

VOLUME 38, NUMBER 2
FEBRUARY 2021

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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A Doctor's Experience from Covid-19

L'expérience d'un médecin à partir de Covid-19

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ABSTRACT

BACKGROUND: COVID-19 infection can present with a range of clinical manifestations including asymptomatic, mild, moderate, severe and critical illnesses. However, it is uncommon for a single patient to pass through all the 4-phases of the infection.

OBJECTIVES: To present my experience with COVID-19 as first responder having , passed through all the phases of the COVID-19 infections while on admission at the Isolation/ Treatment centre.

METHODS: Experience

RESULTS: I was managed with Remdesivir, Meropenem, Dexamethasone and Clexane. In the course of the illness, I developed some severe complications including COVID-19 pneumonia and suspected adrenal gland failure. The absence of known predisposing and underlining factors in this case made it unconventional COVID-19 presentation.

CONCLUSION: We conclude that the presentation with the four stages of COVID-19 including suspected adrenal gland failure is a rare phenomenon. There is need for more research into this case. *WAJM* 2021; 38(2): 158–161.

Keywords: COVID-19, Doctor, Experience, presentation, Self-report.

RÉSUMÉ

CONTEXTE: L'infection par COVID-19 peut se manifester par toute une série de manifestations cliniques, notamment des maladies asymptomatiques, légères, modérées, graves et critiques. Cependant, il est rare qu'un seul patient passe par les 4 phases de l'infection.

OBJECTIFS: Présenter mon expérience avec COVID-19 en tant que premier intervenant ayant traversé toutes les phases des infections COVID-19 lors de mon admission au centre d'isolement et de traitement.

MÉTHODES: Expérience

RÉSULTATS: J'ai été géré avec le Remdesivir, le Meropenem, la Dexaméthasone et le Clexane. Au cours de la maladie, j'ai développé de graves complications, notamment une pneumonie COVID-19 et une suspicion de défaillance des glandes surrénales. L'absence de facteurs de prédisposition et de soulignement connus dans ce cas a rendu la présentation de COVID-19 non conventionnelle.

CONCLUSION: Nous concluons que la présentation avec les quatre stades de COVID-19, y compris la suspicion d'une insuffisance des glandes surrénales, est un phénomène rare. Il est nécessaire d'approfondir les recherches sur ce cas. *WAJM* 2021; 38(2): 158–161.

Mots-clés: COVID-19, Docteur, Expérience, présentation, Auto-évaluation.

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Abbreviations: COVID-19, Corona Virus Disease-2019; SARS-COV-2, Severe Acute Respiratory Syndrome Corona Virus-2.