



**COVID-19**  
**From the patient perspective in the**  
**diary of a physician.**

Anna G. Pendrey Guillen, MD  
 PGY-III Indiana University-Methodist Family Medicine  
 Residency

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## Description

- Personal experience with COVID-19 as a physician and patient.
- Impact of disease in my personal life and clinical practice.

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## Learning Objectives

1. Describe timeline of possible personal experiences with COVID-19 as a physician and patient.
2. Formulate a strategy to navigate the impact of disease in personal life and clinical practice.
3. Communicate examples of the personal and professional impacts of experiences with COVID-19.

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## Diary

- April 1<sup>st</sup> 2020.
- At 5pm after working at the Intensive care unit during my third week of rotation, I went home not feeling well. Measured my temperature and it was 100.9 F and had tachycardia 117.
- Based on current policies at the time and in view of the recently adopted pandemic measures, I reported ill the next day.

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## Introduction

- The novelty of COVID-19 has created uncertainty and a need for guidance for both patients and physicians. Education regarding personal experiences and informative examples will benefit the physician community as the pandemic ensues.

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## Diary

- I was instructed to obtain a COVID-19 test that was reported Negative two days later, but in view of persistent symptoms I went back for a second test that was reported Inconclusive with persistence of all the symptoms.

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## Diary

- Finally, I had a third test done that confirmed the diagnosis later that week.
- For the next four weeks, I was experiencing daily headaches, frontal and bitemporal, 3/10, continuously with peaks of 7-8/10.
- I, also had dry cough that at the end was productive, accompanied by shortness of breath with O2 sat down to 93% in one occasion recovering to 94%.

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## Diary

- During the 6 weeks that I had to stay home due to COVID-19, I had close follow up by the Health system, by my PCP, and health care systems associated with the Residency who monitored my symptoms until clearance was provided.
- I was recommended hydration, acetaminophen and ibuprofen for symptom relief by my PCP.

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## Diary

- I, also experienced muscle cramps in upper body, arms, back, thighs and legs with mid to lower back pain.
- Other symptoms including malaise, anosmia, ageusia, that also lasted for 4 weeks.
- During the first week I also had bilateral loss of sensation in the lower extremities proximally, for two days.
- This was a really scary experience!

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## Reflection

- These were a really stressful 6 weeks as I was experiencing all of the symptoms that were portrayed in the media that were the same symptoms people were experiencing and dying from the infection around the globe.
- I had time to and still reflect the virulence of COVID-19 as I have followed all of the recommendations for prevention wearing appropriate PPE.

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## Diary

- After 4 weeks most of the symptoms had disappeared with the exception of cough and fever.
- During the third week I have noticed some skin changes including facial erythema, urticarial like reactions in upper and lower extremities and livedo reticularis in lower extremities that lasted for three weeks.

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## Reflection

- I was truly scared and anxious about the illness and missing work as a Resident and wishing to be able to return to work as soon as possible.
- After my return I was able to reassure patients experiencing the symptoms and give them hope.
- I recommend it is important to be well informed with evidence based and provide evidence based information to our patients and provide a positive message of hope and no despair.

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## Summary

- In these unprecedented times it is important to be prepared to provide information based in the evidence, keeping our selves well informed to be able to comfort our patients and provide them with guidance for prevention and management of the illness when needed.

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