Abstract P26 Figure 1 Top three page views per month for the first million visits to the Your COVID Recovery Website

Breathlessness and Family, Friends and Carers featured in the top three positions for the first four months but not subsequently.

Of the highest viewed content pages, average length of time spent on an individual page was reported to show Fatigue at 02mins12sec, Musculoskeletal Shoulder and Back Pain at 03mins05sec and Cough at 03min35sec.

Conclusion The data highlights the desire for knowledge on symptom management of COVID-19 with areas of specific interest showing some change during the data collection period. This may reflect the progression or change in symptoms and fluctuating COVID-19 cases nationally. It may also provide HCP's an important insight into the recovery of patients with COVID-19. The average length of time spent on the most viewed pages is high, showing good interaction by the reader and again highlights the desire for knowledge.

REFERENCE

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P27

THE NEED FOR REHABILITATION PROGRAMME AFTER AN EPISODE OF COVID-19

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Background After COVID-19 infection, individuals can experience a variety of symptoms that might require further treatment. Early data showed that an adapted pulmonary rehabilitation programme may be a valuable intervention.¹ It is anticipated that there will be a huge burden on current services to deliver a programme for patients with long term symptoms following COVID-19 infection and therefore there will need to be flexible alternative modes of delivery. Currently no data exists on the need for rehabilitation and the preferred mode of delivery.

Preferred Rehabilitation Programme

Abstract P27 Figure 1 Preferred rehabilitation programme

Aim To assess the need for rehabilitation programme following discharge from COVID-19 episode and understand patient preference.

Method Patients post hospital discharge (H) and the community managed (C) infection received a follow up call on average of 3 months after discharge as a part of routine clinical management. A survey was completed to assess their most significant symptoms they would seek help with and their preference for rehabilitation. The survey explored ongoing symptoms, level of activity and preferred mode of rehabilitation. Data was analysed using SPSS v25.

Results A total of 160 patients completed the survey (51.2% male, mean [SD] age 54 [15] years). 126 (78.8%) were post hospital and 34 (21.3%) were community managed infections. 101 (63.1%) reported that COVID-19 related symptoms have affected their daily activities, and 106 (66.3%) reported their desire to be more active. The most common symptoms identified needing support were fatigue (C- 82.4%, H- 44.4%) and shortness of breath (C- 88.2%, H-48.4%). Both groups preferred face-to-face group programme (C- 54.8%, H- 46.8%), and (C-38.7%, H- 40.3%) preferred a supported digital rehabilitation programme or non-digital home based programme (C- 3.2%, H-12.9%) respectively (figure 1).

Conclusion The survey responses indicate a significant need for a support package of care. The majority preferred a face-to-face intervention; although a significant minority would prefer a digital intervention, regardless of mode there will be a substantial burden on services.

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P28

DEVELOPING A NOVEL ADVANCED CLINICAL PRACTITIONER LED SEVERE COVID-19 FOLLOW-UP SERVICE – A PICTURE IS NOT ALWAYS WORTH A THOUSAND WORDS

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During the COVID-19 pandemic the British Thoracic Society produced national guidance advising for all severe COVID-19 pneumonia (defining our inclusion criteria as clinico-radiological diagnosis, oxygen requirements >35%, continuous positive pressure ventilation or mechanical ventilation) to have 4–6–

week follow-up with all COVID-19 patients having imaging at 12 weeks.¹ To avoid duplication of work streams, the district general hospital developed a pathway liaising with ICU to ensure follow-up 4–6 weeks post discharge, chest x-ray at 12 weeks and follow-up telephone appointment at six months with the aim of discharging back to the community or referring for further investigations. In total we followed up 272 patients who were referred to our service.

In the first wave (April 2020 – July 2020) we followed up 117 patients of whom 99 had a follow-up chest X-ray. Chest x-rays were performed on average 80.4 (43–140) days post discharge. Of these patients, 14% had residual changes, with 86% having a clinic normal chest X-ray, with 33 (28%) requiring referral for further investigation and respiratory physician follow-up due to breathlessness (quantified by Modified Medical Council Research dyspnoea score) identified at follow-up clinic appointments, on average 168.4 (91–209) days post discharge.

In the second wave (October 2020 – April 2021) we followed up 155 patients of whom 133 had a chest x-ray and 51 (38%) had residual changes. Chest x-rays were performed on average 88.7 (32–120) days post discharge and follow-up clinic appointments were on average 150.9 (92–172) days post discharge. Only 35 patients have been followed up to date (the remaining having not reached 6-months post discharge). Of these 15 (42.8%) required onwards referral for further investigation.

This data shows that we have run a robust follow-up service for severe COVID-19 pneumonia patients. It is important that we think carefully about who is referred for further respiratory investigations as our data shows that chest x-ray resolution does not necessarily correlate with resolution of symptoms, and the implication for NHS services.

REFERENCE

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Advances in the management of TB and NTM infections

P29

HOW ARE WE MANAGING NON-TUBERCULOUS MYCOBACTERIA PULMONARY DISEASE (NTM-PD)? RESULTS FROM THE FIRST UK-WIDE SURVEY OF CLINICAL PRACTICE

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Introduction and Objectives The prevalence of pulmonary non-tuberculous mycobacteria (NTM) isolates identified in the UK is increasing. We sought to ascertain the current NTM-pulmonary disease (NTM-PD)-related workload in the UK and the infrastructure in place to support this; and to compare reported NTM-PD management with recommendations outlined in national guidance.

Methods A cross-sectional online survey on the diagnosis and management of NTM-PD was circulated between November 2020 and May 2021 via NTM Network UK, the British Thoracic Society and the British Infection Association to healthcare professionals across the UK who manage patients with NTM-PD.

Results Data from 87 sites were analysed (including 4 paediatric and 12 cystic fibrosis centres). 76/87 (87%) of respondents were consultant physicians, of which 63% were adult respiratory consultants. NTM-related workload is considerable, with 62% of respondents seeing over six newly diagnosed NTM-PD patients each year, in addition to a further 10–20 patients already under follow-up. 41–60% of patients under review are commenced on treatment for NTM-PD.

68 (78%) sites manage NTM patients in TB clinic, whilst 8 have a dedicated NTM clinic. All respondents had access to bronchoscopy, and 66% also to induced sputum diagnostics. Support available from clinical nurse specialists and other allied healthcare professionals varied. 68% have input from TB specialist nurses whilst 14% receive no nursing support. 47% of respondents have support from physiotherapists, 41% from a pharmacist and 33% receive no allied healthcare support.

Of the 66 respondents who do not work at a NTM tertiary referral centre, 42 (64%) do not receive external MDT support from one. 55% of clinicians do not provide or signpost NTM-PD patients to any patient information resources related to NTM-PD.

Conclusions There is significant variation in how patients with NTM-PD are managed across the UK including existing infrastructure for NTM diagnosis and treatment, and a lack of standardised NTM care pathways. Opportunities to improve support to patients and clinicians include: 1) helping centres to set-up NTM-PD multi-disciplinary teams, 2) establishing regional networks and a national NTM-PD Clinical Advice Service and 3) enabling NTM patients to access relevant NTM information and support.

Please refer to page A191 for declarations of interest related to this abstract.

P30

MOBILE HEALTH USES IN SURVEILLANCE OF TUBERCULOSIS MEDICATION SIDE EFFECTS AND BEYOND-A PILOT STUDY

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Tuberculosis (TB) and multi-drug resistant TB (MDR-TB) are some of the most deadly infectious lung diseases worldwide. Medications such as ethambutol and fluoroquinolones, used in treatment, have potentially severely debilitating side effects, namely ocular toxicity. Current monitoring is infrequent and can lead to unnecessary progression of side effects until irreversible or fatal. Mobile health (m-health) may be able to provide suitable solutions.

Methods 196 eyes from 96 participants sourced from St Mary's TB clinics, Western Eye Hospital outpatient clinics, Charing Cross Hospital MS clinics and student volunteers were examined using a digital colour vision test (EnChroma). The results were compared to currently used analogue tests during two phases. Phase one involved comparison to the