

Freedom of Information Request: Our Reference CTMUHB_560_23

You asked:

I am writing to you under the Freedom of Information Act 2000 to request the following information. Please could you provide answers to the questions below by email:

1. Do you have a specialist service for long Covid patients? Please name the clinic/service

Yes, Cwm Taf Morgannwg University Health Board has a specialist service for long Covid patients. The Long Covid Rehabilitation Service was established in winter 2020, and in October 2023 expanded to support people living with ME/CFS and post viral fatigue syndrome, and as such has been renamed the Primary Fatigue Service.

2. How many patients in your local NHS area have been referred to the clinic/service to date?

2548.

3. How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:

a) doctor – GpwsI 0.4 Full Time Equivalent (FTE)

b) nurse - 0

c) physiotherapist – 2.0 FTE

d) occupational therapist – 1.0 FTE (1.0 FTE vacant)

e) clinical psychologist/psychiatrist/ CBT practitioner – 0.6 FTE vacant

f) other, please specify -

AHP lead – 0.5 FTE

Generic OP/Physio Assistant Practitioner – 1.0 FTE vacant

Psychology Assistant – 1.0 FTE vacant

Clinical Coordinator – 1.0 FTE vacant

4. For any doctors employed, please specify their specialism e.g. GP, cardiologist, neurologist

GP with Special Interest in Long Covid, ME/CFS and Post Viral Fatigue Syndrome.

5. Does the service have the ability in-house to prescribe medications to long Covid patients?

No.

6. If so, please list the 3 most common drugs prescribed for long Covid patients by the clinic

N/A.

7. Does the service have the ability to order tests and scans?

No.

8. If so please list the 3 most commonly ordered tests/scans/diagnostic questionnaires for long Covid patients by the clinic

N/A.

9. Please provide figures for how many patients referred to the clinic/service received the following type of treatment:

a) A wellbeing programme - Not recorded

b) physical rehabilitation - 34%

c) psychological support - 24%

d) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which) - 0

d) drug treatment - 0

e) other, please specify – self-management 63%; referred to secondary care 3%; directed to online services 10%

Please note some patients receive more than one type of treatment.

10. If not provided in-house, which of the following types of services does the clinic/service refer patients on to or recommend?

a) A wellbeing programme- Yes, we encourage self-referral to the WISE programme if they feel they would benefit from it.

b) physical rehabilitation - NERS (National Exercise Referral Scheme)

c) psychological support - Vacant posts in service so directed to Valleys Steps

d) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which) - 0

e) drug treatment - 0

f) other, please specify - Core pelvic health physio, core dietetics and core SALT, Wellness with the Welsh National Opera.

11. Is the clinic expected to continue running after 2025?

Yes.