

***Learner Resource
Book***

Covid 19 Aftercare and Support



Version 1.0 – 01/2021

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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 learning 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:

| | |
|---|---|
|  | <p><i>Information</i></p> <p>This symbol highlights information on a particular point, topic or area.</p> |
|  | <p><i>Key Point</i></p> <p>This symbol highlights a key point on a particular topic or area.</p> |
|  | <p><i>Question</i></p> <p>This symbol indicates a question.</p> |
|  | <p><i>Activity</i></p> <p>This symbol indicates an activity.</p> |
|  | <p><i>Scenario</i></p> <p>This symbol indicates a scenario or case study.</p> |
| | |

**Tag**

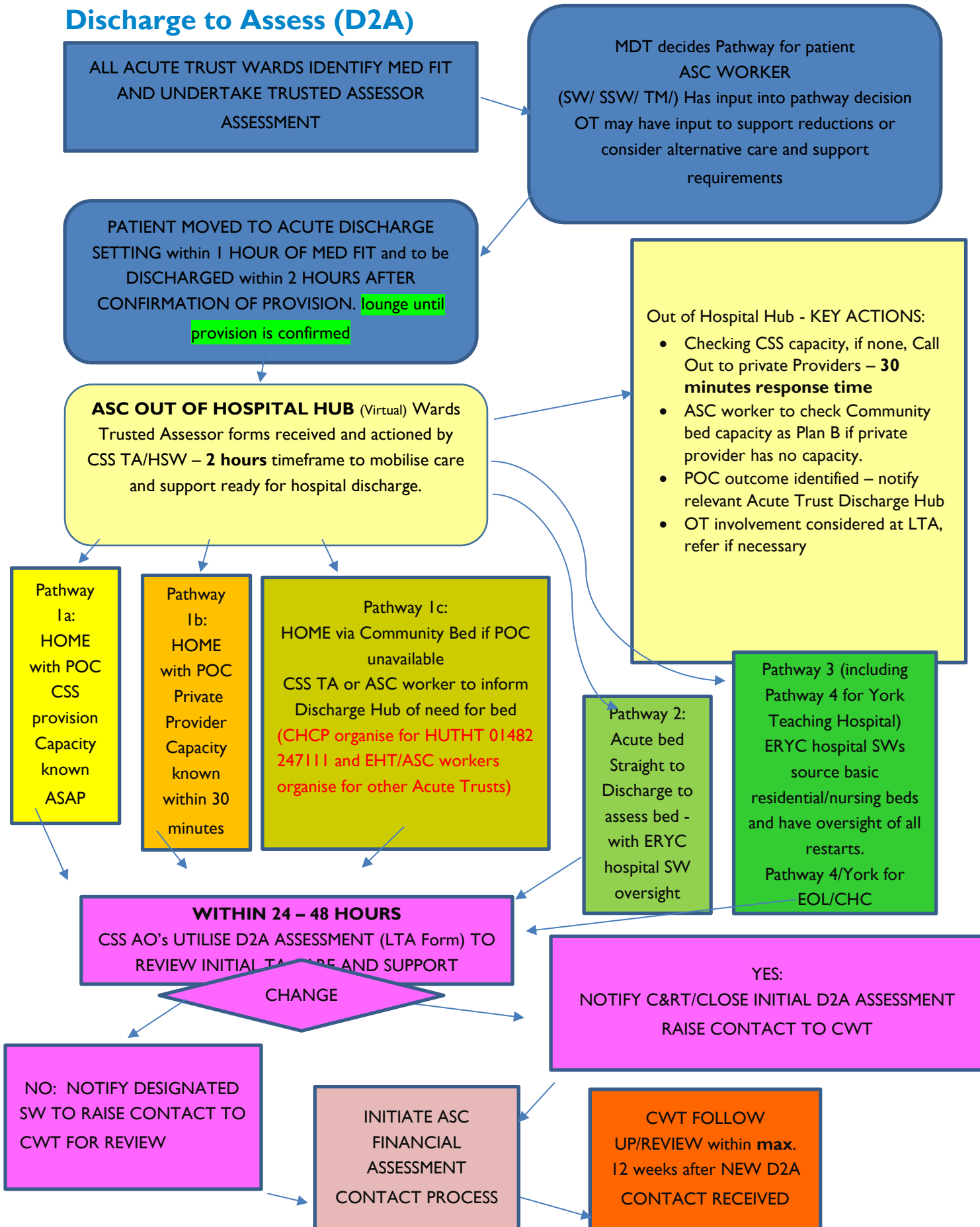
This symbol highlights where you can find more information, help, support or a resource.

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)



Key: Discharge to Assess flow chart

| | |
|---------------------------|---|
| ASC worker | Could be team manager/senior social work/social 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 Assessment | Discharge to Assess Assessment (AIS) |
| D2A Care and Support Plan | Discharge to Assess Care and Support Plan (Care and Support Plan on AIS) |
| D2A LTA Form | Discharge to Assess Light Touch Assessment Form (paper document) |
| Bedded setting | see Community Bed capacity lists for details |

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.reactoredskin.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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