

**Dumfries and Galloway
NHS Board**

Chief Executive's Office

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Ref: JAA/LMcK
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Date: 13th February 2023



COVID-19 Recovery Committee
The Scottish Parliament
Edinburgh
EH99 1SP

Dear Ms Brown

Inquiry into Long COVID

Thank you for your letter of 17th January 2023, please accept my apologies for the delay in responding.

NHS Dumfries and Galloway has been allocated resource associated with recovery from long COVID from both the COVID Recovery fund and the national Mental Health After COVID Hospitalisation (MACH) project.

The MACH resource was used to provide an assertive outreach programme for people hospitalised due to COVID. It was used to part-fund a 36-month 8a Clinical / Counselling Psychology post (0.6 of a 1.0 post). This post is managed and supervised within the Clinical Health Psychology team. This post was successfully recruited to, allowing for operation of the service to commence April 2022.

The operation of the service aligns with the national MACH guidance on service delivery. Patients receive self-assessment measures relating to changes in mood and cognition associated with COVID infection. On completion, these measures are used to identify potential areas of need, with those meeting clinical criteria invited to attend an assessment. Following this, the patient is signposted to existing services and pathways within the region relevant to their needs. This includes statutory and third sector services.

The focus of MACH is patients who were (a) admitted to the Dumfries and Galloway Royal Infirmary due to COVID, and (b) resident within the region.

The MACH service is single-handed and uni-disciplinary. As such the operation of the service is reliant upon the retention of the post-holder.

In addition, the COVID Recovery allocation has funded a Lead AHP for Long Covid (Advertised but not yet recruited) and a Lead GP for Long Covid (1 session a week, started 8th February).

These two new Specialty leads will work alongside the already established Psychology lead to work with the Third Sector and other agencies to establish a more cohesive and robust service. They will also develop a communications strategy, both to Healthcare Professionals and the Public, describing how to access this service. "

Yours Sincerely

Jeff Ace
Chief Executive