

Is an innovative Digital Breathing & Energy Management Programme Effective in Reducing Symptoms of Long COVID?

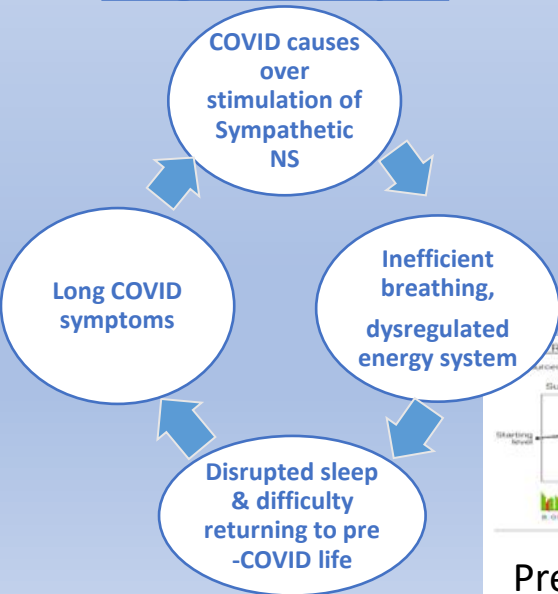
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Long COVID Symptoms

The two most common symptoms of 'Long COVID' are breathlessness and fatigue. Ensuring quality rest, energy management and re-establishing efficient breathing is essential for recovery. 4 patients with long COVID trialled a digital 6-week breathing & energy management programme which was subsequently commissioned by South East London CCG.

Long COVID Cycle



The Programme

- 6 group sessions
- Online platform (MST)
- Led by Specialist Physios & Psychological Well-Being Practitioners
- Educational- efficient breathing, promoting quality sleep, finding stability in energy, quality proactive rest, relaxation, pacing, nutrition, hydration, mood management, bronchial hygiene and advice on when to exercise.



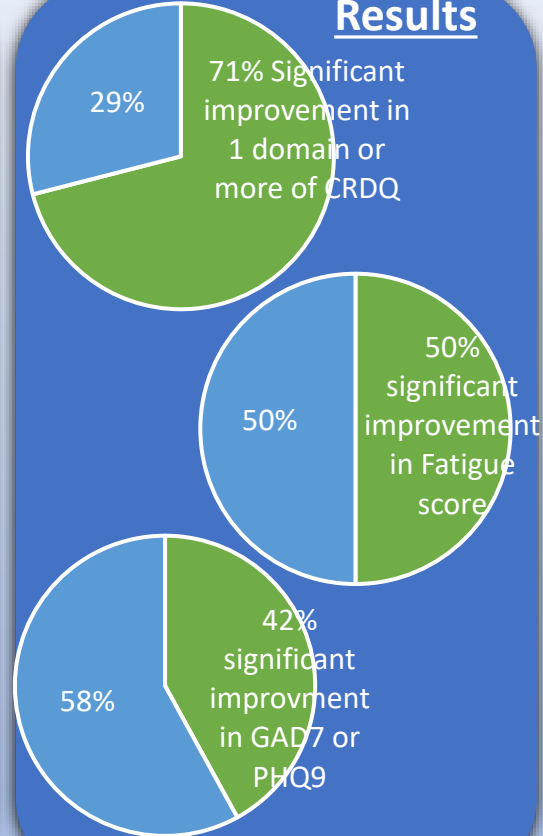
Outcome measures

- Chronic Respiratory Disease questionnaire
- Fatigue severity scale
- Nijmegen Questionnaire
- Breathing Pattern assessment tool (BPAT)
- GAD7 & PHQ9

The Patients

- 105 patients
- Aged 21-81
- 83 White British, 22 Ethnic Minority
- 75% BPAT >4
- 66% Hyperventilating (>23)
- 70% severe fatigue (>5 on FSS)
- 44% mod/high GAD7
- 63% Mod/high PHQ9

Results



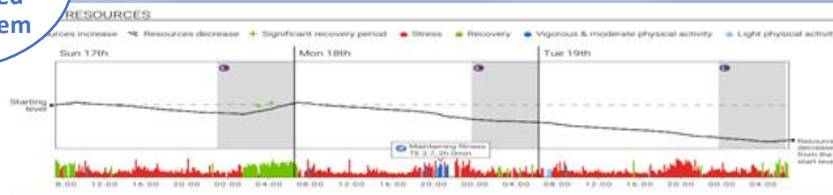
Patient Feedback

"This course has been amazing - the information provided was spot on & level of knowledge & understanding from the team was unreal"

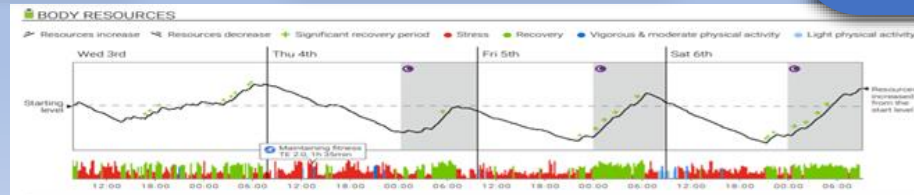
"The course was extremely relevant and met my needs in more ways than I imagined"

"Brilliant course, would highly recommend"

"Most helpful, informative and supportive course. The team were excellent, highly professional, seeking to support us physically and emotionally. Their knowledge and approach elicits trust and confidence."



Pre-programme – reduction in energy resource



Post-programme – stabilised energy resource