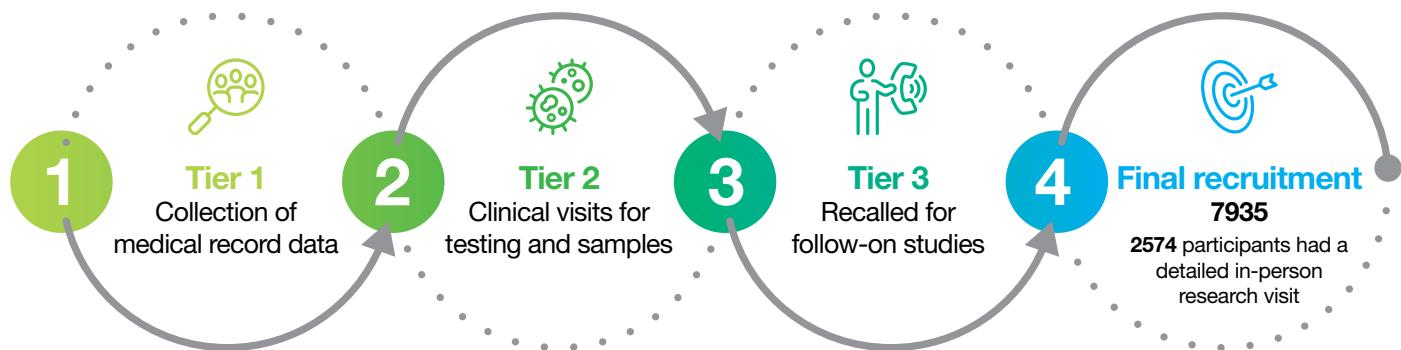


## Study Update: Summer 2022

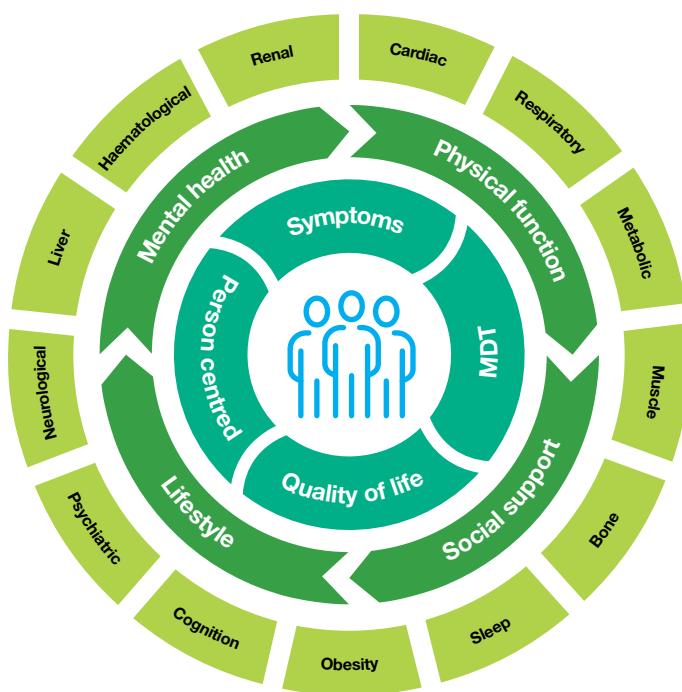
**The Post-hospitalisation COVID-19 Study: Our Vision** “To establish a national platform to integrate research and clinical service to understand and improve long-term outcomes for survivors of a hospitalisation with COVID-19.”

### Final Recruitment



### Working Groups and Patient Charities

- Strong patient and public involvement (PPI) embedded within the PHOSP-COVID study from the start.
- Multiple **patient charities** working alongside our clinical working groups.



Lung Fibrosis	 Action for Pulmonary Fibrosis	
Pulmonary and systemic vasculature		
Intensive care		Kidney Research UK
Airways disease		
Imaging		
Rehabilitation, sarcopenia, recovery		Kidney Research UK
Brain	 	
Cardiovascular		Alzheimer's Research UK
Metabolic		MQ Mental health research
Renal		
Immunology		
Long Covid Support		

# Our Research Priorities

We have jointly set research priorities from the PHOSP-COVID study with patients and clinicians. Our Top 10 priorities are not ranked and have an emphasis on:

## Underlying mechanisms

- What are the underlying mechanisms of Long Covid that drive symptoms and/ organ impairment?
- What imaging techniques or scans may be able to detect & predict the development of organ problems or wider systemic issues?
- What happens to the immune system throughout patients' recovery from COVID-19?
- What can data at 6 & 12 months tell us about the long-term trajectory of illness?



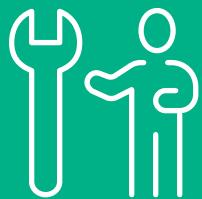
## Interventions

- What is the impact of treatment(s) during the acute stage of COVID-19 on recovery?
- What are the problems within the muscles associated with symptoms limiting activity/ function/ exercise? What can be done to help?
- What medications, dietary changes, supplements, rehabilitation & therapies aid recovery?
- What can be done to support mental wellbeing during recovery?



## Diagnostic/ prognostic tools

- What blood/ other laboratory tests may be able to detect and predict the development of organ problems or wider systemic issues?
- What is the risk of future adverse health events (e.g. stroke, heart attack)?



The full article by PHOSP-COVID Collaborative Group (2022) can be accessed here: <https://thorax.bmjjournals.org/content/77/7/717>

## Shared Learning

- Alongside our patient engagement work, we provided shared learning to health care professionals, in conjunction with the British Thoracic Society.
- Our series of webinars attracted approximately **5000 views** per session. [https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0\\_45016\\_51915\\_51916&programmelmId=45016](https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_45016_51915_51916&programmelmId=45016)



## Media Interest

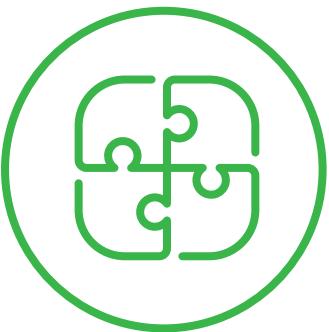
- PHOSP-COVID has been highlighted in the following media outlets:
- **BBC Radio 4:** After becoming ill with covid six months ago, BBC Inside Science presenter Adam Rutherford is only now getting back to normal. Listen to his programme on Long Covid which interviewed members of the PHOSP-COVID team here: <https://www.bbc.co.uk/programmes/m000mzms>



## Key Findings



**3/10 felt recovered** at 1 year after hospital discharge.



Reported **four clusters**: very severe, severe, moderate and mild, relating to the level of physical health, mental health and cognitive impairment.



**Health-related quality of life was reduced at 1 year** compared with before hospital admission.

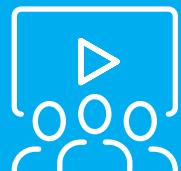


**Systematic inflammation and obesity** are potential risk factors that can be treated. **Other risk factors include being female and receiving mechanical ventilation.**

- The full articles in the Lancet Respiratory Medicine by the PHOSP-COVID Collaborative Group (2022) can be accessed here: <https://www.thelancet.com/action/showPdf?pii=S2213-2600%2821%2900383-0> & <https://www.thelancet.com/action/showPdf?pii=S2213-2600%2822%2900127-8>
- PHOSP-COVID has sparked ideas for other research projects. Further details of current/ planned projects can be found on our website: <https://www.phosp.org/>

## Public Webinar

- We are holding a public webinar on **17th August 2022 at 10 am** to discuss the study results and our ongoing work.
- The recording will be available on the website after the event: <https://www.phosp.org/>



**Thank you to everyone** who participated in the trial or contributed to the PPI work.

## Finally...



*“Joining the trial I feel I’m helping to get some sense out of the horrific illness. We have to understand more about this virus so the NHS can treat it better, so people know how to look after their recovery and so we don’t have to go through this again.”*

**Nicola Geary**

Leicester’s 100th participant in PHOSP\_COVID