

Long Covid in Workers: Assessment, Management, and Return to Work

Pre-conference Workshop

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Faculty:

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The learning objectives of this session are focused on understanding the assessment and management of patients with Long Covid, as well as supporting their return to work. The structure of the initial assessment will be discussed, including the various components and their significance. The C19-YRS tool will be introduced as part of the assessment process. The different disciplines within the multidisciplinary team (MDT) will be explored, highlighting what each discipline assesses and how they differ. Testing methods such as blood tests, scans, and spirometry will also be addressed.

The management strategies for the most common symptoms of Long Covid, including fatigue, breathing pattern disorder/breathlessness, pain, and brain fog/cognitive dysfunction, will be discussed in line with NICE guidelines and guidance from governing bodies. The medical, physiotherapy, and occupational therapy approaches to symptom management will be compared, emphasizing the importance of collaboration and incorporating pacing strategies and lifestyle factors. The use of outcome measures such as the Fatigue Severity Scale and MOCA for brain fog will be covered.

Rehabilitation pathways, including in-person appointments, virtual groups, and online app-based programs, will be explored, focusing on the MDT approach to rehabilitation and including patient feedback on pros and cons. The utilization of technology, particularly the "living with app," will be discussed. Vocational rehabilitation will also be addressed, along with recommendations from the Faculty of Occupational Medicine's document, "The Long Covid Guidance for Employers," and other guidance. Reasonable adjustments for employers and their support in symptom management plans will be presented, with supporting documents such as action plans. Case studies will be shared to illustrate patient journeys and successful return-to-work outcomes.

Lastly, social engagement and employment in individuals living with Long Covid will be discussed, followed by a Q&A session.

About Our Speakers:

1. Cormac Ryan (UK)

Cormac is a Professor of Clinical Rehabilitation at Teesside University, UK. He has a BSc in Sports and Exercise Science, an MSc in Physiotherapy, and a PhD in pain management. He is co-lead of PETAL (Pain Education Team Aspiring Better Learning), an international collaboration aiming to facilitate better public understanding of current thought on 'how pain works' (www.petalcollaboration.org). Cormac has contributed to guidelines/standards for organisations, including the British Pain Society and the Faculty of Pain Medicine. He is the Community Pain Champion for Flippin' Pain™, a UK-wide public health campaign to improve public understanding of pain (www.flippinpain.co.uk).

2. Deepak Ravindran (UK)

Deepak is a full-time NHS consultant in the UK and is a Fellow of the Faculty of Pain Medicine at RCOA and the Deputy Editor for ePain – the digital platform of NHS England. He is a Hon Professor at Teesside University and is board certified in Lifestyle Medicine and MSK Medicine. He helped set up an award-winning NHS service for Pain and Long Covid. He lectures nationally and internationally on various aspects of trauma-informed Pain practice and is the author of the Amazon Best Seller – The Pain Free Mindset, published in 2021. He also serves on the clinical advisory board for Pain related Digital start-ups and is the Chief Medical Officer for Boutros Bear.

3. Douglas Gross

Douglas is a Professor at the College of Health Sciences, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Canada. His scholarship focuses on preventing work disability in people with physical and mental health disorders. This includes evaluating the effectiveness of clinical and public health interventions, investigating determinants of work disability and return to work, as well as developing and testing outcome measures and clinical assessment strategies. He has been involved in over 150 peer-reviewed publications and contributed to funded research projects totalling over \$10 million, including projects funded by the Canadian Institutes of Health Research, WorkSafeBC, Alberta Labour and Immigration, the Workers' Compensation Boards of Alberta and Manitoba, among others. He is a Killam Laureate, McCalla Professor, and Editor-in-Chief of the Journal of Occupational Rehabilitation.

4. Hannah Malyon

Lead Long Covid Physiotherapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Hannah Malyon graduated in 2016 from Oxford Brookes University with BSc in Physiotherapy. She has worked across inpatient, outpatient and community settings covering several specialities and conditions. She joined the long covid team in 2021 after working in acute respiratory care for 3 years. Her specialist interests include respiratory medicine, pain management and rehabilitation for long-term conditions.

5. Sophie Stockbridge

Lead Occupational Therapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Sophie Stockbridge completed her BSc Hons Occupational Therapy at Oxford Brookes University. After graduating in 2016, she has gained a variety of Occupational Therapy experience by working across multiple different fields, including acute mental health, adult social care, community paediatrics, community adult mental health, community neuro, acute adolescent mental health, the community falls team, community rapid response and Long Covid. Sophie joined the Long Covid team in October 2022.