

COVID-19: *Supporting your recovery*

A web-based resource has been developed by a group of multi-disciplinary health professionals at Lancashire Teaching Hospitals. The purpose of this resource is to support patients with their initial recovery once discharged from hospital following treatment for COVID-19.

This resource can be accessed from all devices at:

covidpatientsupport.lthtr.nhs.uk



Who is it aimed at?

It is aimed at all individuals who have been discharged from hospital following Covid-19, regardless of age.

What does it cover?

This resource is divided into different sections to cover both physical and mental recovery from Covid-19. It uses text and videos to provide information, suggestions and exercises to follow. The topics include:

- Managing breathlessness
- Clearing your lungs
- Swallowing, communication and mouth care
- Eating well to help you recover
- Conserving your energy
- Keeping you mobile
- Exercise videos to follow
- Help when you're feeling down
- Confusion

Feedback

Please complete the questionnaire within the web page to assist us with resource improvements

