

# REFERRAL GUIDELINES

## Post Covid-19 Recovery and Rehabilitation Clinic

**Referrals:** Patients are able to self-refer to this program or be referred by a family member or other health professional **via ACCESS 1300 665 781**

**Or**

Complete the **ACCESS referral form** and tick Exercise Physiology.

Please indicate referral for Community Health Post Covid 19 recovery program.

### Clinic overview:

The post Covid-19 Recovery Program is a rehabilitation program for consumers post a Covid-19 diagnosis to support their ongoing journey, to physical, social and mental health recovery. It is recognised that many consumers continue to have prolonged symptoms post their Covid-19 infection. These include respiratory illness, fatigue, deconditioning, mental health, neurological changes, muscle aches and nutritional challenges.

The aim is to proactively engage clients in a rehabilitation and recovery program that will provide a multidisciplinary intervention and the development of a care plan to maximise consumer wellbeing and recovery. The program runs for 8-weeks with three and six month follow-ups. During the Covid-19 pandemic and current restrictions, this will mainly be available through Telehealth. However, as restrictions ease face-to-face and home visits will be considered for consumers as required.

### Categories for Appointment:

All referrals for non-urgent patients with prolonged Covid 19 symptoms will be accepted into this clinic.

They will be offered the next available appointment with an Exercise Physiologist

### Eligibility Criteria

All consumers with a positive diagnosis of Covid-19, who reside in the Peninsula Health catchment areas and who are:

- 2 weeks post positive testing Covid-19
- clinically stable
- able to consent to referral aged over 18 years

## IMPORTANT:

### Referral:

- Date of referral
- Speciality
- Referring practitioner name
- Provider Number
- Referrer's signature

### Patient Demographic:

- Full name
- Date of birth
- Postal address
- Contact numbers
- Medicare Number

### Clinical:

- Reason for referral
- Duration of symptoms
- Management to date
- Past medical history
- Current medications
- Allergies
- Diagnostics as per referral guidelines

### Preferred:

- Next of kin

## ENQUIRIES:

### Phone:

Via ACCESS Phone: 1300 665 781

Review: October 2020

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<p><b>Exclusions</b></p> <ul style="list-style-type: none"> <li>• During acute/active Covid 19 phase.</li> <li>• Children</li> <li>• Not clinically stable requiring medical review</li> </ul>
<p><b>Alternative referral options</b></p> <p>Patients that are not clinically stable or require medical review can be referred to the Covid outpatient clinic. Please send an e-referral to Peninsula Health outpatients requesting the Covid clinic or fax. 9788 1879.</p>
<p><b>Minimum Referral Information Required</b> Please note, referral cannot be processed if minimum information is missing)</p> <ul style="list-style-type: none"> <li>▪ Clinical details and reason for referral.</li> <li>▪ Relevant medical history</li> <li>▪ Medications</li> <li>▪ Allergies</li> <li>▪ Results of all recent and relevant investigations</li> <li>▪ Symptomatic history.</li> <li>▪ Possible diagnosis and/or injury.</li> <li>▪ Test results</li> <li>▪ Medications and allergies</li> </ul> <p><b>Please specify</b></p>
<p><b>Clinic information:</b></p> <p>This program is offered at the Community Health Service located at Frankston, Rosebud and Mornington.</p>
<p><b>Other information:</b></p> <p>The post covid-19 recovery program, offers a multidisciplinary approach across a range of professions including counselling, nursing, dietitian, physiotherapy, occupational therapy. The program commences with an initial holistic assessment completed by an Exercise physiologist, which aims to determine participants needs and goals. Clients can receive a range of services as well as support to address psychosocial needs such as financial needs, housing, and food insecurity.</p>

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