



Recovery from COVID-19 Adult Pathway

Universal Services

Available at Every Stage

Primary Care Services

Supported Self-management
Top Tips, Education Programme
for Patients (EPP)

Online Resources

Post COVID-19 Syndrome (phw.nhs.uk),
NHS COVID Recovery App, Post-Covid Recovery
- Aneurin Bevan University Health Board
(nhs.wales), Melo Cymru

Stage 1

Post COVID Recovery

Patients supported to self-manage
and advised when to seek
further advice.

Stage 2

Medical assessment for prolonged Post-COVID concerns

Medical assessment for prolonged
Post-COVID concerns.

Stage 3

RFC

Complex Services - Recovery

A multi-disciplinary service for adults
managing and recovering from prolonged
symptoms following COVID-19 infection.

Stage 4

Discharge from the Post-COVID Recovery Team

Personalised plan updated with
continuing self-management and safety
netting advice.

Post-COVID Recovery Communications

Regular updates to the public and professionals about services
available to support recovery (nhs.wales)

Individual identifies symptoms consistent with post-COVID syndrome



Education Programme for Patients

Patients can self-refer
or be referred by their GP



All-Wales COVID Support App

Available to support
self-management



Urgent Care Pathways

Life threatening symptoms
present through usual
pathways for urgent care

Primary Care – GP

Advice and guidance available from all primary and community services.
GP clinical assessment and investigation. Advice about self-management
resources and referral to secondary care services when appropriate.

Secondary Care: Post-COVID Recovery support

Where multisystem issues are
presented, letter is sent to Neurology,
for attention of Post-COVID
Recovery Team.

Secondary Care Single Speciality Referral

Usual pathways for specific medical
concerns. Diagnosis and advice needed
for single clinical issue. Patients may
require rehabilitation support.

Post COVID Recovery Team Rehabilitation Support

Post-COVID Recovery Team Review and Impact Assessment

Post-COVID Recovery clinicians review the referral. Patient is then offered
an Impact Assessment to identify their needs and circumstances.

Multi Disciplinary Team Assessment

The multidisciplinary team meets weekly to discuss assessments and agree
treatment options. The proposed rehabilitation programme is discussed with the
patient and an approach agreed.

Specialist Interventions

- Exercise Referral Scheme
- Physiotherapy
- Psychology
- Occupational Therapy
- 'Living With' App
- Medical

Personalised recovery programme

Each patient has a personalised plan and regular reviews to support the recovery journey.

Exit from Recovery from COVID Service

Follow up

Following completion of recovery programme a discharge summary is provided to
the patients GP. Individuals may link with community services to maintain their physical
activity and wellbeing goals. If there are further concerns, the GP may refer back to the
Post-COVID Recovery Team.