VDH VIRGINIA DEPARTMENT OF HEALTH

A Preliminary Analysis of Self-Reported Long COVID Experience Among Residents of the Central Virginia Health District Through Partnership with the Virginia Department of Health, October 5, 2023- November 20, 2023

Presenters: Michala Geraty & Faith Bullis
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Background

- What is Long COVID?
- Why does this matter to our local community?

Research Overview

- Purpose: Investigation of Long COVID and risk factors
- Inclusion criteria:
  - Central Virginia Health District (CVHD)
  - Lingering effects of COVID-19
- Intended Impact:
  - Increase local awareness of the issue
  - Garner increased support for those impacted

Methods

Recruitment Methods

- Public Advertising
- Local health care providers
- Community stakeholders
- Scripted calls

Procedures

- Self-enrollment
- Phone interview
- Follow-ups (2)

Data Dissemination

- Share results
- Professional publication
- Future presentations

Methods: Design Process

- Research Long COVID literature
- Internal meetings to perfect interview
- Focus groups: test questions for clarity and intent

Methods: Design Process Cont.

- Built interest form and interview in REDCap
- Tested REDCap project
- Recruitment materials & verbal consent/assent scripts
- Submitted all instruments to IRB

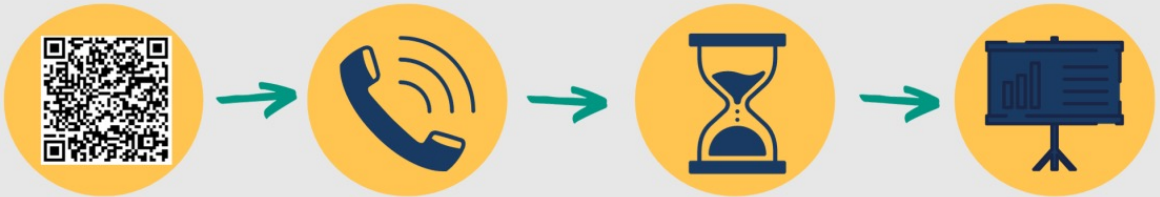
LONG COVID STUDY

The Central Virginia Health District is conducting research about Long COVID and its impact on residents of the counties of Amherst, Appomattox, Bedford, Campbell, and Lynchburg City

WHAT IS LONG COVID?

Long COVID is when a person is still sick many months after getting COVID-19. Their symptoms can include trouble breathing, a cough, feeling weak and tired, and problems with certain organs, such as their heart or kidneys. Not everyone who participates in the study must have been diagnosed with Long COVID. Rather, we want to learn about ANY long-term effects that people might have 2 or more months after a COVID-19 infection.

How to get involved:



Scan the QR link above or go to https://redcap.link/cvhdlongcovidstudy or call 804-664-4520 to join via phone.

A member from our team will reach out, review consent, and complete a phone interview.

We will follow up with you in 3 months to review your symptoms and then a final time 6 months after your initial interview.

We will present findings to local community, healthcare networks, and the Virginia Department of Health regarding Long COVID.

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Interview Overview

- Verbal consent/assent scripts
- Demographics
- VEDSS interview status
- Acute COVID information
  - Testing
  - Hospitalization
  - Symptoms and severity
  - Treatment
- COVID vaccination
- Pre-existing medical history
- Post-COVID diagnoses
- Post-COVID symptoms
  - General
  - Head and neck
  - Respiratory and cardiovascular
  - Neuropsychiatric
  - Dermatologic
  - Gastrointestinal
  - Genitourinary
  - Other category
- Change since onset

Interview Overview Cont.

- Triggers that cause relapse/worsening of sx
- Treatments tried
- Effectiveness of treatments
- Long COVID onset
  - After which infection
  - Approximate date
- Seen health care provider
  - Diagnosed with Long COVID
- Long COVID hospitalization
- Impact on daily living
  - Mobility
  - Self-care
  - Usual activities
  - Pain/discomfort
  - Anxiety/depression
  - COVID-related stress
- Social support
- Impact on employment
- Need for resources

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Results: Preliminary Data Review

October 5, 2023 – November 20, 2023

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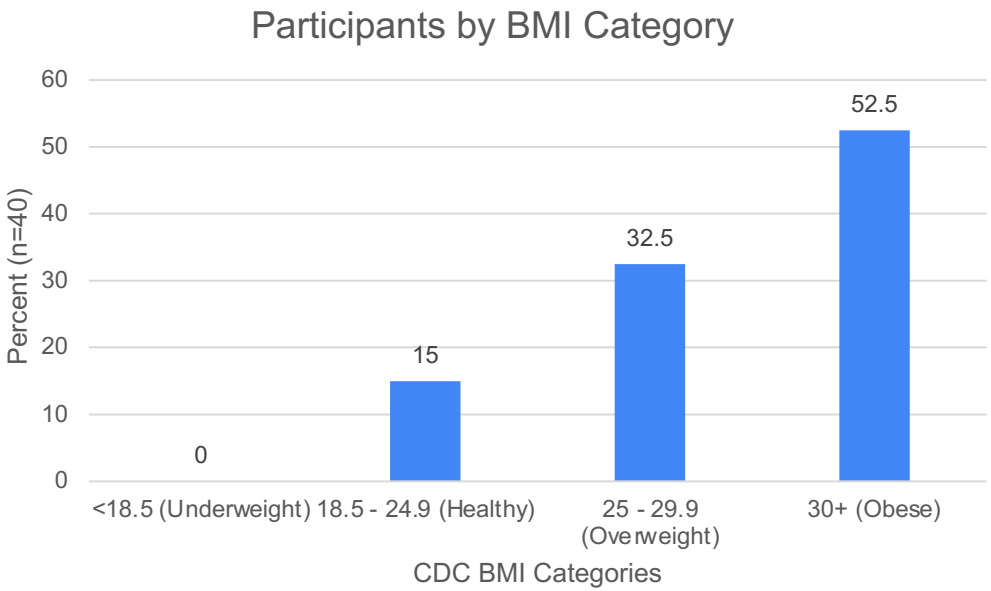
Demographic Characteristics of Long COVID Patients in Central Virginia, October 5, 2023 - November 20, 2023		
Category	**N (%)**	**Mean (SD)**
n = 40		
Gender		
Male	10 (25)	
Female	30 (75)	
Age		60.7 (11.7)
18-24	0 (0)	
25-34	0 (0)	
35-44	5 (12.5)	
45-54	8 (20)	
55-64	5 (12.5)	
65+	20 (50)	
Race		
American Indian or Alaskan Native	0 (0)	
Asian	0 (0)	
Black or African American	3 (7.5)	
Native Hawaiian or Other Pacific Islander	0 (0)	
White	37 (92.5)	
Other	0 (0)	
Ethnicity		
Hispanic or Latino	0 (0)	
Not Hispanic or Latino	40 (100)	
County of Residence		
Amherst	1 (2.5)	
Appomattox	1 (2.5)	
Bedford	8 (20)	
Campbell	16 (40)	
Lynchburg City	14 (35)	



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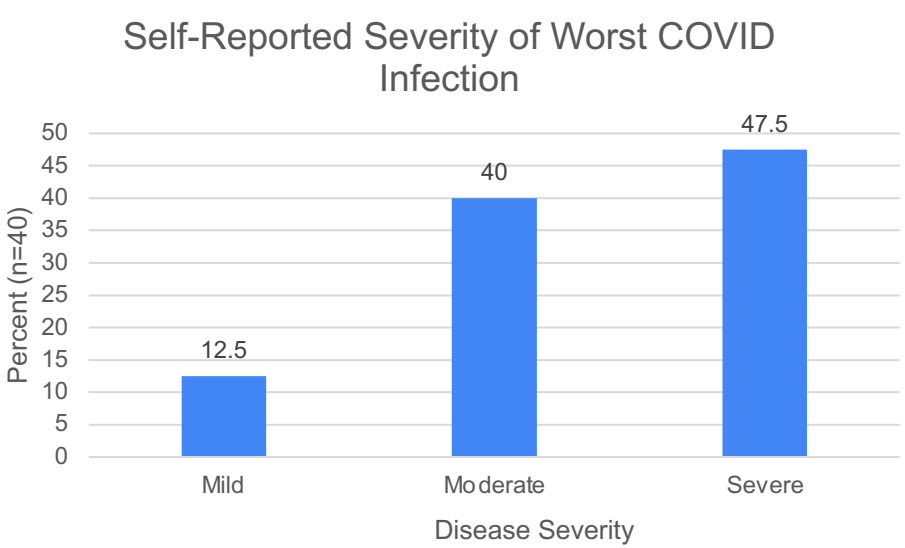

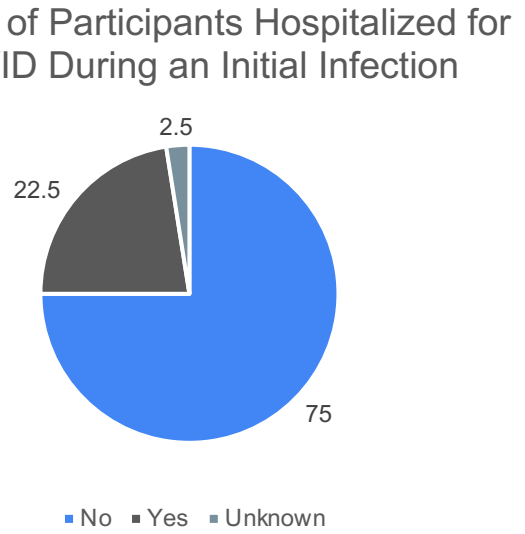

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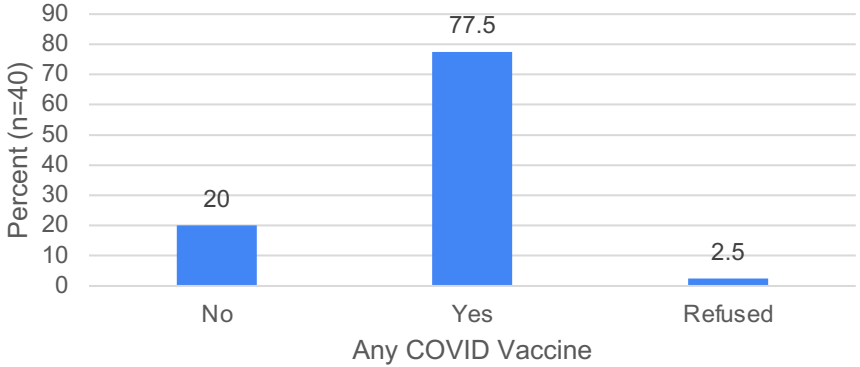
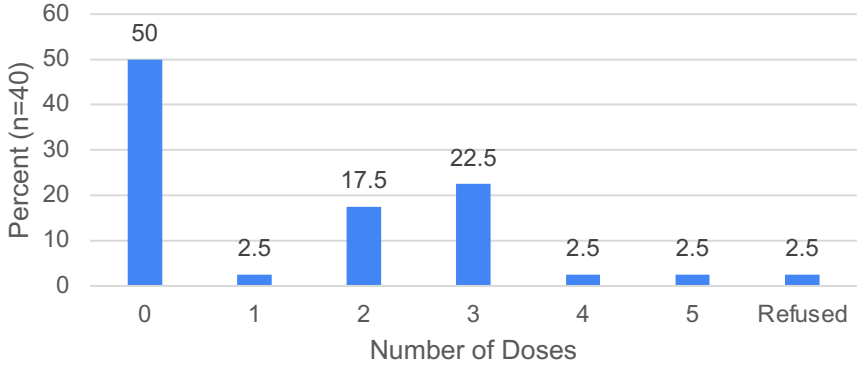
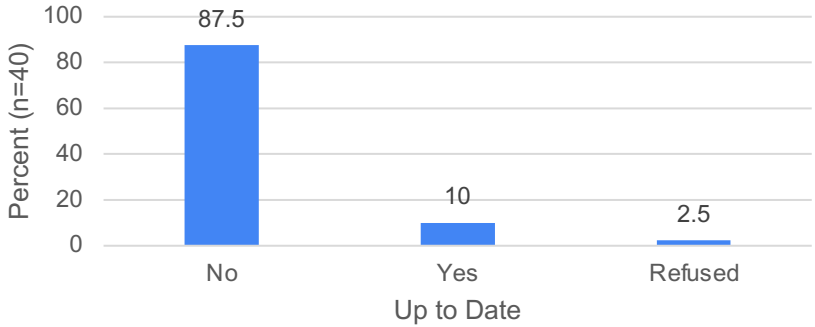
Participants Who Reported Receiving Any COVID Vaccination



Number of Doses Received Prior to Long COVID Onset



Participants Up to Date on COVID Vaccination Prior to Long COVID Onset



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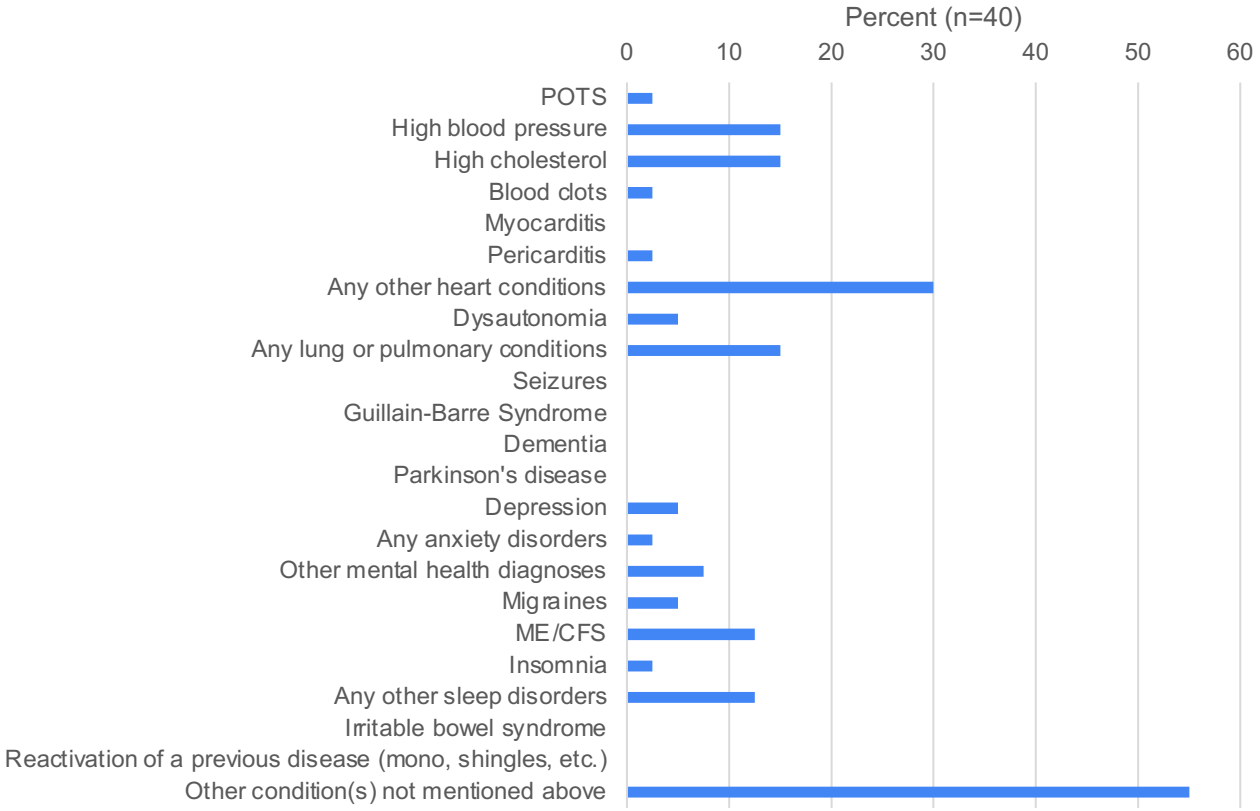
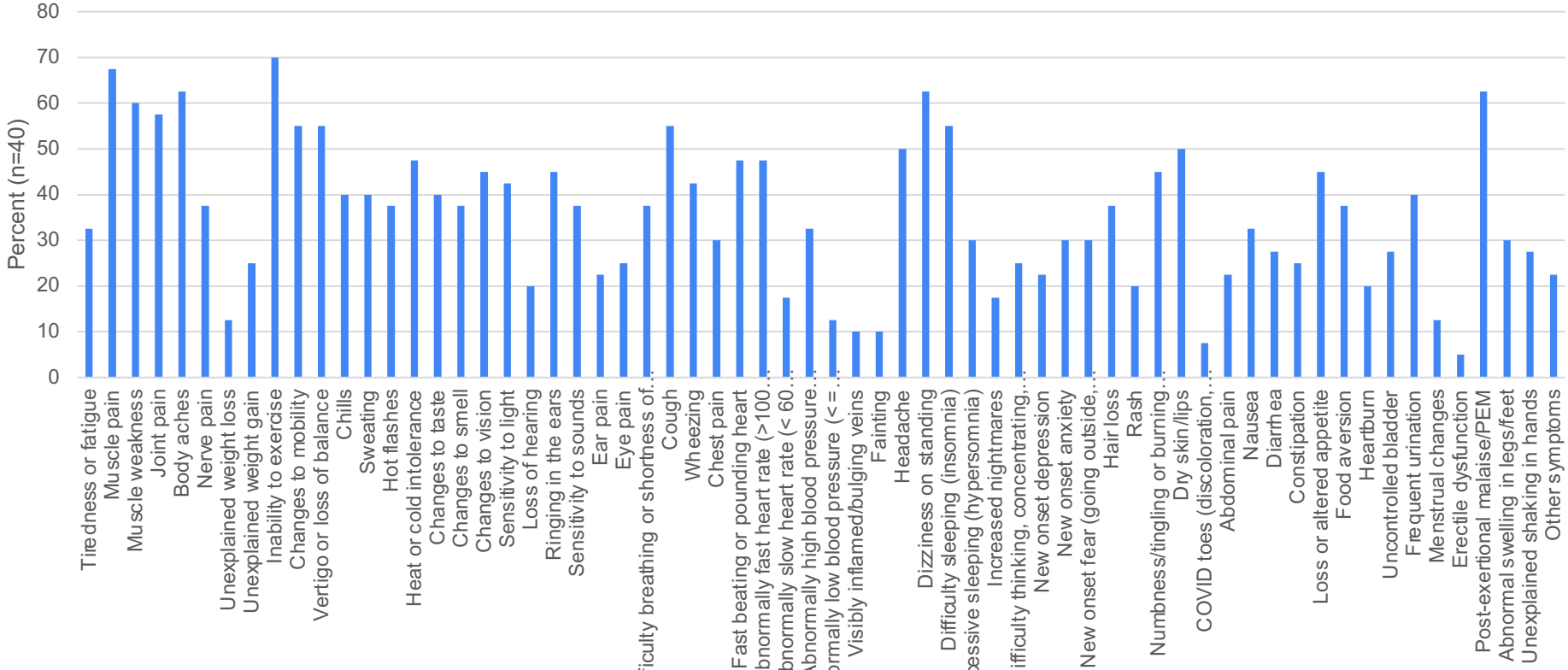
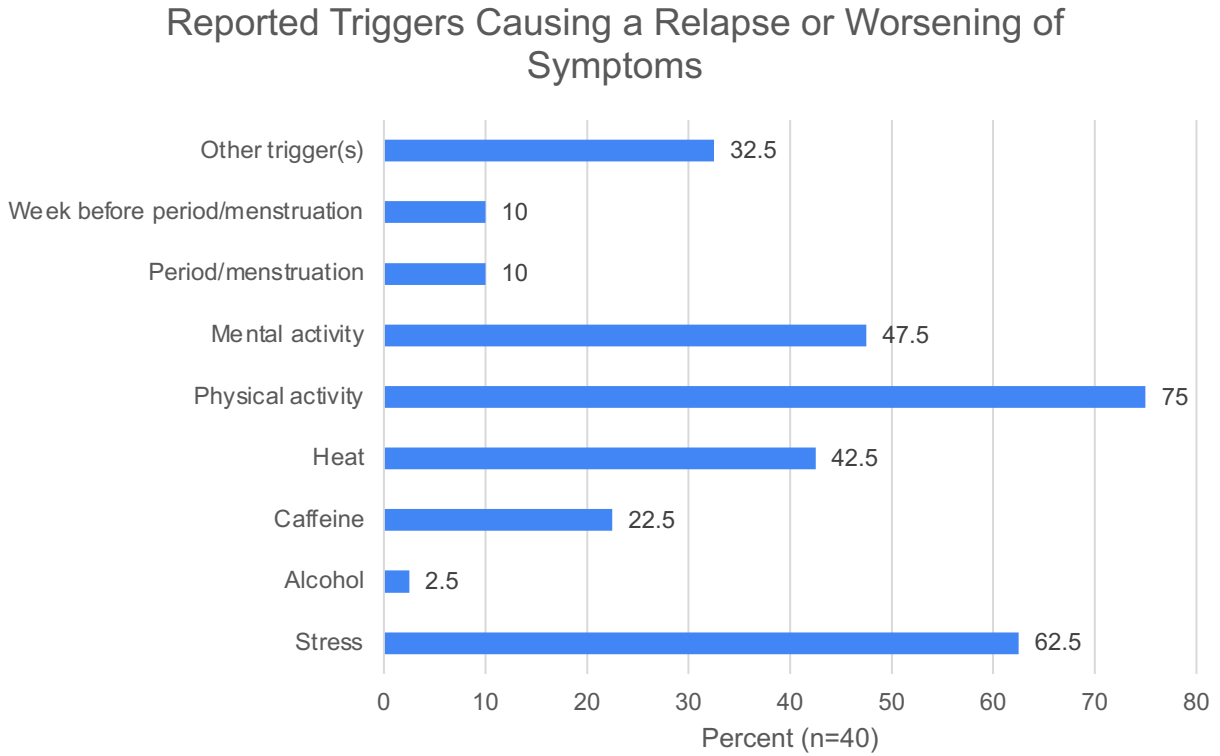
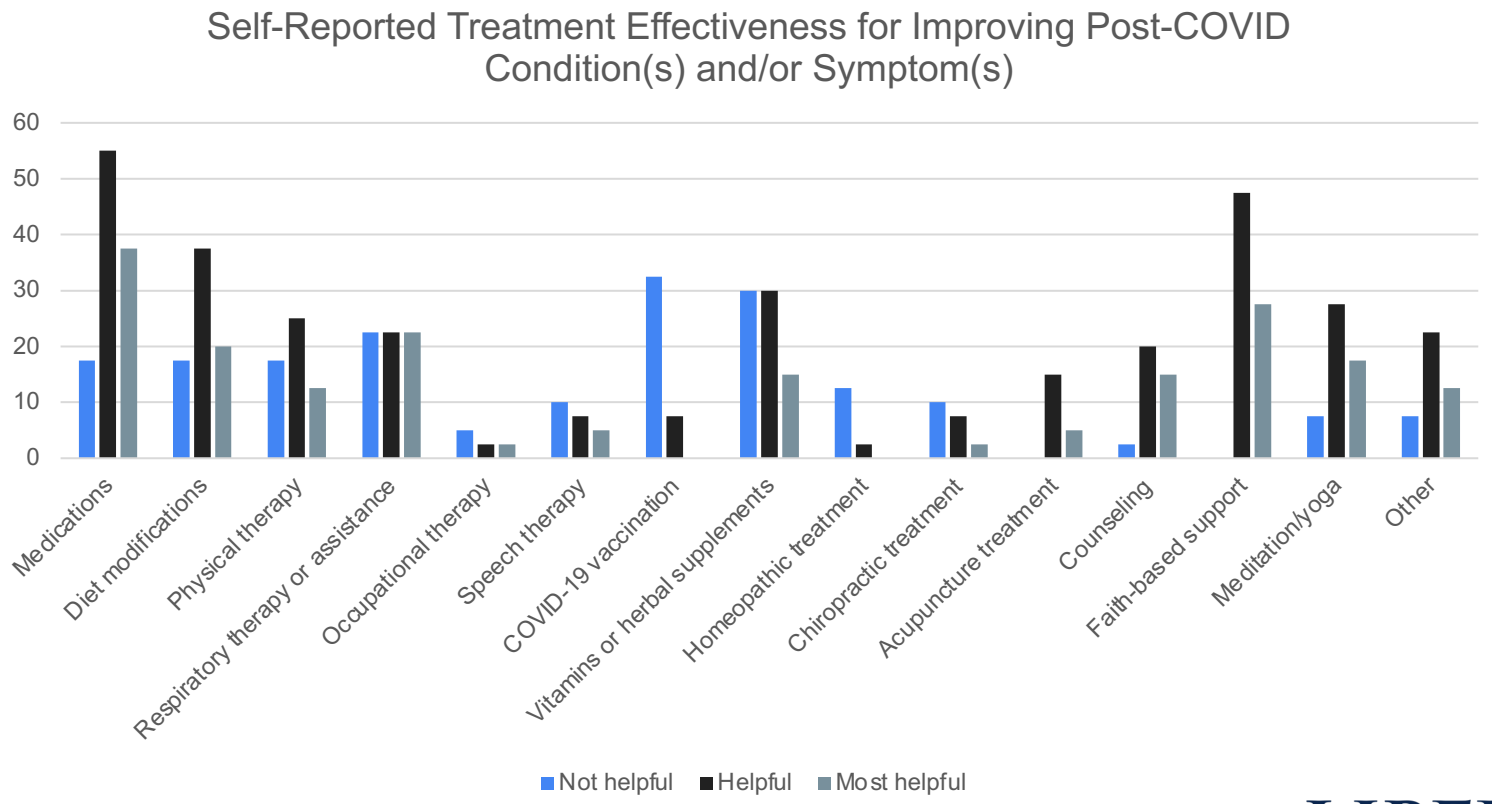
Medical Conditions Diagnosed Post-COVID-19 Infection



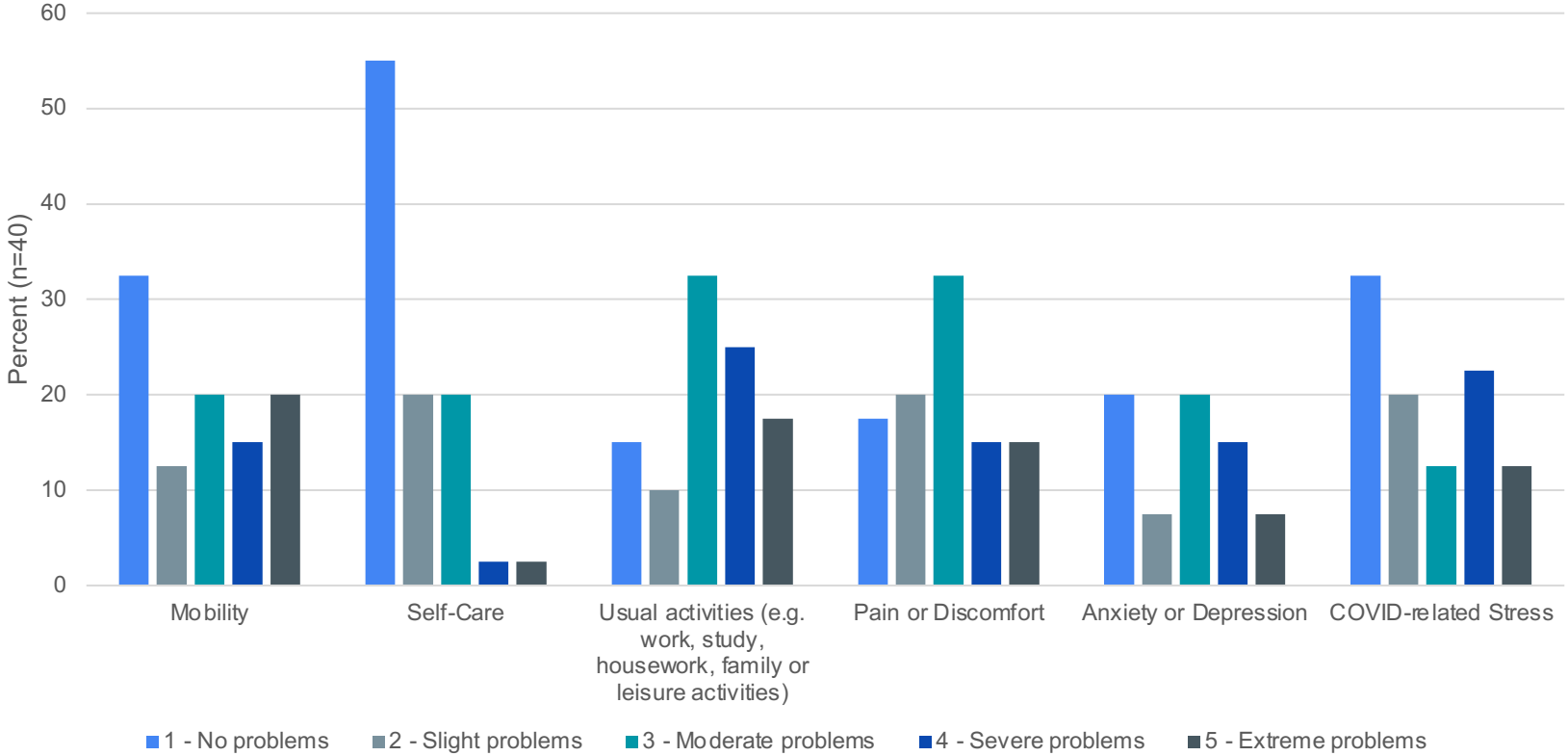
Total Reported Post-COVID Symptoms

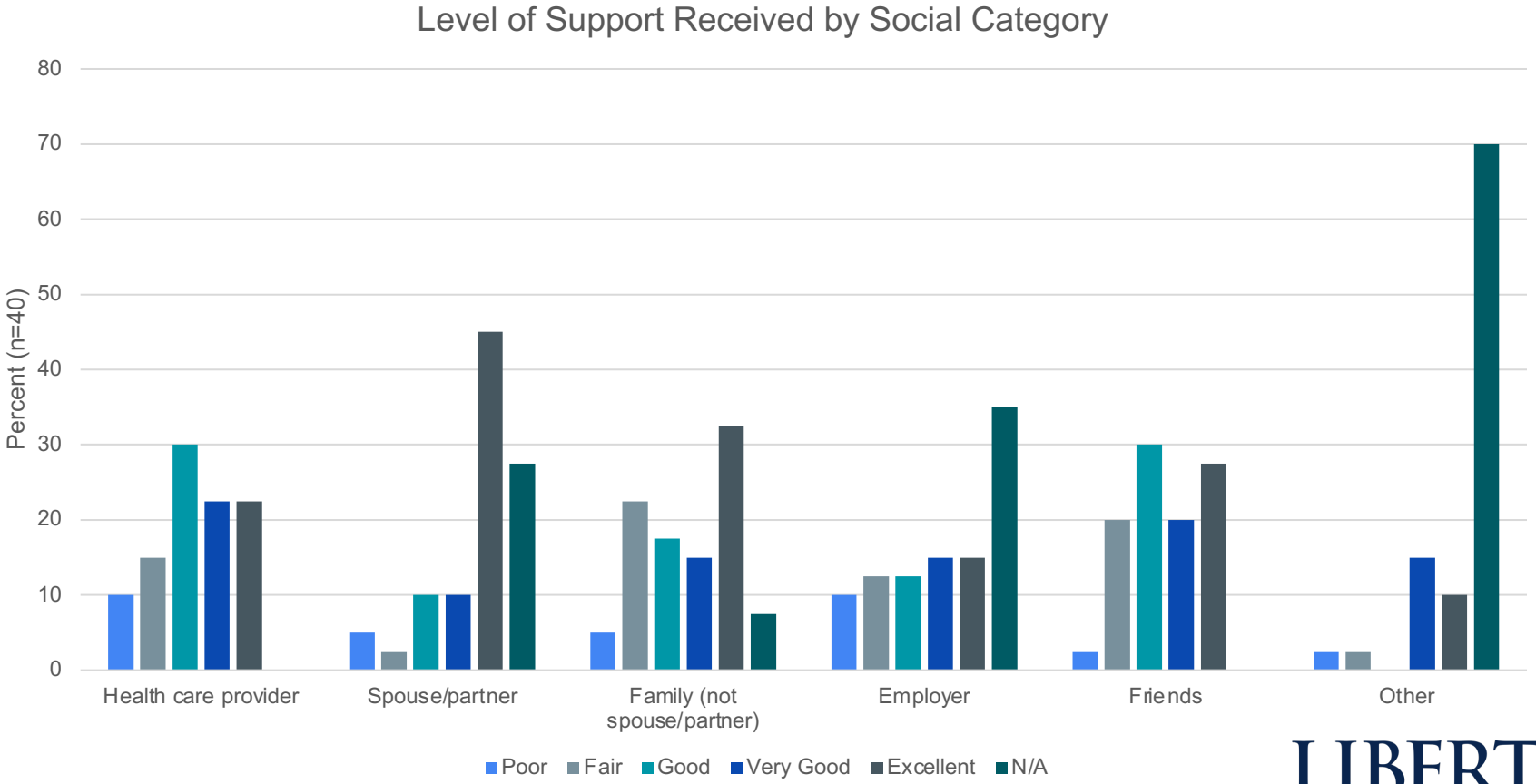



Reported Triggers Causing a Relapse or Worsening of Symptoms
Other trigger(s)
Week before period/menstruation
Period/menstruation
Mental activity
Physical activity
Heat
Caffeine
Alcohol
Stress
32.5
10
10
47.5
75
42.5
22.5
2.5
62.5
0
10
20
30
40
50
60
70
80
Percent (n=40)


Self-Reported Treatment Effectiveness for Improving Post-COVID Condition(s) and/or Symptom(s)
60
50
40
30
20
10
0
Medications
Diet modifications
Physical therapy
Respiratory therapy or assistance
Occupational therapy
Speech therapy
COVID-19 vaccination
Vitamins or herbal supplements
Homeopathic treatment
Chiropractic treatment
Acupuncture treatment
Counseling
Faith-based support
Meditation/yoga
Other
Not helpful
Helpful
Most helpful

Reported Impact on Daily Living Due to Long COVID




Level of Support Received by Social Category
Percent (n=40)
80
70
60
50
40
30
20
10
0
Health care provider
Spouse/partner
Family (not spouse/partner)
Employer
Friends
Other
Poor
Fair
Good
Very Good
Excellent
N/A

Discussion

- Results overview
- Inspiration for future work & professional publications
- Key takeaway: Increased support across social networks, professional spheres, and community organizations

Acknowledgements

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