

COV/LTE/20/29 - Evaluating emerging models of community rehabilitation for people experiencing the effects of long-COVID to inform responsive service delivery across Scotland

Studies estimate that 10–35% of people with COVID-19 experience disabling clinical symptoms following the acute phase of their illness (long-Covid). Scottish Government figures estimate that there are already 5,330-18,655 citizens with long-Covid, many of whom are likely to require support to recover. Community rehabilitation, delivered by physiotherapists, occupational therapists and other health professionals, is a well-established approach to enabling people to maximise their quality of life and recovery. However, community rehabilitation for people with long-Covid is in its infancy. There are considerable differences in how community rehabilitation for people with long-Covid is currently delivered across Scotland. We want to assess which models of community rehabilitation are most appropriate, in which circumstances. We will evaluate the delivery and outcomes of four different models of community rehabilitation for people with long-Covid currently being delivered in Scotland. This will help us to identify which models are more suitable, for which patient groups and in which contexts. We will then hold online workshops with community rehabilitation managers, service leads and others from across Scotland. During the workshops, we will present our findings and support participants to develop evidence-based action plans to improve their local long-Covid community rehabilitation services.