

**Freedom of Information Act 2000 – Request Reference FoI/23/646**  
**Long Covid**

**1. Do you have a specialist service for long Covid patients? Please name the clinic/service**

Cardiff and Vale University Health Board (the UHB) has a Long Covid rehabilitation team/service and a secondary care post-Covid respiratory clinic. For other specific medical queries or symptoms, patients are referred as usual to secondary care or assessment provision to ensure equity of access.

**2. How many patients in your local NHS area have been referred to the clinic/service to date?**

2,151 referrals.

**3. How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:**

- a) doctor: Not applicable.
- b) nurse: Not applicable.
- c) physiotherapist: 0.6 WTE, increasing to 1.2 WTE in January 2024.
- d) occupational therapist: 0.5 WTE, increasing to 1.0 in January 2024.
- e) clinical psychologist/psychiatrist/ CBT practitioner: 0.5 WTE.
- f) other, please specify: (All WTE) AHP Clinical Lead, 1.0; Rehabilitation Coaches, 2.0; Administrative, 1.0; Dietitian, 0.6; Speech and Language Therapist, 0.6 (unfilled vacancy); Psychology Assistant, 0.3.

**4. For any doctors employed, please specify their specialism e.g. GP, cardiologist, neurologist**

Not applicable.

**5. Does the service have the ability in-house to prescribe medications to long Covid patients?**

Not applicable – none in the team is a prescriber.

**6. If so, please list the 3 most common drugs prescribed for long Covid patients by the clinic**

Not applicable.

**7. Does the service have the ability to order tests and scans?**

The service can refer back to GP or secondary care consultants.

**8. If so please list the 3 most commonly ordered tests/scans/diagnostic questionnaires for long Covid patients by the clinic**

Not applicable.

**9. Please provide figures for how many patients referred to the clinic/service received the following type of treatment:**

The service offers a holistic psychologically-informed rehabilitation/recovery programme which broadly supports a), b) and c). All patients are offered it from referral, and the service has approximately 1,075 patients on the programme.

- a) A wellbeing programme
- b) physical rehabilitation
- c) psychological support
- d) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which): Not applicable – these are privately available programmes.
- e) drug treatment: Not applicable.
- f) other, please specify: Not applicable.

**10. If not provided in-house, which of the following types of services does the clinic/service refer patients on to or recommend?**

- a) A wellbeing programme: Not applicable.
- b) physical rehabilitation: Not applicable.
- c) psychological support: Not applicable.
- d) A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which): As these are privately available programmes with a non-clinical evidence base, the UHB does not recommend them.
- e) drug treatment: The UHB advises individuals to seek GP or secondary care consultant advice as appropriate.
- f) other, please specify: Not applicable.

**11. Is the clinic expected to continue running after 2025?**

The UHB has funding for April 2024 to April 2025, but staffing has permanent positions with the expectation of ongoing delivery.

**12. \* For English ICBS only\* Which NHS trust is responsible for the care of patients referred to a long Covid clinic in your area?**

Not applicable.