

Longitudinal Qualitative Study of Understanding Individuals' Experiences of and Perspectives on long COVID

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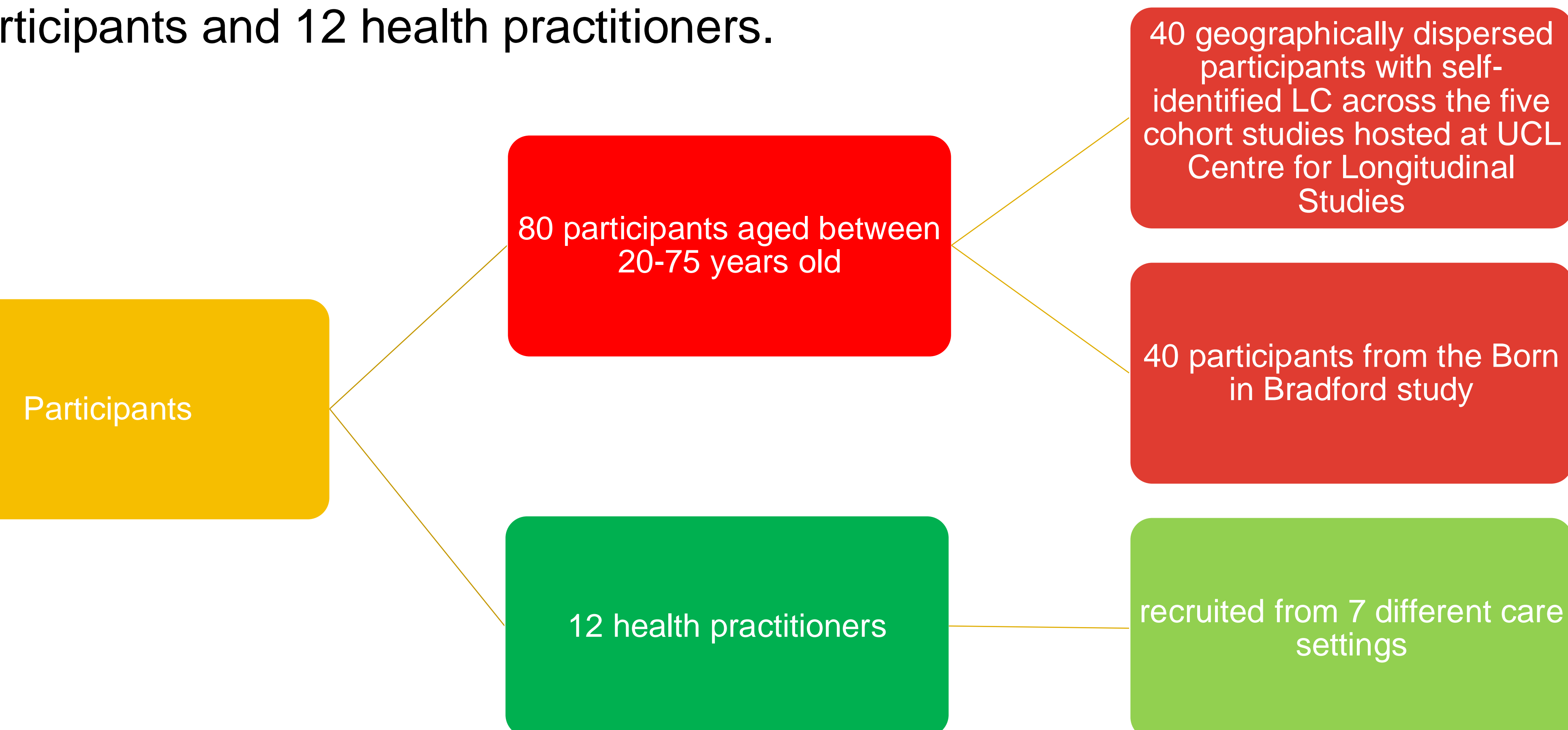
What is long COVID?

Long COVID (LC), also known as post-COVID syndrome, is a term that could be used to describe the persistence of symptoms in those people who have recovered from COVID-19, where the symptoms could be continuous or relapsing and remitting in nature. Depending upon the duration of symptoms, post COVID or Long COVID can be divided into two stages-post acute COVID where symptoms extend beyond 3 weeks, but less than 12 weeks, and chronic COVID where symptoms extend beyond 12 weeks.

Why do we research about it?

Though there has been an increasing number of literatures aiming at understanding and treating LC as well as scrutinising the healthcare system, there is still limited understanding of individuals' experiences of coping with these symptoms and accessing healthcare system. Thus, The Long COVID study aims to understand individuals' experiences of and perspectives on long COVID and healthcare experiences under the UK context.

Methodology: Three waves of in-depth qualitative interviews with 80 participants and 12 health practitioners.



Methods to summarise and analyse data

Pen Portraits

provide a useful framework to enable researchers to conduct a robust analysis of multiple sources of qualitative data collected over time

- 1) understand and define what to focus on
- 2) design a basic structure
- 3) populate the content
- 4) interpretation

Thematic Analysis

develop patterns of meaning across a dataset to allow researchers to understand people's experiences and perceptions

Inductive approach

Fatigue

- One of the most common LC symptoms
- Low levels of energy and lack of motivation
- Fluctuations of fatigue issues over time

Healthcare Challenges

- Difficulties in securing appointments for healthcare support
- Lack of specialist support (i.e. limited access to Long COVID clinics)
- Lack of comprehensive and specialist support