

# Expert Panel Survey

## COVID-19 Questionnaire - Experiences of people who had Polio/PPS

We would like to find out more about people's experiences of covid-19 and the effects the lockdown has had on other aspects of your health and wellbeing.

### About yourself

What age are you? \_\_\_\_\_

Please tick box:

male  female  neither  prefer not to answer?

What town/area do you live in?

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How did Polio affect you physically? For example, can you walk? Do you use walking aids? Were your legs, arms, breathing, spine affected and how badly?

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Do you have PPS and do you consider it mild, moderate or severe?

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Do you have respiratory muscle weakness? Do you use CPAP or BiPAP?

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Do you have other illnesses which might make you more vulnerable to Covid? For example, diabetes, heart and circulatory problems, respiratory disease, other neurological disease

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### Covid-19

Have you had a positive COVID-19 test? Yes  No

If so, when were you tested?

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If not, have you had a disease that you or your doctor think was COVID-19?

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# Expert Panel Survey ... continued

Approximately when were you unwell?

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If you either believe or know you had COVID-19, was your illness mild, moderate or severe?

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What were your COVID-19 symptoms?

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Were you hospitalised?    Yes  No

How long were you ill? Did you recover fully?

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Did having COVID-19 affect your PPS symptoms?

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Could you describe your experience of having or possibly having COVID-19 in the box below?

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## Shielding and self isolation

Did you receive a shielding letter or text?

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If not, did you manage to get one from your GP?

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How hard was it to get a shielding letter?

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For those who did not receive a shielding letter, did you self isolate more than was strictly necessary (for instance, not going to supermarkets)?

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Are you still self isolating more than others by avoiding gatherings of people and shops?

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### Health and lockdown

Has your health been physically affected by aspects of the lockdown? How?

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Was your usual exercise affected? In what way?

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Were you able to get your usual help at home from external support?

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Were you able to get essential shopping and food?

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Were your PPS symptoms affected? In what way?

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Were other illnesses you have affected? In what way?

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Has your mental well-being been affected by aspects of the lockdown?

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Could you describe how you have been affected physically and/or mentally during this period?

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What has been the biggest problem for you during the COVID-19 pandemic?

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### Medical Support

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Were you able to see your GP or consultant when needed? If not, what happened?

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# Expert Panel Survey ... continued

Did you have delayed or cancelled appointments? If so what happened?

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Have tests, diagnosis, or treatments for PPS or other illnesses been delayed? If so, describe how:

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Were you offered consultations by phone, video or other remote systems? If so, what type?

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Were these effective?

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Were you able to get your medication?

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If you had problems getting your medication, what was the problem?

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(For example, was your medication unavailable? Was it unavailable at some pharmacies? Was a substitute available? Was a substitute not as effective? Did you have a problem getting repeat prescriptions?)

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If you had a problem, how big an issue was it for you?

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How are you now?

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How do you feel physically and mentally now?

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What facilities or assistance would be most beneficial to you to help you return to normal life once most restrictions are lifted?

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