capacity/capability within the OH team
- To develop resources and information

### Methods

A physiotherapist and psychology assistant worked with the existing OH team to develop bespoke fitness-for-work advice: hours, adaptation of duties, tasks and risk-assessments, including personal protective equipment.

Physiotherapist advice and guidance utilised exercise-based sessions and developed gym-programs to facilitate physical recovery and mental wellbeing.

Psychological advice and guidance facilitated recovery with low-intensity, CBT interventions, delivering group education via video-technology (MS Teams™).

### Results

Funding support was implemented from March 2021 to March 2023. During this period OH referrals followed the demographics of COVID-19 in the community. The service managed variability by expanding the delivery of the programme to other OH professionals, enabling responsive and timely brief-intervention for 738 employees. Data on outcomes will be presented.

### Conclusions

The establishment of a specific NHS-OH focused recovery and rehabilitation service facilitated a necessary response to those affected by symptoms with COVID-19 enduring beyond 4 weeks. It established a rapid learning cycle in the existing OH team which enabled responsive expansion, meeting demands, which were at the time unmet.

### References:

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