

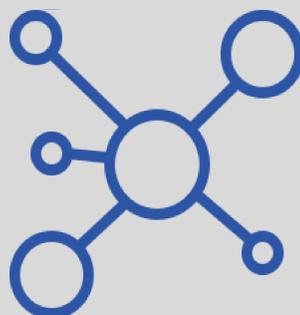


CO-DESIGNING A 'LONG COVID EDUCATION AND AWARENESS HUB': ADDRESSING PSYCHOSOCIAL NEEDS ACROSS THE CONTINUUM OF CARE

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Project Context:

- Long COVID (LC) is an emerging condition **impacting 35% of COVID-19 patients**
- LC not only **impacts one's physical health**, it also **affects their psychosocial well-being**
- LC also **disrupts the lives of informal caregivers (CGs)**
- **Health and social care providers (HSCPs) are positioned to support person-centered rehabilitation practices** that address the psychosocial impacts of living with LC



Study Purpose:

- The **purpose** of this project is to **co-design an evidence- and experience-informed 'LC Education and Awareness Hub'** to **optimize needed psychosocial rehabilitation supports** across standards of care in Canada.

Data Collection:

- **n=25 stakeholders** were recruited (**n=11 people with LC (PWLC)**, **n=4 caregivers (CGs)**, and **n=9 health and social care providers (HSCPs)**) across Canada.
- **8 virtual co-designed workshops** (May and July, 2023) engaging stakeholders in brainstorming, discussion, and consensus-building activities using the **4'D cycle of appreciative inquiry** (*Discover, Dream, Design, Deploy*).

Results:

- We collectively **identified four key areas** to address through the 'LC Hub,' and co-designed **public-, academic-, and practice-facing knowledge translation (KT) outcomes** for each area.

1

EDUCATION
e.g., employer education pamphlet.

2

ADVOCACY AND PUBLIC HEALTH MESSAGING
e.g., digital storytelling docu-series.

3

HEALTH AND SOCIAL CARE REFORM AND CARE INTEGRATION
e.g., digital map of HSCP location and scope of practice.

4

PEER SUPPORT
e.g., environmental scan of active LC peer support groups across the continuum.

'The LC Education and Awareness Hub'

- **Housed digitally** online, www.LivingWithLongCovid.ca
- **Target audience:** PWLC, CGs, HSCPs, policy-makers, government officials, and the general public
- **Purpose:** The 'LC hub' has been co-designed to provide **LC-specific rehabilitation knowledge/practices that can be integrated into current standards of care in Canada**



For more information, or to connect regarding this project, please email: Jaylyn Leighton, PhD at jaylyn.leighton@sunnybrook.ca