

# Living with Long COVID

Staff Seminar • 14 May 2021

Long COVID is a term to describe the effects of COVID-19 that may persist for several weeks or months beyond the initial illness. We are still learning about this syndrome and it is not yet known exactly how many people develop long COVID symptoms. Studies have estimated 1 in 20 people may experience long COVID symptoms that impact respiratory, brain, gut, cardiac and mental health. The figures are likely higher if a person was hospitalised. This Seminar has been organised by staff at MMUH, for healthcare workers of the hospital (and others) that have been affected by long COVID. The day comprises a number of speakers, spanning a variety of healthcare disciplines, who will present on a range of emerging long COVID topics.

**WEBINAR LINK:** [https://us02web.zoom.us/webinar/register/WN\\_0sLyiw4sRRywiYJGf0665Q](https://us02web.zoom.us/webinar/register/WN_0sLyiw4sRRywiYJGf0665Q)

## CHAIR Dr Sinead Mulhern (Principal Clinical Psychology Manager)

- 09.00 Welcome and introduction Alan Sharp (CEO)
- 09.15 COVID and Long COVID Overview Dr Eavan Muldoon (ID Consultant and Vaccine Clinic Co-ordinator)
- 09.40 My Account of COVID Dr Mimi Fan (Consultant Geriatrician MMUH)
- 10.05 Long COVID, Cognition and Mood Dr Damien Lowry (Senior Counselling Psychologist)
- 10.30 Q&A
- 10.35 Break

## CHAIR Dr Damien Lowry (Senior Counselling Psychologist)

- 10.45 Breathing & Rehab Aspects of Long COVID- Tara Casey (Senior Physiotherapist Post Covid Clinic)
- 11.10 Psychosomatic Aspects of Long COVID Fatigue, pain and insomnia Dr Carol Kiernan (Senior Clinical Psychologist)
- 11.35 COVID-19 – how did we get there and where are we going? Dr Dominick P. Natin (Consultant in Occupational Medicine)
- 11.45 Long COVID - The role of Occupational Therapy' Eimear O Hanlon (Senior Occupational Therapist)
- 12.00 Q&A
- 12.10 Intermission

## CHAIR Dr Carol Kiernan (Senior Clinical Psychologist)

- 12.45 My Account of COVID Leah Dadvias (External Nurse and MMUH Patient)
- 13.10 Nursing Profession and Long COVID Ms Eileen O'Connor (CNS National Isolation Unit/Remote Monitoring)
- 13.35 Cardiac Health Anne Gallagher (Cardiac Rehabilitation Co-Ordinator)
- 14.00 Self-care and wellbeing in the context of long COVID Dr Sinead Mulhern (Principal Clinical Psychology Manager)
- 14.25 Q&A
- 14.35 Closing comments The Psychology Team, (MMUH)

Organised by the Psychology Department, Mater Misericordiae University Hospital  
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