

BLMK Post COVID Assessment Service (PCAS)

The Service

The post COVID assessment service (PCAS) has been established to meet the varied needs of the local patient population, who are enduring the effects of post COVID syndrome. The post COVID assessment service will give patients access to multi-professional advice, so that they are put onto the right clinical pathway to treat their symptoms.

Inclusion criteria

This service is for any patient who meet the clinical case definition of post-COVID syndrome, which is currently defined by The National Institute for Health and Care Excellence (NICE), the Scottish Intercollegiate Guidelines Network (SIGN) and the Royal College of General Practitioners (RCGP) as:

Signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by an alternative diagnosis. The condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body. Many people with post-COVID syndrome can also experience generalised pain, fatigue, persisting high temperature and psychiatric problems.

Referral and referral requirements



How to complete a
systemone-to-systemon

Health Care Professionals can refer either via Systemone E-referral

or via the agreed referral pro-forma to this email: blmk.pcas@nhs.net

- On referral, patients should have had the following done, within the last 6 weeks:
 - Full blood count, liver function tests, renal function tests
 - Clinical examination including pulse oximetry, blood pressure and pulse check
 - BNP (or NT pro BNP)
 - Chest x-ray
 - Resting 12 lead ECG

Patients with suspected cancer or have unstable / deteriorating symptoms should not be referred to this service

Service Offering

- Single point of access
- Virtual assessment and triage
- Face to face review as required
- Diagnostics such as Echo / spirometry
- Multi-disciplinary approach
- Appropriate onward referral

This service aims to assess and support patients suffering from post COVID symptoms that cannot be managed in primary care. Patient's will have a thorough and detailed virtual assessment followed by face-to-face assessment, onward referral for further investigation or signposting for other services depending on need. Complex patients will be discussed at an MDT with secondary care support as needed.

For further information, please contact the service on blmk.pcas@nhs.net