

# **FROM DOUBTFUL TO HOPEFUL: A LONG-COVID JOURNEY**

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NASEM Symposium 2023

# OUTLINE

- Introduction
  - Pre-COVID Life
- COVID Experience
- Post-COVID Life



# **MY PRE-COVID LIFE**





confident  
communicator  
achiever energetic  
mother caring  
visionary optimistic  
influencer advocate  
coach wife  
adept diligent  
planner learner  
talented helpful  
mentor empathetic  
supportive  
detail-oriented  
ambitious

# MY COVID EXPERIENCE



## How it started...

January 8-9, 2022 in Little Rock, AR

## How it ended...

January 12, 2022 at 10:03pm



### SARS CoV-2 Test Results

Your result is: **DETECTED**

Order ID: LORASCHD57897

#### Result Comment:

The Covid-19 virus was DETECTED in your specimen. Begin immediately quarantining yourself away from all others for a minimum of 10 days. We will be contacting you, but feel free to contact us Monday - Friday 8 AM to 4:30 PM at (901) 222-0162 or (901) 222-0164.

[Download Covid19 PCR Test Pathology Report](#)

# TIMELINE

## DEC. 2021

- **Dec. 11-** First 2 cases of the Omicron variant in Shelby County
- **Dec. 21-** Advised all staff re: precautions over the holidays
- **Dec. 27-** Adjustments made within the office to minimize exposure.

## JAN. 2022

- **Jan. 8-9 -** Volleyball Tournament, Little Rock, AR.
- Omicron had a shortened incubation period of 1-3 days
- **Jan. 10-** Scratchy throat and headache.
- **Jan. 12-** Tested positive as did 8 y.o. who is immunocompromised.

## FEB.-MARCH 2022

- Feb. - Two visits with PCP re: lingering symptoms (vision & fatigue, insomnia).
- New symptoms: brain fog, short term memory loss, brain felt “unplugged”.
- Requested blood work or dx testing from PCP.

## APR-MAY 2022

- Acquired New PCP: Dx testing ordered- MRI, sleep studies, blood work, neurocognitive screener, cognitive tests.
- Withdrew from N2PH Residency Prgm due to cognitive challenges.

## JUNE 2022- PRESENT

- **New Long-COVID Symptoms:** Word finding, cognitive processing delays, stuttering, pseudo seizures, mind blocks, Parkinson like tremors, internal full body vibrations, absentminded slips, anxiety in large crowds when I cannot socially distance, PTSD.





# **LONG-COVID LIFE**

# AREAS OF IMPACT

## NEW HOME LIFE

- Absentminded slips
- Moody
- Less patient
- Sluggishness and energy levels
- Dependency
- Need to “overplan” to avoid forgetting

## NEW WORK LIFE

- Regular “mental breaks” throughout workday between meetings or prolonged periods of hyper-focused work.
- ADA accommodations.
- Learning disability rights per ADA
- Symptoms of word finding and stuttering often make me less vocal than normal.
- Need to “overplan” to avoid forgetting

# SUMMARY

- Long-COVID does exist. It is not in our heads.
- Medical practitioners cannot be dismissive of our symptoms.
  - Dismissiveness or "passing us off" only yields increased frustration and anxiety for the patient and delays access to diagnostic testing and treatment options.
  - Ask the right questions to avoid a quick misdiagnosis of depression, anxiety or stress.
- Human Resource teams need more education and guidance on Long-COVID.
- ADA, CDC, and HHS's working definition of Long-COVID should address the unpredictable nature of one's symptoms daily.
  - What one may feel for a day or two, may disappear for a day or weeks, all to return.
- Symptoms seem to have varying degrees of intensity and frequency with which they occur.



We deserve to have an ounce of hope, and you can help us get there.



# THANK YOU

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