

Long Covid specific vocational rehabilitation. Phase 1: Scoping and development

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Study Aim

This study sits within the Locomotion consortium, involving 10 Long Covid clinics which aims to develop gold standard rehabilitation and support for Long Covid. This project is to understand the vocational rehabilitation (VR) needs of a representative cohort of individuals living with LC and develop programmes that support successful returns to work and reduce work instability. We will explore the needs of working-age people recruited from LC clinics to develop appropriate return-to-work programmes.

Introduction

LC has had a phenomenal impact on workability and the economy – over 3% of the population are living with LC, with greatest prevalence in working age. An international study found that 45% of people with LC had to reduce their work schedule and 22% were not working (Davis et al, 2021). However, there is limited evidence for Long Covid-specific (LC) interventions, and little information on the real-life impact of LC on work outcomes.

A Long Covid- Specific Vocational Programme - The Development Process

Phase 1

Interviews with patients under the care of LC clinics, therapists working in clinics and Key Informants (line managers, occupational health, human resource and policy representatives)

Thematic analysis of transcripts by an analysis MDT (OT, PT, medic) using a template analysis approach and peer review. Main priori themes: challenges, barriers and facilitators to RTW with LC and job retention.

Themes reviewed with participants and 'Patient Advisory Group' (PAG)

Phase 2

Develop programme (manual) using clinical experience and guided by findings of Phase 1. The overall package will be an individually tailored, co-ordinated programme of support, education, and advice to people living with LC, their family and others involved in the person's vocational role, such as employers and disability employment advisors

Test the proposed programme with a further sample of 20 participants from our Leeds and Birmingham sites, interviewing participants to assess the acceptability of the programme and feasibility of it's implementation.

Patient Advisory Group (PPI) input

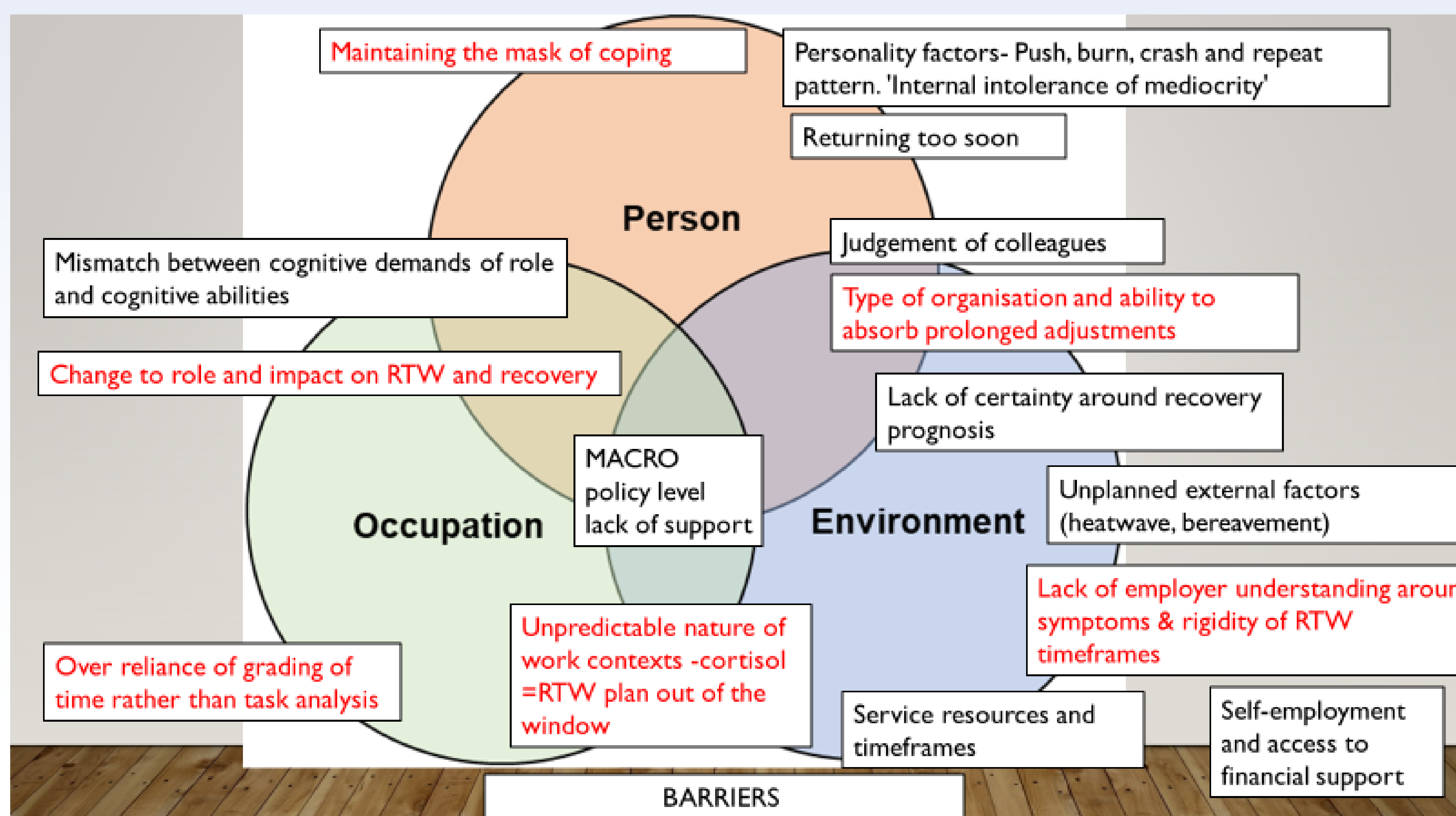
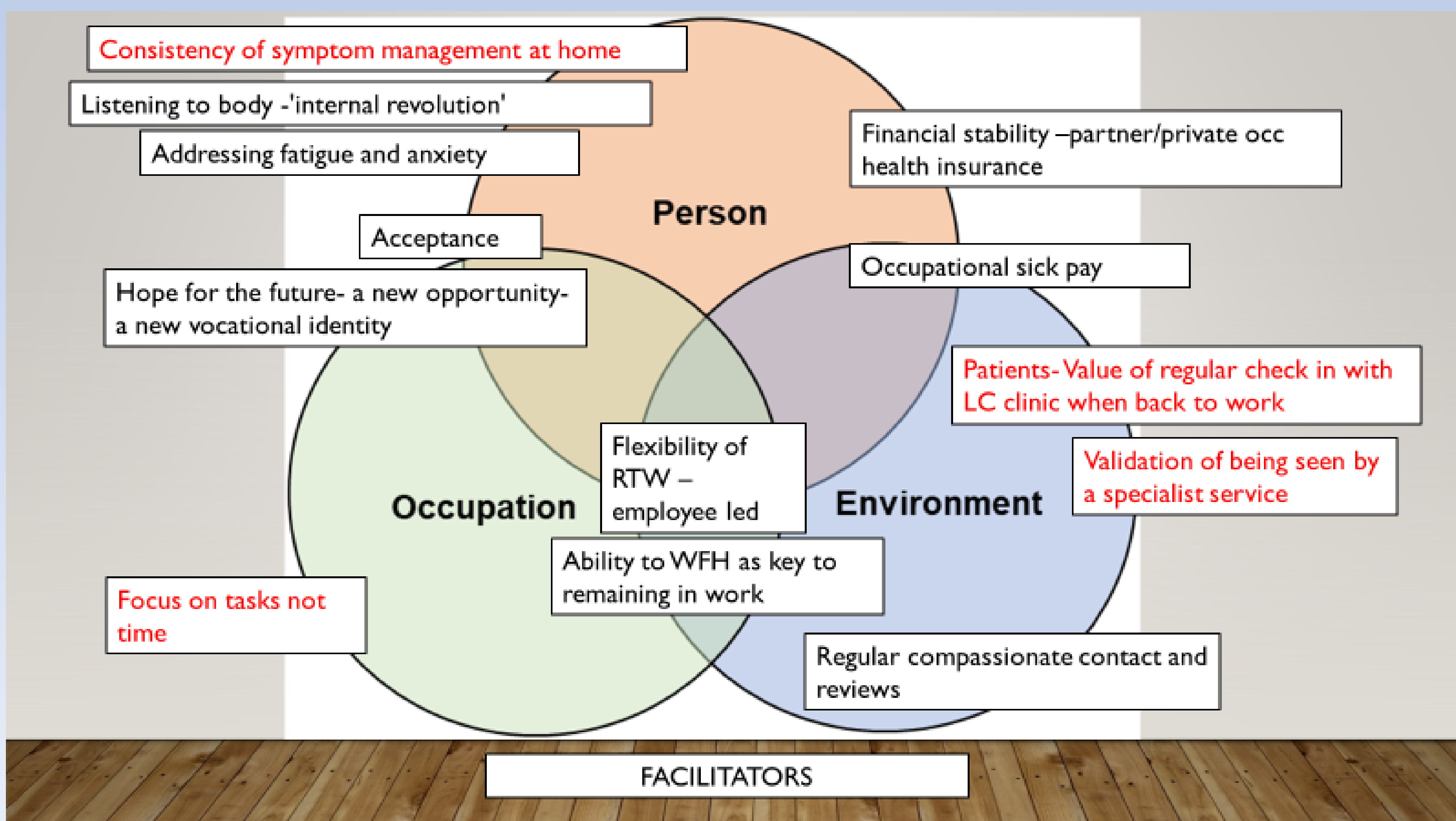
Feedback on participant information sheets

Interview schedule formulation

Future: Supporting development of vocational rehabilitation programme

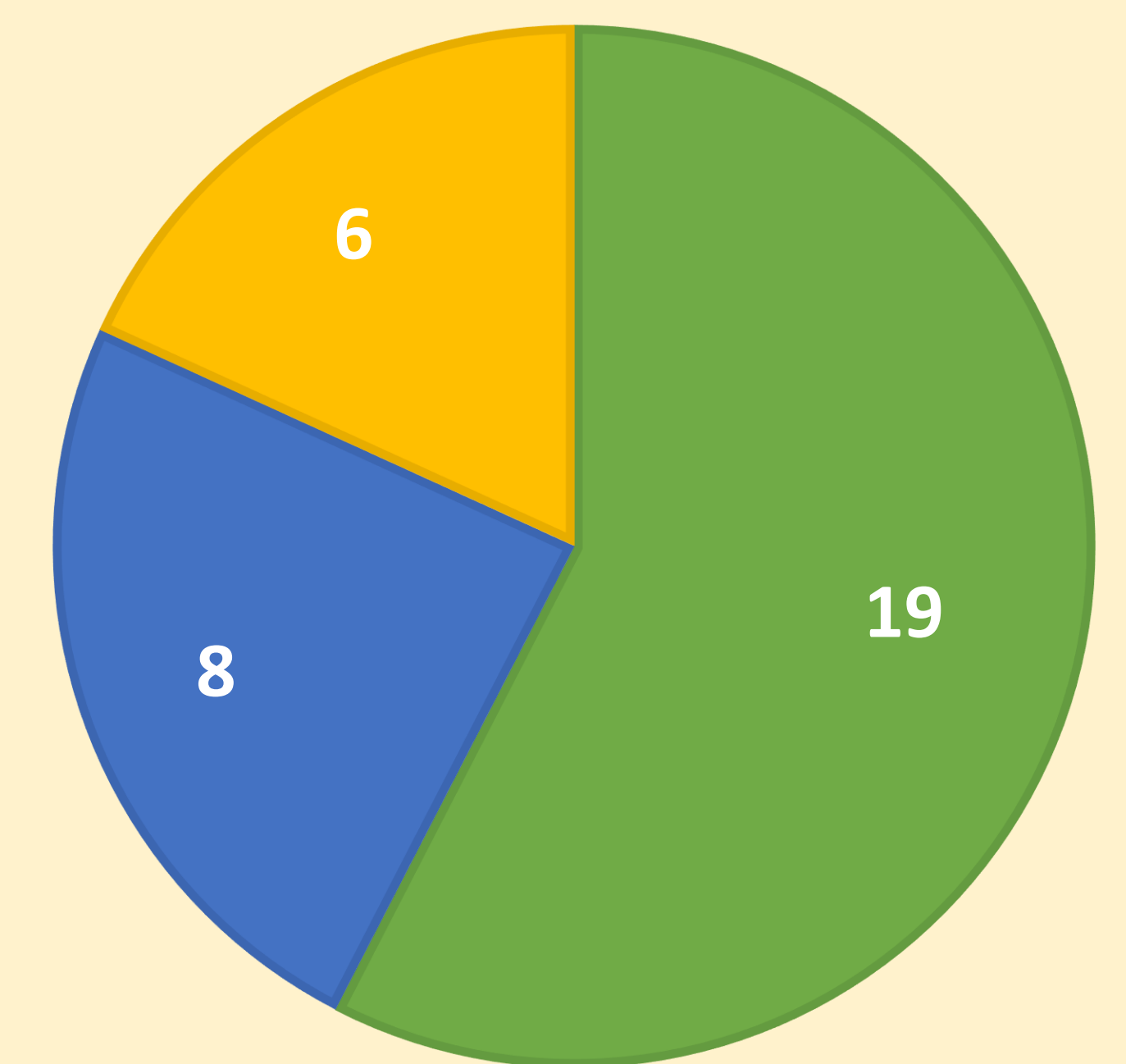
Initial Locomotion grant proposal

Discussed concerns around interviewing employers of patients led to substantial amendment and KI approach



SAMPLE SO FAR:

■ Patients ■ Therapists ■ Key Informants



Next Steps:

- 1) Establish thematic coding template
- 2) 'Patient Advisory Group' representatives to participate in analysis
- 3) Formulate paper from main barriers and challenges identified in Phase 1
- 4) Develop Long Covid specific resources/programme in collaboration with clinics that make up Locomotion consortium

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LOCOMOTION Study: <https://locomotion.leeds.ac.uk/>



Long COVID multidisciplinary consortium
Optimising treatments and services across the NHS

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