

# Service Evaluation of a new Post Covid Mental Health Service

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## Aim

Evaluate service activity, patient characteristics and satisfaction of a new Post Covid Mental Health Service (PCMHS).

## Background

The estimated prevalence of people living with post covid symptoms in the UK is 1.7 million, with a higher prevalence in females and age 35-49 years.<sup>1</sup> The likelihood of depression is estimated between 11-28%.<sup>2</sup> NICE recommends referral to psychological therapies (IAPT) or liaison psychiatry for people with post covid symptoms.<sup>3</sup>

Cambridgeshire and Peterborough have a total population of around 900,000. The cumulative number of recorded Covid cases to December 2021 was around 124,000.<sup>4</sup>

A system wide Cambridgeshire and Peterborough Post Covid Service (PCS) was established in May 2021 and included our PCMHS, bringing together liaison psychiatry and IAPT. The PCS receives around 70-80 referrals per month and around 25 per month are referred into the PCMHS. The PCMHS provides initial triage, assessment (and some treatment) and subsequent, self-help, signposting and referral for mental health needs post covid infection in Cambridgeshire and Peterborough.

## Methods

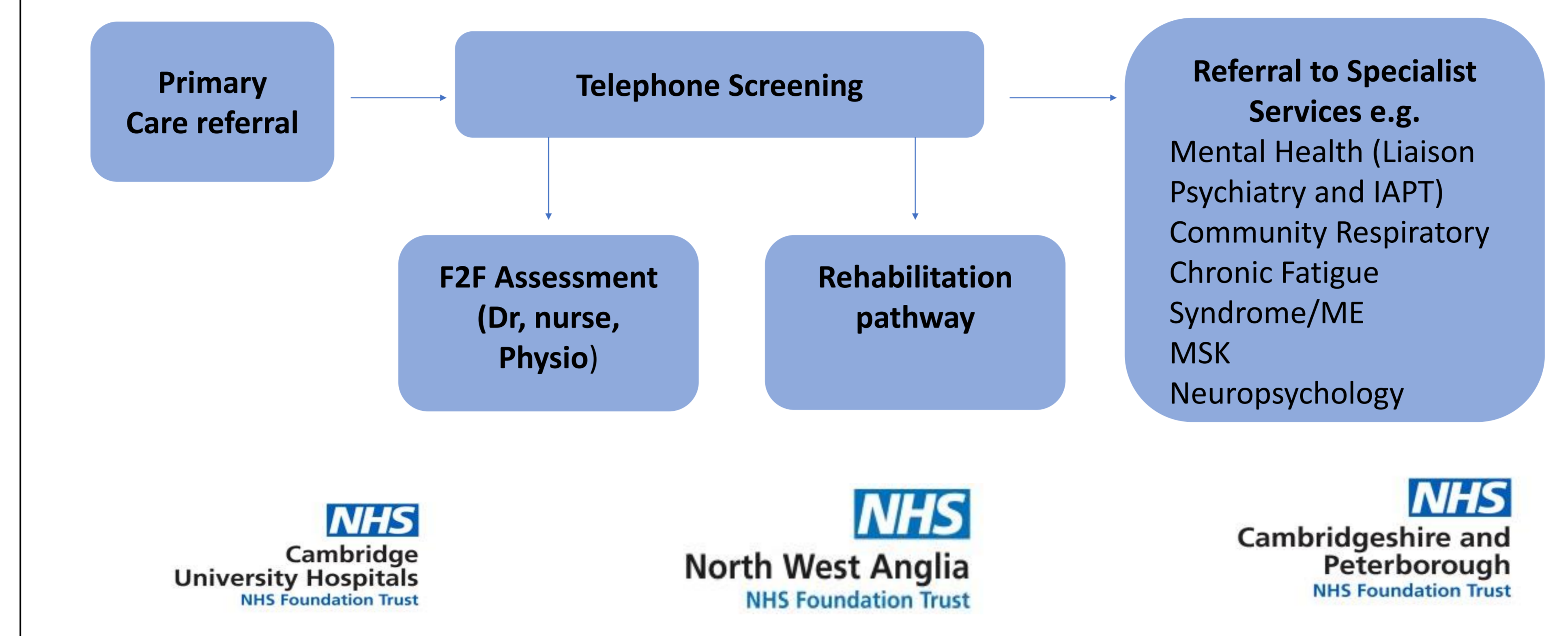
All referrals to the PCMHS between 1<sup>st</sup> September 2021 to 28<sup>th</sup> Feb 2022 were included in the service evaluation. Data was collected on service activities (numbers, response times, outcomes), patient demographics, clinical characteristics and satisfaction

## Results

There were 139 referrals; 79 patients assessed by PCMHS with the remainder triaged straight to IAPT. The mean duration from referral to review was 18 days. Demographics of gender and age are described in graphs 1 and 2. The majority of patients were white British 67%.

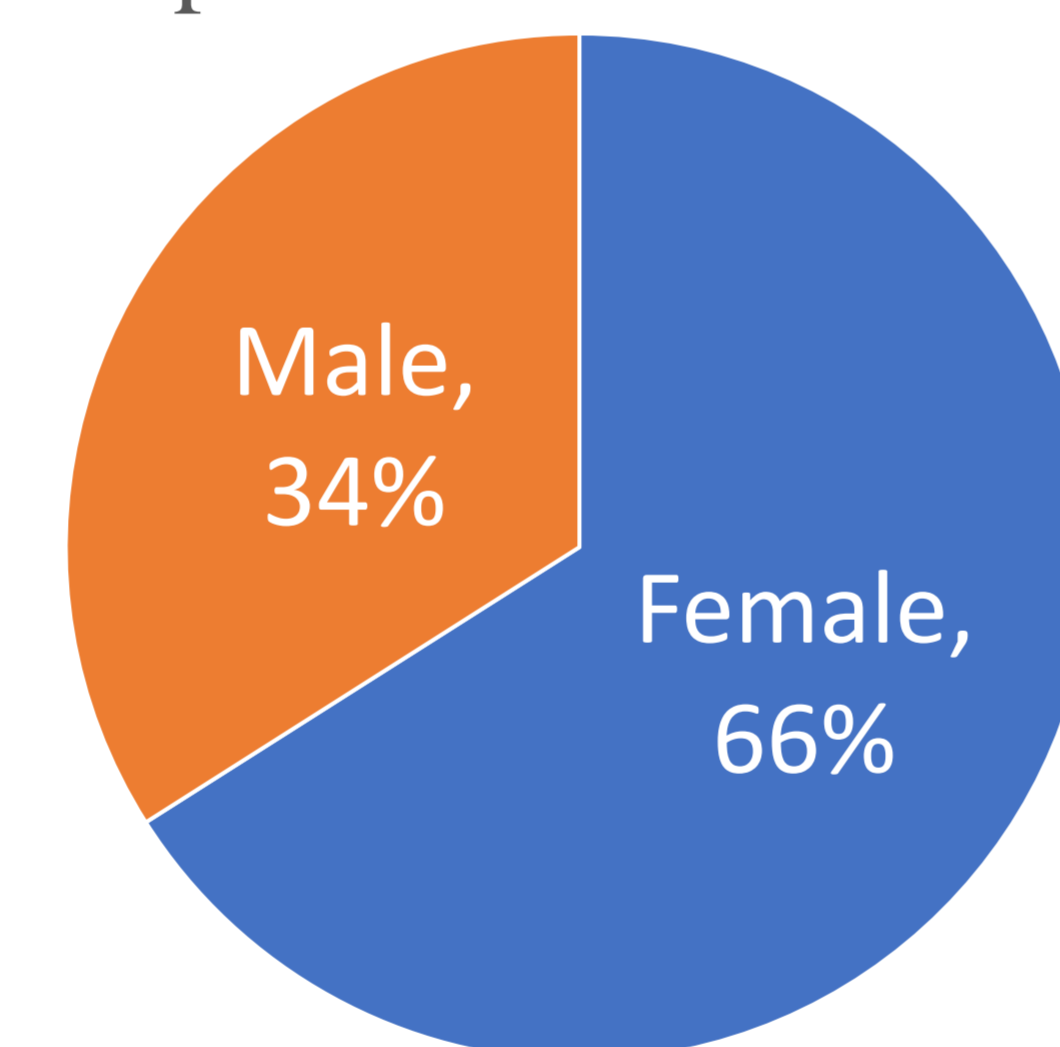
Service Outcomes: PCMHS consultant psychiatrist, 29. IAPT, 43. Neuropsychology, 6. CMHT, 2. Self help/signposting, 59. Alcohol services, 3.

Figure 1. Cambridgeshire and Peterborough Post Covid pathway



## Demographics

Graph 1. Gender



Graph 2. Age

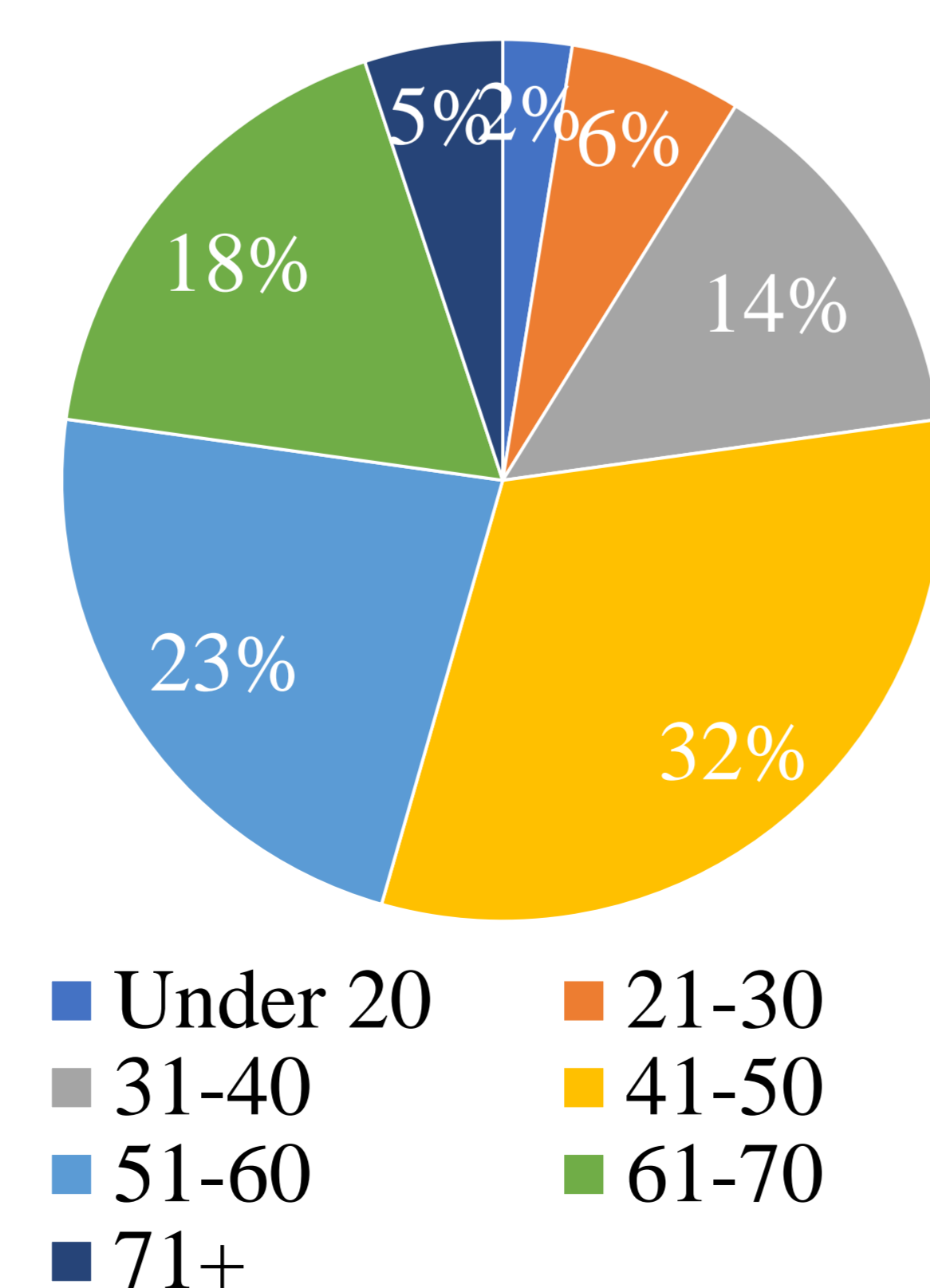


Table 1. Clinical Characteristics

Measure	Mean (SD)		Count
PHQ9 (n=73)	14.7 (6.2)	0-4 Minimal	4
		5-9 Mild	14
		10-14 Moderate	17
		14-19 Moderately Severe	19
		20-27 Severe	19
GAD7 (n=71)	10.7 (5.5)	0-4 Minimal	11
		5-9 Mild	18
		10-14 Moderate	21
		>15 Severe	21
		PCL5 (n=35)	27.7 (20.0)
MoCa (out of 25) (n=28)	21 (3.3)	0-20	7
		20-25	21
CISr diagnosis (n=39)		Depressive Episode: Mild	5
		Moderate	7
		Severe	12
		Mixed Anxiety and Depression	6
		GAD	3
		Panic Disorder	1
		Agoraphobia	1
		No Diagnosis	4

## Results continued

Clinical Characteristics are described in Table 1. A standardised patient survey (n=17) was completed, all patients were 'extremely likely' or 'likely' to recommend the service to others. Quotes from patients:

Excellent service, especially with the embryonic status of the service

She was very friendly and helpful. She explained a few of my symptoms and it made me feel a lot better.

Really felt listened to and supported

## Conclusion

The service delivers NICE compliant assessment and treatment. The pathway integrates mental health and physical health with the consultant led PCMHS clinic working across liaison psychiatry and IAPT. Post covid patients commonly require a combination of psychotropics and psychotherapy; our hybrid clinic is able to ensure this. We offer a responsive and thorough assessment and formulation; all patients would recommend the service. Common post Covid mental health problems including anxiety, depression, PTSD and cognitive impairment are assessed and managed in line with NICE recommendations.

## References

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