

Reference Number: FOIAH2324/741
From: Press/Media
Date: 28 March 2024
Subject: Long Covid services

Q1 Do you have a specialist service for long Covid patients within your trust? Please name the clinic/service

A1 [Alder Hey Children's NHS Foundation Trust - Children and Young Persons Long Covid Services.](#)

Q2 How many patients in your local NHS area have been referred to the clinic/service to date? Please break down by year to date ie 12 months to this date in 2024 and then each of the previous 12 months back to the start of the service

A2 [2019/20 – 4](#)
[2020/21 – 11](#)
[2021/22 – 73](#)
[2022/23 – 85](#)
[2023/24 – 6](#)

Q3 Is the service physician-led?

A3 [Yes, Consultant Paediatrician](#)

Q4 Please provide figures for how many patients referred to the clinic/service received the following type of treatment in-house:

- a. physical rehabilitation – please give details
- b. Graded exercise therapy
- c. CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them
- d. Advice on pacing
- e. A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which)
- f. drug treatment
- g. other, please specify

A4 [All patients have physiotherapy and occupational therapy reviews. We don't provide graded exercise therapy. We provide pacing, CBT and psychology if required and prescribe medications. No other programmes mentioned are provided.](#)

Q5 Does the service have the ability to prescribe medications to long Covid patients for symptoms where appropriate?

- a. If so, please list the 3 most common drugs prescribed for long Covid patients by the clinic, with numbers of prescriptions if possible

A5 [Yes. Melatonin, amitriptyline, famotidine.](#)

- Q6 Does the service have the ability to order diagnostic tests and scans?
a. If so please list the 3 most commonly ordered tests/scans/diagnostic questionnaires for long Covid patients by the clinic
b. If not provided in-house, which of the following types of services does the clinic/service refer patients onto or recommend?
- A6 Yes. All tests as recommended by the guidelines, including ECG and lung function tests.
- Q7 Physical rehabilitation – please give details:
a. Graded exercise therapy
b. CBT or other psychological intervention – please state whether this is to cope with symptoms or with a view to improving/treating them
c. Advice on pacing
d. A brain retraining or Neuro Linguistic Programming-based course such as the Lightning Process, Gupta Programme or Nuffield programme (please specify which)
e. drug treatment
f. other, please specify
- A7 As per A4.
- Q8 How many staff do you have working in the service FTE (full time equivalent) broken down by job title of:
a) doctor
b) nurse
c) physiotherapist
d) occupational therapist
e) clinical psychologist/ CBT practitioner / psychotherapist/counsellor
f) other, please specify
- A8 Consultant Paediatrician, nurse specialist, physiotherapist, occupational therapist and a psychologist.
- Q9 For any doctors employed, please specify their specialism eg GP, cardiologist, neurologist, psychiatrist.
- A9 General paediatrician
- Q10 Is the clinic expected to continue running after 2025?
- A10 Yes