


## Board of Directors' Meeting 12 May 2022

<b>Agenda item</b>	073/22			
<b>Report</b>	Staff Story – Living with Long-COVID			
<b>Executive Lead</b>	Director of People & OD			
	<b>Link to strategic pillar:</b>		<b>Link to CQC domain:</b>	
	Our patients and community	X	Safe	x
	Our people	X	Effective	
	Our service delivery	X	Caring	x
	Our partners		Responsive	x
	Our governance		Well Led	x
	<b>Report recommendations:</b>		<b>Link to BAF / risk:</b>	
	For assurance			
	For decision / approval		<b>Link to risk register:</b>	
	For review / discussion			
	For noting			
	For information	X		
	For consent			
<b>Presented to:</b>				
<b>Dependent upon</b> (if applicable):	-			
<b>Executive summary:</b>	<p>The Long COVID Support Group was set up in 2020 with the aim of providing peer to peer support to staff suffering with Long-COVID, through the sharing of individual experiences and to provide resources and expertise to support members of the group as well as raising awareness of Long-COVID in the Trust.</p> <p>The presentation took the form of an interview with Anna Martin and Richard Stephens, talking about their experiences of Long-COVID and how it has impacted them, their families, and their work.</p> <p>Consent was given by the staff interviewed, to share their stories within the Trust and externally to support reflection, learning and awareness.</p> <p>The Board are invited to watch the clip in which stories are shared.</p>			
<b>Appendices</b>	Appendix 1: video clip			
<b>Executive Lead</b>				

## **1.0 Introduction**

- 1.1 This presentation shares the experience of two members of staff working in the Trust, who have been suffering with Long COVID and the impact it has had on them.
- 1.2 This story is presented as a short video clip

## **2.0 Background**

- 2.1 For Long-COVID there is still very limited information and research available for those people who suffer from Long-COVID. Diagnosis of Long-COVID can be difficult and takes a long time.
- 2.2 The support from GP's can also be limited due to the "newness" of Long-COVID, the lack of knowledge, research and evidence together with the delay in accessing the patient pathway.
- 2.3 We, as a Trust, can help by providing support for staff suffering from Long-COVID, to have someone to talk to, someone who has had experience of this condition, some psychological and practical support.
- 2.4 Many staff are reporting that prior to becoming unwell with Long-COVID they never had any absence from work for sickness reasons and as a result feel too guilty to ask for rest time and request flexible working. Many managers are still unaware or fully sighted on the Long-COVID condition and how it presents itself. It does not help that the symptoms can differ from person to person and day to day.
- 2.5 Since the Long-COVID group was set up in 2020, a Long-COVID booklet has been produced, a manager check list, breathing exercise video and a dedicated intranet page for Long-COVID.

## **3.0 The use of stories**

- 3.1 This story provides an honest and genuine insight into the experience, offering a perspective, insight on how Long-COVID impacted them and an opportunity to reflect and learn.

## **4.0 Risks and actions**

- 4.1 The actions taken to support Long-COVID sufferers in the Trust:
  - Long-COVID group was set up in 2020
  - Long-COVID booklet has been produced
  - A managers check list
  - Breathing exercise video
  - Dedicated [intranet page](#) for Long-COVID

## **5.0 Conclusion**

- 5.1 The Board is asked to note this presentation and raise awareness of the work being undertaken to support staff who are living with Long-COVID.