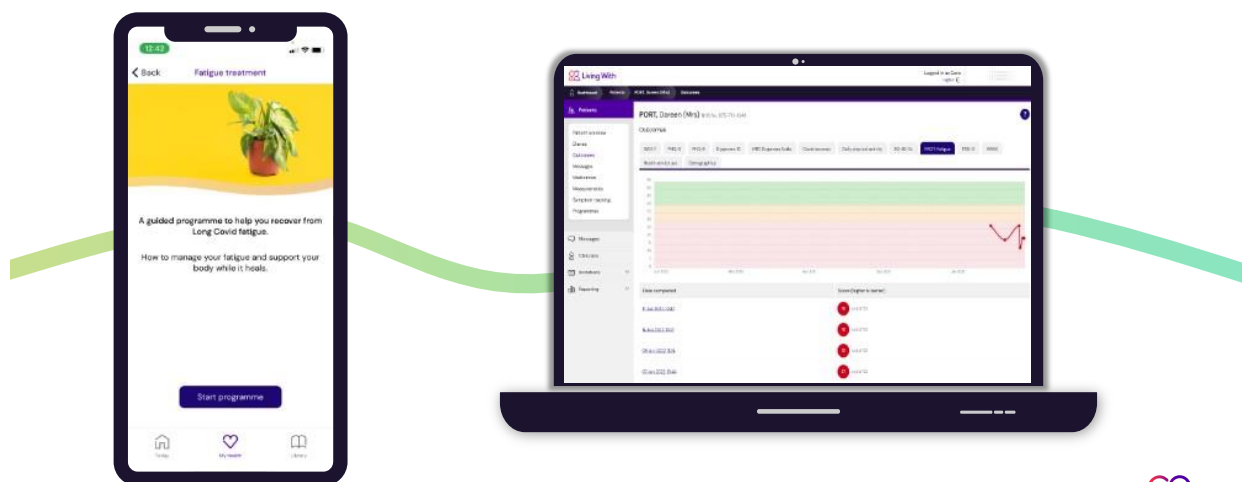


Living With Covid Recovery

Overview

Living With Covid Recovery improves a clinic's management of post-covid patients by **sixfold** compared to traditional therapies: enabling services to increase capacity without compromising on outcomes. Source: Barts Health, 2021.

- It was co-created with experienced clinicians and researchers at UCL, Barts Health, UCLH, CNWL and The Royal Free, Southampton University and Exeter University.
- The development and evolution of the product has been funded by 2 NIHR grants
- It is now used in over 30 NHS Trusts and multiple ICS in the UK
- It is recommended and endorsed by NHSE
- It is actively part of NHSE's long covid [commissioning guidelines](#)
- It is currently helping more than 5,500 patients and used by more than 600 clinicians
- The product has been iterated 10 times since its launch in August 2020 in Barts



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Product role

The role of the product is to increase the number of patients getting high-quality treatment simultaneously and remotely across all aspects of the condition, to enable them to get back to their pre-Covid state of health. It consolidates evidence-based methods from psychologists, respiratory physicians, physiotherapists and dieticians to form bespoke treatment plans for patients. Living With Covid Recovery, consists of 4 core elements:

- Configurable patient app. This is available in 3 different and complementary Long Covid rehabilitation products which are all housed in the same app. They can be used individually or in combination depending on the patient's needs:
 - Assessment only: the app houses the assessment programme with a full range of outcome measures including MRC, D12, EQ5D, PDQ-5, WSAS, FACIT-Fatigue, GAD 7, PHQ8 or PHQ9. This can be used for assessing/triaging a patient before "treatment".
 - The "full fat" version of the Living With Covid Recovery product: enables clinics to provide higher risk patients with personalised treatment programmes to help them deal with their symptoms, whilst assessing and reviewing their progress and communicating with them remotely.

- A self-management version of the Living With Covid Recovery product: a reduced product without messaging and designed for lower risk patients.
- Clinician dashboard from which patients can be invited, monitored and their treatment optimised
- Carer access (friends and family)
- Service provider portal for access to anonymised data

It provides sector-leading support to patients and clinicians and is designed to be:

- Cost-effective
- Adaptable to your clinical pathway
- Flexible to meet the needs of different clinic setups and resources

Benefits

- Increase support for patients across all levels of risk and improve patient's symptoms
- Enable clinicians to monitor all aspects of patient's conditions remotely
- Manage the patient's care more efficiently, providing them quick and easily with personalised treatment plans as they follow the pathway
- Overcome the digital equity divide ensuring that all types of patients can get remote support
- Reduce the healthcare burden across primary, secondary and community care
- Enable clinicians to monitor large numbers of patients much more efficiently. For example a clinician was managing a case load of 100 patients on 4 hours per week

Example Clinician feedback

Service evaluations and feedback reveal that clinicians most value:

- The efficiency of the platform and how it enables good quality care.
- The reduction to 2 or 3 minutes per patient, per week.
- How the patient app promotes MDT learning.
- The ability to take a proactive approach to spot imminent "crashes" and intervene early.

"Would love to manage all rehab patients this way".

- Heidi Ridsdale, Clinical Lead and Respiratory Physio at Camden NHS Trust.

"The proportion of people needing further help is really high. We're finding that half of the patients we discharge from hospital are still experiencing significant symptoms after three months. There are simply not enough staff and resources to reach everyone recovering from COVID-19 who are in need of using traditional models of care, such as face-to-face appointments. **This tool allows us to provide high-quality treatment to large numbers of patients simultaneously.**"

- Respiratory physician Dr Paul Pfeffer, Barts Health NHS Trust.

"Issues that arise post-COVID are multifactorial and often debilitating. For each person we are able to take a **holistic approach** to their treatment and provide a **personalised plan via the tool**, including frequent monitoring and ongoing communication."

- *Physiotherapist Hannah Hylton, St Bartholomew's Hospital.*

“The mental health component of the digital tool is just as important as the physical, and we are finding that the symptoms are often interrelated – for instance, if you're feeling anxious you may be less likely to eat well, which may lead to further tiredness, which further impacts your mood and so on. **A core feature of the recovery tool is Cognitive Behavioural Therapy (CBT)** delivered by psychologists to help with anxiety.”

- *Psychologist Dr Stuart Linke, UCL Primary Care and Population Health and Camden and Islington Mental Health NHS Trust.*

Example Patient Feedback

- It's really thorough and guides you through advice and a really good way of tracking recovery and identifying problems. Makes you feel not alone in recovery process and illness is understood
- First impressions, I love it! The library is brilliant and easy to navigate and the photos just make it so much more attractive and user friendly. Genuinely helpful information, well laid out and hugely appreciate the reassuring, supportive tone
- It tells you what you need to do! Helps with appointments etc so you don't have to worry about chasing things and you can record how you feel in one place for a clinical team to see to guide recovery.
- Really useful to be able to send additional information back to the (clinical) team via message and receive messages back which is great as a really great individualised support.

Feature	COVID RECOVERY
General features	
Messaging	Yes
Patient & clinician enrolment	Yes
File attachments	Yes
Goal tracking	Yes
Symptom tracking - General	Yes
Medication tracking	Yes
General outcomes	Yes – EQ5D-5L, WSAS, Health Service Use, Demographics
Patient data export	Password protected spreadsheet of patient identifiable data
Reporting	Service information / analytics
3 different and complementary rehabilitation products, housed in the same app. They can be used individually or in combination depending on the patient's needs:	<ol style="list-style-type: none"> 1. Assessment only: the app only houses the Covid Recovery assessment programme with a full range of outcome measures 2. The entire Living With Covid Recovery product 3. A self-management version of the Living With Covid Recovery product: without messaging and designed for lower risk patients.
Specific features	
Cross- condition outcome measures	YES Facit-Fatigue, GAD-7, PHQ8/9, PDQ5
Condition specific outcome measures	MRC Breathlessness, D-12, Covid Recovery
Diaries	YES Fatigue Diary and Fatigue Activity Diary
Patient information (articles)	Yes
Episode or symptom tracking	No
Objective results	Weight tracking
Exercises	<ul style="list-style-type: none"> • Daily Physical Activity
Programmes	Assessment; Introduction; Fatigue Treatment; Stress and Anxiety treatment; Brain Fog treatment; Breathlessness treatment; sleep improvement and Mindfulness meditations
Carers	Yes