

# Longer-term effects of Covid (long-covid) Rehabilitation Survey v1.4

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## About this survey

### Introduction

We are a team of policy and strategy leads, and clinical and academic AHP researchers, with an interest in researching rehabilitation for long-covid in Scotland.

We want to apply to CSO Scotland for funds to conduct an evaluation of rehabilitation services for patients with long-Covid, to understand what works and why, and also to identify any unmet need and how it might be best addressed.

We therefore want to find out about current long-covid rehabilitation services across Scotland, to inform this research and make it as useful as possible to AHP's providing long-covid rehabilitation. We also want to find out which board areas would be interested in working with us.

We have a very tight deadline for applying for funds (9th November) and therefore ask that you complete this short survey by 25<sup>th</sup> October if you are willing to do so.

Thank you in advance

Bette Locke, AHP Professional Advisor in Rehabilitation, Scottish Government

Dr Lesley Holdsworth, Clinical Lead Digital Health & Care, Scottish Government

Prof Kay Cooper, Robert Gordon University

Dr Edward Duncan, NMAHP Research Unit, University of Stirling

Dr Jacqui Morris, University of Dundee

### Use of your data

Any data provided by you via this survey will be used to inform a research funding

application and that data will be processed & stored in line with GDPR.

Data may be published, but will be anonymised and non-indentifiable.

Are you happy to proceed with the survey? *\* Required*

Yes

No

# Long-Covid Survey

## Definition of long-Covid

We are using the definition in the Scottish Government Framework for Supporting People through Recovery and Rehabilitation during and after the COVID-19 Pandemic:

*“The rehabilitation of people who have had coronavirus (COVID-19) and as a result may present with symptoms such as: cardiovascular, pulmonary and musculoskeletal deconditioning, emotional, neurological and cognitive symptoms such as anxiety, post-traumatic stress disorder, post intensive care syndrome, fatigue and pain”*

Which board area do you work within? **\* Required**

- Ayrshire and Arran
- Borders
- Dumfries and Galloway
- Fife
- Forth Valley
- Grampian
- Greater Glasgow and Clyde
- Highland
- Lanarkshire
- Lothian
- Orkney
- Shetland
- Western Isles
- Tayside

How are people with long-term effects of Covid managed in your board area? (please select all answers applicable)

Please select at least 1 answer(s).

- Within pre-existing rehabilitation services
- Existing rehabilitation has been adapted
- New service has been set up for long-Covid rehabilitation
- Currently developing a new service for long-Covid rehabilitation
- Other

Please describe the service as fully as you can:

# Long-Covid Survey

Which professional groups are involved in delivering long-Covid rehabilitation in your board area?

Please select at least 1 answer(s).

- Physiotherapist
- Occupational Therapist
- Speech and Language Therapist
- Dietician
- Psychologist
- Other

Please describe the service as fully as you can:

How do patients access long-covid rehabilitation in your board area? (please select all answers applicable)

Please select at least 1 answer(s).

- Hospital referral
- GP referral
- Self-referral
- Other

Please describe the service as fully as you can:



# Long-Covid Survey

How is long-covid rehabilitation delivered in your board area? (please select all answers applicable)

- Face-to-face
- Digital
- Group
- One-to-one
- Self-management resources

If you select more than one answer, please indicate estimated percentage of rehabilitation support provided by each medium

Can you describe the content and duration of typical long-Covid rehabilitation in your board area?

# Long-Covid Survey

How many patients have received long-Covid rehabilitation to date?

What are the main problems that patients are requiring rehabilitation for? (Please select all that apply)

 [More info](#)

- Respiratory
- Fatigue
- Mental health
- Musculoskeletal
- Neurological
- Other

Please describe as fully as you can:

Would you be willing to take part in a research project evaluating long-covid rehabilitation in order to find out what works and what could be done to address any unmet need in the patient population in Scotland? **\* Required**

- Yes
- No
- Not sure

Please provide your email address:

Thank you for completing this survey. We will use the results to inform a research grant application to CSO Scotland on rehabilitation strategies for the longer-term effects of Covid-19.

# Long-Covid Survey

If you would like further information, or would like to share any further information on long-covid rehabilitation please contact [k.cooper@rgu.ac.uk](mailto:k.cooper@rgu.ac.uk)

Thank you for your time.

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