

Learner Resource Book

Covid 19 Aftercare and Support







Contents

The Learner Resource	I
Introduction	l
Structure and Layout	l
Latest Version	2
Discharge to Assess (D2A	3
Scenario I	5
Scenario 2	6
Information	7

The Learner Resource

Introduction

Welcome to the Covid 19 Aftercare and Support. This module will provide you with an overview of why it is important to support the aftercare of people who have received treatment for Covid 19 in an integrated holistic way. It will also give you practical help by means of appropriate information sources, which will also assist with and promote self-care for individuals following discharge from hospital.

This learner resource is to be used as part of the leaning process. Within this learner resource you will find information, activities and direction to further help or information.

Structure and Layout

Each guide has a common structure and layout that helps ensure consistency and maintains the quality of the materials.

The following symbols are used to highlight key information or actions:

6	Information
)	This symbol highlights information on a particular point, topic or
C	area.
	Key Point
	This symbol highlights a key point on a particular topic or area.
\mathbf{O}	Question
	This symbol indicates a question.
Č	
	Activity
	This symbol indicates an activity.
2=	Scenario
	This symbol indicates a scenario or case study.



Tag

This symbol highlights where you can find more information, help, support or a resource.

Latest Version

Always check you have the latest version of the learner resource. The issue number and date appear on the cover page.

If you have been given this learner resource by your Line Manager, Supervisor or Learning and Development Champion – they will have checked it is the current version. Learning and Development only provide copies of the current version of any learner resource.

Discharge to Assess (D2A)

ALL ACUTE TRUST WARDS IDENTIFY MED FIT
AND UNDERTAKE TRUSTED ASSESSOR
ASSESSMENT

MDT decides Pathway for patient ASC WORKER

(SW/ SSW/ TM/) Has input into pathway decision
OT may have input to support reductions or
consider alternative care and support
requirements

PATIENT MOVED TO ACUTE DISCHARGE
SETTING within I HOUR OF MED FIT and to be
DISCHARGED within 2 HOURS AFTER
CONFIRMATION OF PROVISION. lounge until
provision is confirmed

Out of Hospital Hub - KEY ACTIONS:

- Checking CSS capacity, if none, Call
 Out to private Providers 30
 minutes response time
- ASC worker to check Community bed capacity as Plan B if private provider has no capacity.
- POC outcome identified notify relevant Acute Trust Discharge Hub
- OT involvement considered at LTA, refer if necessary

ASC OUT OF HOSPITAL HUB (Virtual) Wards
Trusted Assessor forms received and actioned by
CSS TA/HSW – 2 hours timeframe to mobilise care
and support ready for hospital discharge.

Pathway
Ia:
HOME
with POC
CSS
provision
Capacity
known
ASAP

Pathway
Ib:
HOME
with POC
Private
Provider
Capacity
known
within 30

minutes

Pathway Ic:
HOME via Community Bed if POC unavailable
CSS TA or ASC worker to inform
Discharge Hub of need for bed
(CHCP organise for HUTHT 01482
247111 and EHT/ASC workers
organise for other Acute Trusts)

Pathway 2: Acute bed Straight to Discharge to assess bed with ERYC hospital SW oversight Pathway 3 (including
Pathway 4 for York
Teaching Hospital)
ERYC hospital SWs
source basic
residential/nursing beds
and have oversight of all
restarts.
Pathway 4/York for
EOL/CHC

WITHIN 24 - 48 HOURS

CSS AO's UTILISE D2A ASSESSMENT (LTA Form) TO REVIEW INITIAL TABLE AND SUPPORT

CHANGE

NO: NOTIFY DESIGNATED SW TO RAISE CONTACT TO CWT FOR REVIEW

INITIATE ASC
FINANCIAL
ASSESSMENT
CONTACT PROCESS

YES:
NOTIFY C&RT/CLOSE INITIAL D2A ASSESSMENT
RAISE CONTACT TO CWT

CWT FOLLOW
UP/REVIEW within max.
12 weeks after NEW D2A
CONTACT RECEIVED

Key: Discharge to Assess flow chart

ASC	Could be team manager/senior social work/social
worker	work or care co-ordinator in either hospital or
	community teams
BMC	Business Management and Commissioning (ERYC)
POC	Package of care (in the community)
CSS	Community Support Service (ERYC in-house home
	care)
CSS TA	Community Support Service technical assistant
CSS AO	Community Support Service assessment officer
C&RT	Contract and Review Team (ERYC)
CWT	Community Wellbeing Team (ERYC)
D2A	Discharge to Assess Pathway
D2A	Discharge to Assess Assessment (AIS)
Assessment	
D2A Care	Discharge to Assess Care and Support Plan (Care
and	and Support Plan on AIS)
Support	
Plan	
D2A LTA	Discharge to Assess Light Touch Assessment Form
Form	(paper document)
Bedded	see Community Bed capacity lists for details
setting	

Scenario I



Scenario Gloria



Gloria is 67 years old and has been in hospital for 9 weeks.

Gloria was admitted with breathing difficulties, not having had these difficulties previously, and after tests was diagnosed with Covid 19.

Gloria's condition worsened rapidly and it was necessary for Gloria to be taken to Intensive Care Unit to be treated.

Gloria is now experiencing post intensive care syndrome (PICS).

Gloria is ready for discharge what might Gloria be experiencing Physically and how can Gloria be supported?

Scenario 2



Scenario Ken



Ken is 74 years old and has been in hospital for 6 weeks. Ken was admitted after having a positive Covid test result and being unable to manage his symptoms at home.

A contributory factor to this was that Ken lives alone.

Ken has experienced some intensive treatment whilst in hospital. As a result of Ken's treatment regime in hospital he is experiencing psychological difficulties.

What might these be and how can Ken be supported?

Information



Information

Further information on the discharge process can be found by visiting https://www.england.nhs.uk/coronavirus/publication/covid-19-hospital-discharge-service-requirements/

http://insight.eastriding.gov.uk/directorates/ahcs/adult-services/covid-19-coronavirus/discharge-to-assess-d2a/

Further information on the recovery process can be found by visiting Self-care guide: Your Covid Recovery Cough

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/cough/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/other-conditions/respiratory/

Self-care guide: Your Covid Recovery Breathlessness https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/breathlessness/

Self-care guide: Your Covid Recovery Managing your Oxygen https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/managing-your-oxygen/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/other-conditions/cardiovascular/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/other-

conditions/diabetes/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/your-wellbeing/eating-well/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/taste-and-smell/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/voice-and-swallowing/

Further information about eating well, food textures and guidelines can be found by visiting:

https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/https://iddsi.org/

Nutrition training for social care can be found @ https://www.ascleader.co.uk/

Further guidance about pressure sore care can be found: http://www.reacttoredskin.co.uk/

Moving and Handling of People training can be found @ https://www.ascleader.co.uk/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/musculoskeletal-shoulder-and-back-pain/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/your-wellbeing/getting-moving-again/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/your-wellbeing/sleeping-well/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/fatigue/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-mind/memory-and-concentration/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-mind/managing-fear-and-anxiety/

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-mind/managing-your-mood-and-coping-with-frustration/

https://www.mind.org.uk/

Covid 19: psychological First Aid Training https://www.futurelearn.com/courses/psychological-first-aid-covid-19

There are lots of training resources that can be found on the wellbeing hub by visiting https://www.ascleader.co.uk/

Mental Capacity Act training for social care can be found @ https://www.ascleader.co.uk/

Self-care guide: Your Covid Recovery https://www.yourcovidrecovery.nhs.uk/your-road-to-

recovery/coming-home-from-hospital/

Self-care guide: Your Covid Recovery
https://www.yourcovidrecovery.nhs.uk/your-road-to-recovery/managing-daily-activities/

https://eastriding.connecttosupport.org/

Further guidance can be found:

https://www.eastriding.gov.uk/living/care-and-support-for-adults/carers/support-for-carers/

Tel: 0800 917 6844 (Freephone)

Email: ERCarers@eastriding.gov.uk

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/your-wellbeing/family-friends-and-carers/

The British Psychological Society document can be accessed by following this link:

https://www.yourcovidrecovery.nhs.uk/wp-content/uploads/2020/07/supporting-yourself-and-others.pdf

Self-care guide: Your Covid Recovery

https://www.yourcovidrecovery.nhs.uk/your-wellbeing/grief-and-bereavement/

Infection, prevention and control elearning training can be found @ https://www.ascleader.co.uk/

Further guidance can be found https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-domiciliary-care

Other self-care guides in Your Covid Recovery Series: https://www.yourcovidrecovery.nhs.uk/your-road-to-recovery/when-do-i-need-to-seek-help/

https://www.yourcovidrecovery.nhs.uk/your-road-to-recovery/what-next/

https://www.yourcovidrecovery.nhs.uk/your-road-to-recovery/returning-to-work/

https://covid19.eastriding.gov.uk/local-restrictions/



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