

EITEM AGENDA / AGENDA ITEM: 5

**Cyd-bwyllgor Canolbarth Cymru ar gyfer Iechyd a Gofal /
Mid Wales Joint Committee for Health and Care**

Dyddiad y Cyfarfod: Date of Meeting:	18 th October 2021		
Eitem ar yr Agenda: Title of Report:	Recovery in Mid Wales		
Arweinydd: Lead:	Steve Moore, Chief Executive Hywel Dda University Health Board and Lead Chief Executive Mid Wales Joint Committee Peter Skitt, County Director Ceredigion and Mid Wales Joint Committee Programme Director		
Pwrpas yr adroddiad: Purpose of the Report:	To receive a follow up report outlining how i) Organisational COVID-19 recovery plans will support the position across Mid Wales ii) Support services in place for recovery from long COVID.	Ar gyfer cytundeb For Agreement	
		Ar gyfer trafodaeth For Discussion	✓
		Ar gyfer gwybodaeth For Information	

Crynodeb / Summary

1. Recovery / Annual Plans

In December 2021, due to the ongoing uncertainty of the COVID pandemic at that time, the Welsh Government determined that it was not feasible to return to the three year planning cycle and that NHS organisations would be required to submit an Annual Plan for the period April 2021 to March 2022 which built on the quarterly plans developed during 2020/21. Health Boards were required to submit the first iteration of their 2020/21 COVID-19 recovery /annual plans to the Welsh Government at the end of March 2021.

At the Mid Wales Planning and Delivery Executive Group meeting on 26th April 2021, it was noted that generic feedback on these plans had been received from the Welsh Government which would be used to inform the development of the final plans to be submitted by 30th June 2021. Key feedback of relevance to Mid Wales was that the identification of new regional solutions was essential to deliver equity of access to services and that there was an expectation that regional discussions continued in quarter 1 of 2021/22 (April to June 2021). It was acknowledged by the group that there was a need for organisations to consider how their respective recovery / annual plans supported the position in Mid Wales.

At its last meeting in May 2021, the Mid Wales Joint Committee received the latest versions of the organisational recovery / annual plans for both the three Local Authorities and Health Boards. It was noted that the annual / recovery plans were the first draft and more work was required on their further development including how the plans could meet the needs of the Mid Wales population. Although a significant amount of work on the recovery of services was being undertaken this was still in the early stages as organisations were at the time in the first stages of recovery.

Health Boards submitted their final Covid-19 recovery / annual plans to the Welsh Government at the end of June 2021. The final version of these reports are attached as follows:

- Appendix 5a - Hywel Dda University Health Board
- Appendix 5b - Betsi Cadwaladr University Health Board
- Appendix 5c - Powys Teaching Health Board

The Mid Wales Planning and Delivery Executive Group received these plans at its meeting on 28th September 2021 where it was noted that they were an immediate response due to the short timescales but that there was some alignment in terms of the themes and approaches across organisations. There was now an opportunity to look further ahead with a longer term response. Although the NHS Wales Planning Framework had not yet been published, Health Boards had started to commence work on their longer term plans in anticipation of the framework being issued in late October/early November 2021 with the submission date to be confirmed for the first part of 2022.

The Mid Wales Planning and Executive Delivery Group are due to meet on 6th December 2021 to consider organisational plans and how they can support the needs of the Mid Wales population.

One key priority for Health Board recovery / annual plans has been the introduction of pathways and resources to provide support for patients presenting with long COVID syndrome in line with national guidance. Below is a summary of the latest position regarding their introduction across each of the Mid Wales Health Boards.

2. Support services in place for recovery from long COVID

A significant amount of work is being undertaken at both a national and level to support people with post-COVID syndrome which includes supporting health professionals to recognise the symptoms, signpost people to support and providing a clear pathway for people as they go through the healthcare system. One key support service developed nationally is the NHS Wales COVID-19 Recovery app, which is available in both English and Welsh. This is an online recovery programme to provide support to patients after COVID-19. The app, which has been developed by the NHS Wales Respiratory Group on behalf of the Welsh Government, is available to support individuals across Wales.

Locally all three Mid Wales Health Board have on their websites dedicated pages for supporting patients with their recovery from Long COVID which contain a suite of information sources for those support services available. Also, the three Health Boards either have services in place or nearing establishment for supporting people with recovery from Long-Covid which are detailed further below:

Powys Teaching Health Board (PTHB)

PTHB's COVID Recovery and Rehabilitation service accepts referrals for individuals from General Practitioners. The service is hosted by the Pain and Fatigue Management Service and offers a facility for those with ongoing symptoms of Post-COVID Syndrome. The service is a multi-disciplinary team consisting of Psychology, Physiotherapy, a GP and an Advanced Nurse Practitioner who have years of experience dealing with persistent pain and fatigue, including post-viral fatigue. The service has established resources to help individuals to manage their symptoms, increase the chances of recovery and improve their quality of life. The service has been in place since December 2020 and is delivered via remote services

using telephone/ video consultations, group video workshops, workbooks and online videos.

Hywel Dda University Health Board (HDdUHB)

Since early October 2021, HDdUHB has developed a dedicated Long COVID Syndrome Service that will support patients suffering from long-term effects of COVID-19 infection. The designated multi-disciplinary (MDT) Long COVID Syndrome Service aims to provide holistic assessment and management based on individual patients' needs. The predominantly virtual MDT service will comprise of two elements:

- A screening and assessment service specifically for long COVID, following NICE guidance and providing a comprehensive person-centred assessment performed by highly specialist therapists, to develop an individualised recovery plan.
- A specialist MDT Long COVID service providing follow-up care and rehabilitation for patients experiencing Long Covid symptoms who require ongoing support and rehabilitation

Betsi Cadwaladr University Health Board (BCUHB)

BCUHB have established a Long-COVID Recovery Programme working with regional partners and expert patients by experience with the outline vision:

'To provide the required levels of care and support for our patients and staff to address the longer-term effects of COVID-19.'

The HB are preparing to launch prototype service in South Wrexham locality cluster from Llangollen Health Centre from end of November 2021. The service will be accepting referrals from Primary Care, post-hospital discharge and patient self-referrals. The MDT will comprise Advanced Practitioner Therapies Lead, Allied Health Professional Therapists, Clinical Psychology Lead, Assistant Clinical Psychologists – Case Co-ordinators and Administrative Support. Work is being progressed with Area Teams to identify and implement additional MDTs across the region and they are planning to scale-up this service at pace

Argymhelliad / Recommendation

For information - The Joint Committee are asked to discuss the follow up report outlining how organisational COVID-19 recovery plans will support the position across Mid Wales including those support services in place for recovery from long COVID.