

長新冠症候群：從病人的觀點

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Current estimates suggest that tens of millions, and perhaps more, have contracted long Covid, and about 15% of those diagnosed with the condition have experienced symptoms for at least 12 months. The common symptoms of long COVID include fatigue, shortness of breath, and cognitive dysfunction, and generally have an impact on everyday functioning. Symptoms might be new onset after initial recovery from an acute COVID-19 episode or persist from the initial illness. Symptoms might also fluctuate or relapse over time. For example, brain fog making straightforward tasks almost impossible. Literature review showed the prevalence of long COVID was 30-87% after COVID patient's discharge. The long COVID syndrome can affect anyone, but according to the latest data from WHO and the Institute for Health Metrics and Evaluation (IHME) women are twice as likely as men to have contracted the condition and those hospitalised with severe Covid are more likely to develop the condition. It's added a significant burden to health workers and the health system overall, which is still dealing with additional waves of infection and the knock-on backlog of essential medical services that have been severely disrupted. It is indicated to perform holistic assessment, use shared decision making to discuss and agree with the person (and their family or carers, if appropriate) what support and rehabilitation they need and how this will be provided.