The Effect of Long Haul COVID on Quality of Life

**Physical Well-Being & Symptoms**
- Dyspnea
- Cough
- General functional impairment
- Fatigue
- Poor endurance
- Muscle weakness
- Myalgias & arthralgias
- Headache
- Smell and taste changes
- Hair loss
- Diarrhea
- Neuropathy

**Psychological Well-Being**
- Difficulty concentrating
- Cognitive changes
- Generalized anxiety disorder
- Depression
- Other mood alterations
- PTSD
- Sleep disorders

**Social Well-Being**
- Financial burden
  - Loss of employment/income
  - Medical costs
- Access to healthcare and rehabilitation
- Caregiver burden
- Loss of usual roles and relationships

**Spiritual Well-Being**
- Uncertainty about future and loss of hope
- Why me?
- Stigma around infection

**Nursing Interventions**
- Conduct a complete nursing assessment - Consider pre-existing and new co-morbidities
- Actively listen with compassion
- Believe the patient’s report of symptoms and normalize that these are common, taking time to resolve
- Address symptoms - Weigh risks and benefits of pharmacologic management. Utilize nonpharmacologic strategies with attention to access, insurance coverage and cost.
- Refer to multimodal long haul COVID clinics if available
- Engage team members when specialty clinics not available: physical therapy, occupational therapy, speech therapy, physical medicine & rehabilitation medicine, social work, psychology (including neuropsychology or neuropsychiatry), nutrition, pulmonology, integrative therapy
- Connect patients with support groups such as Survivor Corps (www.survivorcorps.com/) or Long COVID Alliance (longcovidalliance.org/)
- Address health disparities – long haul COVID appears to be more common in women; COVID disproportionately affects people of color

**References**
- Ferrell, BR & Grant M. Quality of life model. Duarte, CA: City of Hope National Medical Center. www.cityofhope.org/NRE

Supported by funding to the ELNEC project by the Cambia Health Foundation
aacnnursing.org/ELNEC/resources