

# COVID-19 Follow-up Clinic

**This leaflet explains more about the telephone appointments following your discharge with COVID-19. If you have any further questions, please speak to a doctor or nurse caring for you.**

## When can I leave hospital?

When your breathing has stabilised and you no longer require supplementary oxygen, we will discharge you to your usual place of residence.

At this time, we think you will be clinically well, not at risk of acute deterioration, your oxygen levels will need to be over 90% on room air for at least 48 hours, and a senior clinician has reviewed you before discharge.

We expect you will still feel tired and perhaps a little breathless on moderate exertion when at home. This is normal with COVID-19 and can take 3-4 weeks to resolve.

## After I leave hospital

We will give you a device to monitor your blood oxygen levels at home. You will be responsible for this device and will be expected to return it at the end of your follow-up. We will arrange for you to receive telephone follow-up appointments from our clinical staff at approximately two, four and six days after discharge.

## Looking after myself

Please ensure you have adequate provisions at home or make arrangements for someone to deliver groceries to your house.

Please follow the government's advice on staying at home

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

## What should I do if I have a problem?

If you feel unwell with mild symptoms, please email [covidreview@stgeorges.nhs.uk](mailto:covidreview@stgeorges.nhs.uk) before 3.00pm. Mild symptoms include getting breathless whilst walking up stairs or on exerting yourself. Alternatively, see our contact details below.

**If your symptoms are moderate / severe and outside of this time, contact 111 or go to your local accident and emergency department (A&E). Severe symptoms include getting breathless at rest, being unable to complete sentences or being unable to care for yourself at home.**

## Will I have a follow-up appointment?

Your telephone review will be as follows: during the week after your discharge, you will be contacted three times at approximately two, four and six days. The clinician will telephone you at an agreed time and ask these questions:

- How is your breathing: mild, moderate, severe breathlessness, any changes when you walk on the flat or stairs, any change during the time since discharge?
- Breaths per minute, oxygen blood level according to the probe. If you have a thermometer, we will enquire about your temperature.

If the clinician is satisfied with your breathing, you will be offered a follow-up appointment as planned. If this is your final appointment, we will discharge you from this service.

If the clinician is concerned that your breathing is becoming difficult, we may ask you to attend the St George's Emergency Department for an assessment in person.

## Useful sources of information

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## Contact us

You can call us on 020 8725 1749. This is an answering machine so **please leave a voicemail**. Our staff constantly monitors received calls and will return your call as soon as possible.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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