



Long Covid – A Patients perspective

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Agenda

Introduction

My symptoms of long covid

Other people's symptoms of long covid

How can Healthcare staff make a difference?

How can Practice Managers make a difference?



My Symptoms of long covid

An insight from a patient

Introduction

Long Covid or Post Covid Syndrome, is an extension of the covid symptoms lasting longer than 12 weeks. Different people will often have different as well as some common symptoms ([Long COVID - NHS, 2025](#)).

It can be difficult for someone to understand if they have not experienced this so I decided that as a Qualified Nurse, I would share my experience of this life changing condition to help others understand more how it makes a patient feel.



My Symptoms of Long Covid

- Fatigue – with activity, can be physical or mental
- Breathlessness –even with the slightest movement
- Brain fog – forgetting words, names, dates
- Pain in joints and muscles
- Legs feel like lead weights



continued

- Tremors, (shaking) sometimes visible sometimes not
- Unsteady
- Unable to stand for long as feel as if I will fall or faint
- Cluster headaches/migraines
- Ligh/noise intolerance, struggle if lots of people all taking
- Bloating of the abdomen



continued

- Abdominal, bowel and bladder problems, incontinence
- Bad dreams
- Palpitations
- Skin irritation - feels like stinging nettle rash/burning
- Eye problems - feel like they are blurry and like something is in my eye



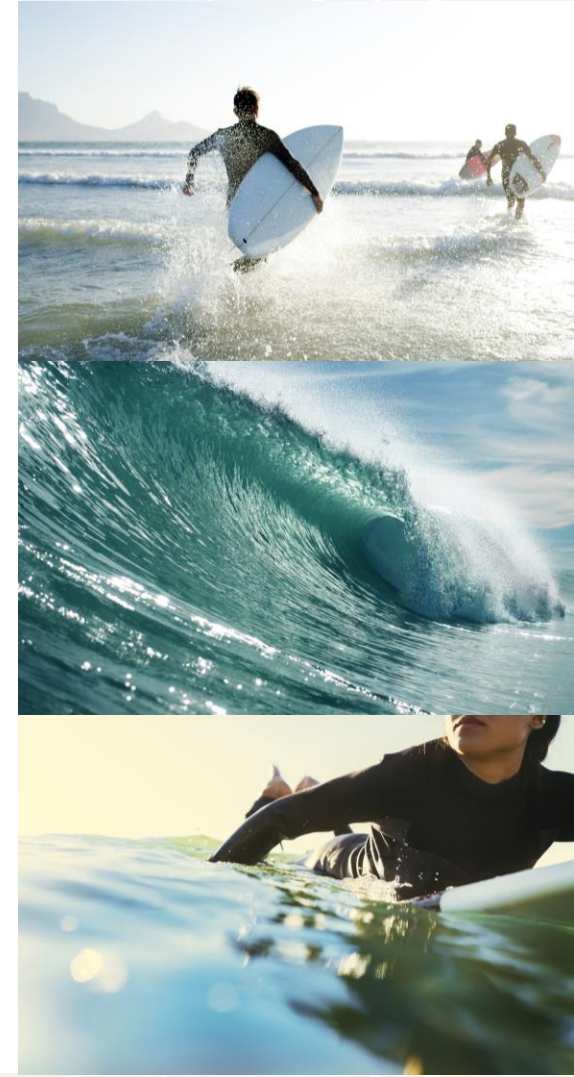
continued

- Cramps
- Weight gain
- Ear pain
- Tinnitus
- Feeling faint
- Cough, croaky voice and choking/pulling feeling in throat



continued

- Spatial awareness
- Post exertional malaise (PEM)
- Other people's symptoms are included on the next slides however other symptoms can be found at <https://doi.org/10.1016/j.eclinm.2021.101019>
- Davis et al. (2021) Characterising Long Covid In an international Cohort: 7 months of symptoms and their impact. *EclinicalMedicine*, 38, 101019





Other peoples symptoms of Long Covid

As provided from Norfolk & Waveney Long Covid Support Group members.

Other Peoples Symptoms

Support Group October 2025)

(Norfolk and Waveney Long Covid

- Insomnia
- Lack of taste, smell and appetite
- Depression and mood swings
- Pins and needles
- Dropping things
- Alcohol intolerance



Continued

(Norfolk and Waveney Long Covid Support Group October 2025)

- Issues with gripping
- ADHD type symptoms
- Heightened histamine issues
- Increased infections
- Gallbladder issues leading to removal
- Irregular periods



Continued

(Norfolk and Waveney Long Covid Support Group October 2025)

- Constant mucus in throat
- Allergies/intolerance
- Oedema
- Sleepwalking
- Diverticulitis
- Delayed wound healing



Continued

(Norfolk and Waveney Long Covid Support Group October 2025)

- Dental decay and mouth sores
- Pain behind ears
- Cognitive dysfunction, memory, focus, concentration, speech, reading and writing
- Lack of motivation
- Cannot cope with crowded spaces
- Lack of confidence and anxiety





How Long Covid affects my feelings

This is how I feel having covid

How Long Covid makes me feel

- Useless – as unable to do things for myself.
- Silly – when I am unable to remember things
- unbelieved – lots of people do not believe you
- Guilty – having to rely on others to do things
- Irritable – due to having explain
- Frustrated – when I cannot remember or lose words



continued

- Sad that I am unable to work
- Infuriated when people say you look well when
- Appalled when people think this is all in my head
- Shocked to see that healthcare workers judge thinking it's a ploy to get time off work
- Unbelieving that with rising numbers healthcare workers are not more understanding





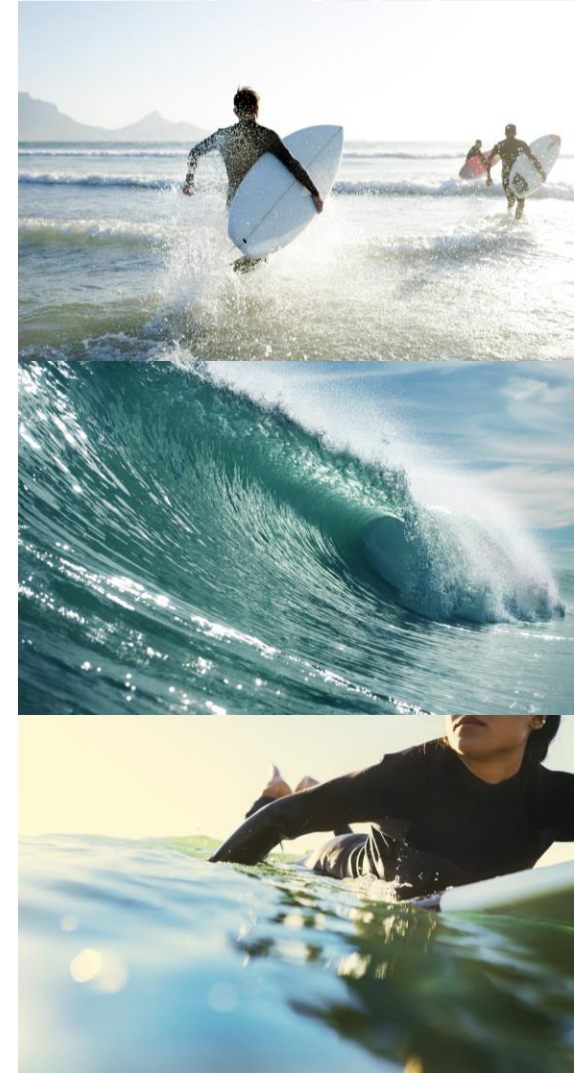
How can healthcare staff help

This is my suggestion to help patients with Long Covid

How can healthcare staff help

One of the things that could be done is for health care workers to read around this subject to gain more of an understanding as it can really affect mental health when no one is listening or understanding.

After all, "Holistic nursing care embraces the mind, body and spirit of the patient in a culture that supports a nurse/patient relationship, resulting in wholeness, harmony and healing. Holistic care is patient led and patient focused in order to provide individualised care, thereby, caring for the patient as a whole person rather than in fragmented parts" (McEvoy, Liz. Duffy, Anita. (accepted 2008) Holistic Practice - A concept analysis, Nurse Education in practice (2008,) 8, 412-419)





How Practice Managers can improve care for people with Long covid

Training of all staff in the effects of long covid to patients

What can Practice Managers do to improve services

It is important for patients to be treated holistically, therefore training should be provided or available for staff, to help with the understanding of not only Long Covid, but any chronic condition. Staff are under not only time constraints with patients, but also often struggle with surgeries allowing them time to access the training. The NMC, The Code (2018), states "6.2 maintain the knowledge and skills you need for safe and effective practice" taken from [The Code](#) 31/10/2025

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Summary

I hope this has given a small insight into how patients are affected with Long Covid and are having to accept major changes to their life. As a nurse I have been on both sides and was shocked at the lack of understanding, in not only Long Covid but also other chronic conditions. It was with this in mind I decided to try and do something to share my experience of the condition and would like to thank The Norfolk and Waveney Long Covid support group for their input. I would also like to thank the Cambridgeshire and Peterborough Training Hub for agreeing to help me share my experience.