



Post-COVID-19 rehabilitation survey (Healthcare Worker)

Page 1: Introduction

You are being invited to participate in a research study titled “Developing post-COVID-19 support in the Global South”. This study is being led by Prof Sally Singh (University of Leicester, UK) and the Global RECHARGE teams in India (Symbiosis Deemed University), Kyrgyzstan (National Centre of Cardiology and Internal Medicine), Sri Lanka (University of Sri Jayewardenepura) and Uganda (Makerere University Lung Institute) (<https://www.globalrecharge.org.uk/>).

We are looking for ways to help all people recovering from COVID-19 in low- and middle-income countries (LMICs). We hope the questionnaire will take 5-10 minutes of your time and will help us to understand how best to help people who have been affected by COVID-19.

We are not asking for any personal information and all data collected will be anonymous. Information provided will not be able to identify individuals. We will be unable to delete your data as we will be unable to identify which data belongs to you.

The survey has been approved by the University of Leicester College of Life Science Committee for Research Ethics Concerning Human Subjects (Non-NHS).

If you have any questions, please email us at recharge@leicester.ac.uk.

Under-18s should not complete the survey.

Your participation is entirely voluntary, and you can stop the questionnaire at any time. You are free to omit any question.

Page 2

In which country do you reside? * *Required*

- Afghanistan
- Albania
- Algeria
- American Samoa
- Andorra
- Angola
- Antigua and Barbuda
- Argentina
- Armenia
- Aruba
- Australia
- Austria
- Azerbaijan
- Bahamas, The
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bermuda
- Bhutan
- Bolivia
- Bosnia and Herzegovina
- Botswana
- Brazil
- British Virgin Islands
- Brunei Darussalam

- Bulgaria
- Burkina Faso
- Burundi
- Cabo Verde
- Cambodia
- Cameroon
- Canada
- Cayman Islands
- Central African Republic (CAR)
- Chad
- Channel Islands
- Chile
- China
- Colombia
- Comoros
- Congo, Democratic Republic of the
- Congo, Republic of the
- Costa Rica
- Cote d'Ivoire
- Croatia
- Cuba
- Curaçao
- Cyprus
- Czech Republic
- Denmark
- Djibouti
- Dominica
- Dominican Republic
- Ecuador
- Egypt, Arab Republic of
- El Salvador
- Equatorial Guinea
- Eritrea

- Estonia
- Eswatini (formerly Swaziland)
- Ethiopia
- Faroe Islands
- Fiji
- Finland
- France
- French Polynesia
- Gabon
- Gambia, The
- Georgia
- Germany
- Ghana
- Gibraltar
- Greece
- Greenland
- Grenada
- Guam
- Guatemala
- Guinea
- Guinea-Bissau
- Guyana
- Haiti
- Honduras
- Hong Kong SAR, China
- Hungary
- Iceland
- India
- Indonesia
- Iran, Islamic Republic of
- Iraq
- Ireland
- Isle of Man

- Israel
- Italy
- Jamaica
- Japan
- Jordan
- Kazakhstan
- Kenya
- Kiribati
- Korea, Democratic People's Republic
- Korea, Republic of
- Kosovo
- Kuwait
- Kyrgyz Republic
- Lao, People's Democratic Republic
- Latvia
- Lebanon
- Lesotho
- Liberia
- Libya
- Liechtenstein
- Lithuania
- Luxembourg
- Macao SAR, China
- Madagascar
- Malawi
- Malaysia
- Maldives
- Mali
- Malta
- Marshall Islands
- Mauritania
- Mauritius
- Mexico

- Micronesia, Federate States of
- Moldova
- Monaco
- Mongolia
- Montenegro
- Morocco
- Mozambique
- Myanmar (formerly Burma)
- Namibia
- Nauru
- Nepal
- Netherlands
- New Caledonia
- New Zealand
- Nicaragua
- Niger
- Nigeria
- North Macedonia
- Northern Mariana Islands
- Norway
- Oman
- Pakistan
- Palau
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Poland
- Portugal
- Puerto Rico
- Qatar
- Romania

- Russian Federation
- Rwanda
- Samoa
- San Marino
- São Tomé and Príncipe
- Saudi Arabia
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Singapore
- Sint Maarten (Dutch part)
- Slovak Republic
- Slovenia
- Solomon Islands
- Somalia
- South Africa
- South Sudan
- Spain
- Sri Lanka
- St Kitts and Nevis
- St Lucia
- St Martin (French part)
- St Vincent and the Grenadines
- Sudan
- Suriname
- Sweden
- Switzerland
- Syrian Arab Republic
- Taiwan, China
- Tajikistan
- Tanzania
- Thailand

- Timor-Leste
- Togo
- Tonga
- Trinidad and Tobago
- Tunisia
- Turkey
- Turkmenistan
- Turks and Caicos Islands
- Tuvalu
- Uganda
- Ukraine
- United Arab Emirates
- United Kingdom
- United States
- Uruguay
- Uzbekistan
- Vanuatu
- Venezuela
- Vietnam
- Virgin Islands (U.S.)
- West Bank and Gaza
- Yemen
- Zambia
- Zimbabwe

Page 3

What is your gender?

- Male
- Female
- Prefer not to say

What age are you in years?

- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 or over
- Do not know

Which best describes your professional job category?

- Acute Medicine
- Anaesthetist
- Cardiac
- Epidemiologist
- General Practitioner of alternative/traditional medicine
- General practitioner of modern medicine
- Healthcare of the Elderly
- Infectious Disease Specialist
- Nurse
- Occupational Therapist
- Paediatrician
- Paramedic/emergency responder
- Pharmacist
- Physiotherapist
- Public Health
- Primary Care
- Psychiatry
- Psychology
- Radiologist
- Respiratory/ Chest Medicine
- Sports and Exercise
- Surgery
- Other

If you selected Other, please give details:

What responsibilities did/do you have for the care of people with COVID-19? Tick all that apply.

- Not involved in COVID-19 care
- Administrative work
- Admission prevention
- Biological sample collection/processing/analysis
- Diagnosis
- Household/community sentinel surveillance
- Inpatient treatment
- Management of quarantine centres
- Medication checks
- Mobility assessments and exercises
- Non-urgent care
- Ongoing management
- Outpatient clinics
- Oxygen therapy
- Prescribing
- Primary care and regular follow-up
- Urgent assessments
- Other

If you selected Other, please give details:

We want to find out how best to support the recovery of people who have had symptoms of COVID-19.

Which of the following potential considerations should be part of post-COVID-19 support? (Tick all that apply)

- Advice on medications
- Advice on nutrition
- Advice on returning to work
- Advice on managing breathlessness
- Advice on managing cough
- Advice on managing fatigue
- Aerobic exercise/regaining fitness levels
- Behaviour change relating to hygiene practice
- Coping with social isolation
- Coping with stigma of COVID-19 infection
- Dealing with comorbidities
- Dealing with grief
- Infection control relating to COVID-19
- Integrating back into the community
- Lung function testing
- Resistance exercise/strength training
- Support for anxiety or depression
- Support for Post-Traumatic Stress Disorder (PTSD)
- Monitoring symptoms
- Financial advice
- Learning how to find trustworthy information
- Other

If you selected Other, please give details:

Please select your Top 5 most important considerations for post-COVID-19 support:

Please select no more than 5 answer(s).

- Advice on medications
- Advice on nutrition
- Advice on returning to work
- Advice on managing breathlessness
- Advice on managing cough
- Advice on managing fatigue
- Advice on home remedies from alternative medicines
- Aerobic exercise/regaining fitness levels
- Dealing with grief
- Infection control relating to COVID-19
- Integrating back into the community
- Lung function testing
- Support for coping with stigma
- Support for Post-Traumatic Stress Disorder (PTSD)
- Support for social isolation
- Resistance exercise/strength training
- Support for managing other health conditions
- Support for anxiety or depression
- Monitoring symptoms
- Financial advice
- Learning how to find trustworthy information
- Other

If you selected Other, please give details:



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Are COVID-19 patients who were not hospitalised in need of support for their recovery?

- Yes
- No
- Do not know

Where would be an appropriate location for this support to be delivered? (Tick all that apply)

- Community setting
- Home
- Hospital
- Other

If you selected Other, please give details:

Patients will be receptive to receiving post COVID-19 support for their recovery.

- Strongly agree
- Agree
- Strongly disagree
- Disagree
- Unsure

Please select which of the following may be **barriers to healthcare professionals referring patients** to post COVID-19 support (Tick all that apply):

- Belief in the value of non-medical treatments
- Cost of treatment
- Inadequate supply of PPE kits for healthcare professionals
- Lack of social support for the patient
- Lack of time to make referrals
- No perceived need for support
- Patient employment/financial concerns
- Patient living alone
- Patient's condition too good to participate
- Patient's condition too poor to participate
- Risk of patient being re-infected
- Risk of patients exercising
- Risk of patient spreading infection in the community
- Risk of patients infecting healthcare staff
- Stigma experienced by patients
- Time commitment for healthcare professionals
- Time commitment for patient
- Transport needs of patient
- Uncertainty of non-medical treatments
- Other

If you selected Other, please give details:

Please select which of the following may be **barriers to patients accepting a referral to post COVID-19 support** (Tick all that apply):

- Belief in the value of non-medical treatments
- Cost of treatment
- Inadequate supply of PPE kits for healthcare professionals
- Lack of social support for the patient
- Lack of time to make referrals
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- Patient living alone
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- Time commitment for patient
- Transport needs of patient
- Uncertainty of non-medical treatments
- Other

If you selected Other, please give details:

What could be done to encourage patients to take up post COVID-19 support?

For adults with COVID-19, when should support be offered to survivors?

- Whilst managing COVID-19 at home or in the community
- Whilst in hospital
- Immediately after returning home from hospital or feeling better at home
- 2-3 weeks after returning home from hospital or feeling better at home
- 1-2 months after returning home from hospital or feeling better at home
- At least 2 months after returning home from hospital or feeling better at home

What communication strategies may be suitable for supporting patients through post-COVID-19 support? (Tick all that apply)

- Dedicated smartphone app
- Email
- Face-to-face
- Home visits
- Messaging app
- Paper-based instructions
- Telephone calls
- Text messaging
- Video consultations
- Radio
- Newspaper

- Television
- Website/online platform
- Other

If you selected Other, please give details:

Do you believe that supporting the recovery of people who have had COVID-19 would be worthwhile?

- Yes, high priority
- Yes, low priority
- No
- Not sure

If you selected NO/NOT SURE, please can you tell us why:

By clicking the 'Finish' button below, you are consenting to participate in this study.

Page 10: Final page

Thank you for completing the survey.



Post-COVID-19 support survey (Patient)

Page 1: Introduction

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- Antigua and Barbuda
- Argentina
- Armenia
- Aruba
- Australia
- Austria
- Azerbaijan
- Bahamas, The
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bermuda
- Bhutan
- Bolivia
- Bosnia and Herzegovina
- Botswana
- Brazil
- British Virgin Islands
- Brunei Darussalam

- Bulgaria
- Burkina Faso
- Burundi
- Cabo Verde
- Cambodia
- Cameroon
- Canada
- Cayman Islands
- Central African Republic (CAR)
- Chad
- Channel Islands
- Chile
- China
- Colombia
- Comoros
- Congo, Democratic Republic of the
- Congo, Republic of the
- Costa Rica
- Cote d'Ivoire
- Croatia
- Cuba
- Curaçao
- Cyprus
- Czech Republic
- Denmark
- Djibouti
- Dominica
- Dominican Republic
- Ecuador
- Egypt, Arab Republic of
- El Salvador
- Equatorial Guinea
- Eritrea

- Estonia
- Eswatini (formerly Swaziland)
- Ethiopia
- Faroe Islands
- Fiji
- Finland
- France
- French Polynesia
- Gabon
- Gambia, The
- Georgia
- Germany
- Ghana
- Gibraltar
- Greece
- Greenland
- Grenada
- Guam
- Guatemala
- Guinea
- Guinea-Bissau
- Guyana
- Haiti
- Honduras
- Hong Kong SAR, China
- Hungary
- Iceland
- India
- Indonesia
- Iran, Islamic Republic of
- Iraq
- Ireland
- Isle of Man

- Israel
- Italy
- Jamaica
- Japan
- Jordan
- Kazakhstan
- Kenya
- Kiribati
- Korea, Democratic People's Republic
- Korea, Republic of
- Kosovo
- Kuwait
- Kyrgyz Republic
- Lao, People's Democratic Republic
- Latvia
- Lebanon
- Lesotho
- Liberia
- Libya
- Liechtenstein
- Lithuania
- Luxembourg
- Macao SAR, China
- Madagascar
- Malawi
- Malaysia
- Maldives
- Mali
- Malta
- Marshall Islands
- Mauritania
- Mauritius
- Mexico

- Micronesia, Federate States of
- Moldova
- Monaco
- Mongolia
- Montenegro
- Morocco
- Mozambique
- Myanmar (formerly Burma)
- Namibia
- Nauru
- Nepal
- Netherlands
- New Caledonia
- New Zealand
- Nicaragua
- Niger
- Nigeria
- North Macedonia
- Northern Mariana Islands
- Norway
- Oman
- Pakistan
- Palau
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Poland
- Portugal
- Puerto Rico
- Qatar
- Romania

- Russian Federation
- Rwanda
- Samoa
- San Marino
- São Tomé and Príncipe
- Saudi Arabia
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Singapore
- Sint Maarten (Dutch part)
- Slovak Republic
- Slovenia
- Solomon Islands
- Somalia
- South Africa
- South Sudan
- Spain
- Sri Lanka
- St Kitts and Nevis
- St Lucia
- St Martin (French part)
- St Vincent and the Grenadines
- Sudan
- Suriname
- Sweden
- Switzerland
- Syrian Arab Republic
- Taiwan, China
- Tajikistan
- Tanzania
- Thailand

- Timor-Leste
- Togo
- Tonga
- Trinidad and Tobago
- Tunisia
- Turkey
- Turkmenistan
- Turks and Caicos Islands
- Tuvalu
- Uganda
- Ukraine
- United Arab Emirates
- United Kingdom
- United States
- Uruguay
- Uzbekistan
- Vanuatu
- Venezuela
- Vietnam
- Virgin Islands (U.S.)
- West Bank and Gaza
- Yemen
- Zambia
- Zimbabwe

Page 3

What is your gender?

- Female
- Male
- Prefer not to say

What age are you in years?

- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 or over
- Do not know

What is your current employment status?

- In full-time education/student
- In paid work (employed)
- In paid work (self-employed)
- In unpaid work
- Full-time homemaker or caregiver
- Works in family business
- Labourer
- Unemployed
- Retired
- Other

If you selected Other, please give details:

Who else is at home with you?

- Nobody else (live on my own)
- Partner/ Spouse
- Children
- Grandchildren
- Parent/ Aunt/ Uncle
- Grandparent
- Brother/ Sister
- Cousins
- Other

If you selected Other, please give details:


Page 4

How were you diagnosed with having COVID-19?

- Self-diagnosed due to symptoms present
- Diagnosed following appointment with healthcare worker
- Diagnosed/confirmed by laboratory test

Approximately what date were you diagnosed?

Dates need to be in the format 'DD/MM/YYYY', for example 27/03/1980.



(dd/mm/yyyy)

What happened when you had COVID-19? (Tick all that apply)

- Self-isolated
- Self-medicated
- Prescribed medication
- Admitted to hospital
- Admitted to Intensive Care Unit (ICU)
- Carried on as normal

We want to find out how best to support your recovery after having COVID-19.

What problems are you facing as a result of COVID-19 and what would you want help with?
(Tick all that apply)

- shortness of breath
- Coughing
- Tiredness or fatigue
- Loss of taste
- Loss of hearing
- Loss of smell
- Monitoring your symptoms
- Hygiene awareness
- Loss of fitness
- Loss of physical strength
- Other people treating me differently because I have had COVID-19
- Managing you medications/drugs
- Managing other health conditions
- Integrating back into the community
- Problems with memory or thinking
- Not sleeping well since having COVID-19
- Feeling socially isolated
- Feelings of anxiety
- Feelings of depression
- Someone close to you has passed away with COVID-19
- Unable to return to work
- Money/financial concerns
- Finding trustworthy information
- Other

If you selected Other, please give details:

Page 6

How would you like this help to be delivered? (Tick all that apply)

- In a community setting
- At home - Digital support
- At home - Telephone support
- At home - Independently with some support
- At home - Independently
- Home visit from a healthcare worker
- In a hospital setting
- Other

If you selected Other, please give details:

How much time would you be willing to spend taking part in ways to improve your recovery from COVID-19?

- Less than 30 minutes each day
- 30 minutes to 1 hour each day
- 1 to 2 hours each day
- More than 2 hours each day

How often would you be willing to spend taking part in ways to improve your recovery from COVID-19?

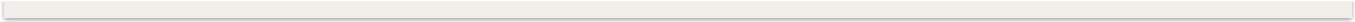
- Once a week

- 2-3 days/week
- 4-5 days/week
- 6-7 days/week

What might make it difficult for you to access support to help you recover from COVID-19?
(Tick all that apply)

- Do not need any additional support
- The value of non-medical treatments
- Employment/financial concerns
- Existence of inconsistent information about COVID-19
- Lack of confidence in healthcare professionals
- Lack of social support
- Living alone
- Previous exercise experience
- Feeling anxious or depressed
- Risk of exercising
- Risk of infecting healthcare professionals
- Risk of re-infection
- Risk of spreading infection in their community
- Pre-existing health conditions
- Prejudice or discrimination from other people
- Caring for someone else
- Time commitment for myself
- Time commitment for my family
- Family would prefer me to rest
- Costs
- The availability of vaccines or drugs for COVID-19
- Transport needs
- Other

If you selected Other, please give details:



Page 8

When would you find it appropriate to be offered this support? (Tick all that apply)

- Whilst managing COVID-19 at home or in the community
- Whilst in hospital
- Immediately after returning home from hospital or feeling better at home
- 2-3 weeks after returning home from hospital or feeling better at home
- 1-2 months after returning home from hospital or feeling better at home
- At least 2 months after returning home from hospital or feeling better at home

Tell us how you would like to receive this support? (Tick all that apply)

- Dedicated smartphone app
- Email
- Face-to-face
- Home visits
- Messaging app
- Paper-based instructions
- Telephone calls
- Text messaging
- Video consultations
- Website/online platform
- Radio
- Newspaper
- Television
- Other

If you selected Other, please give details:



By clicking the 'Finish' button below, you are consenting to participate in this study.

Page 9: Final page

Thank you for completing the survey.
