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[Debates]

Long Covid

John Mason (Glasgow Shettleston)

(...)

It is perhaps useful to think of the timeline around myalgic encephalomyelitis. I understand that ME was observed in Los Angeles in 1934 and was thought at first to be atypical polio. In 1946, it was called Icelandic disease, after appearing in Iceland; in 1956, it was mentioned in The Lancet; and, in 1984, it was called chronic fatigue syndrome. However, it is still not well understood today. If ME is anything to go by, we are not going to get quick answers concerning long Covid. It is certainly argued by some that research is not progressing fast enough.

(...)

Stephanie Callaghan (Uddingston and Bellshill) (SNP)

(...)

There is some disagreement about the value of making comparisons between long Covid and other post-viral conditions such as ME and chronic fatigue syndrome, or CFS as it is often known. However, one friend to whom I spoke yesterday caught Covid before testing was available, and before long Covid was even heard of. She told me that, looking back, she felt really quite lucky to have been diagnosed with CFS following Covid, because she was advised early on to incorporate something called pacing as a treatment.

Pacing is an activity management strategy that is designed to help ME and CFS patients to limit the number and severity of their relapses while remaining as active as possible. My friend has gone from swimming 100 laps in the pool to swimming just four laps once a week, and from walking 20 miles to sometimes struggling with 500m. Although pacing can be frustrating, it has saved her from pushing beyond the limits, and it still does so two years down the line.

(...)
