

**LONG COVID AND OTHER INFECTIOUS/POST  
INFECTIOUS CONDITIONS  
AN EVENT FOR PATIENTS  
Saturday 8th June 2024**



The meeting can be attended **in person or online**.

The event is aimed at patients, family members and carers affected by conditions induced by infections such as Long COVID, ME/CFS, and Lyme Disease and will be held on **Saturday the 8th of June 2024**.

**In-person attendance:** Catherine McAuley Centre, 21 Nelson Street, Dublin 7, Ireland

**Online attendance via Zoom-** details will be sent upon registration.

**Cost-** EUR 25

All timings are in GMT (Ireland/UK). The main sessions will be recorded and made available to attendees after the event. It may not be technically possible to record all workshops for later viewing.

**Registration link:** <https://www.iddoctor.info/long-covid-infectious-conference>.



## Saturday the 8th of June, 2024 (GMT time, Ireland/UK)

Timing	Session	Speakers & Facilitators	Location
08:30 – 9:30	Registration		Reception & Foyer area
	Morning Chair		
9:30 –9:35	Introduction	Dr John (Jack) Lambert	Fintan Gunne Lecture Theatre
9:35- 10.25	Session 1: Long COVID	Dr John (Jack) Lambert	Fintan Gunne Lecture Theatre
10.25- 10.35	Session 2: Results from the Anticipate Study's Long COVID cohort	Greg Vallee	Fintan Gunne Lecture Theatre
10:35- 10.45	Session 3: Long COVID Advocacy Ireland	Jacinta Fay	Fintan Gunne Lecture Theatre
10.45- 11:00	Session 4: Long COVID kids	Conor Flaherty	Fintan Gunne Lecture Theatre
	TEA/ COFFEE BREAK		
11:30 –12:00	Session 5: Empower Our Immunity & Mitochondria	Dr John (Jack) Lambert	Fintan Gunne Lecture Theatre
12:00– 12:30	Session 6: Occupational Therapy	Ciara Breen	Fintan Gunne Lecture Theatre
12:30- 13: 15	Session 7: A Herbalist's Approach to the Management of Long COVID and Chronic Lyme Disease	Angela Mc Ritchie	Fintan Gunne Lecture Theatre
13:15 –14.15	Lunch & exhibitor market		Foyer area
14.15- 15.45	Session 8: Workshops		
	Long COVID patient group led workshop	Sarah O'Connell	Fintan Gunne Lecture Theatre
	ME/CFS (patient group led workshop)	Dr Nigel Speight	Seminar room A
	Lyme & Other Tick-borne Infections	Liz Murray	Seminar room B
15:45 –16:00	Questions	All speakers	Fintan Gunne Lecture Theatre
16.00-	Close		



### **Professor John Lambert, M.D., PhD, Infectious Disease Consultant.**



Professor Dr. John (Jack) Lambert is Consultant in Infectious Diseases in Dublin at the Mater Misericordiae University Hospital and Professor at UCD School of Medicine. Dr. Lambert has 25 years of experience in Infectious Diseases covering HIV, Hepatitis C, and other disease areas. He trained in the USA, UK, and worked for 6 years in Baltimore at the John Hopkins Institute and the University of Maryland Institute of Human Virology, where he developed his skills in vaccinology, HIV, and Lyme and co-infections. He has consultant specialty certifications in adult and pediatric infectious diseases, general medicine and pediatrics, and in sexual health (genitourinary medicine). He was head of the National Isolation Unit of Ireland (2010-2018), managing all emerging infections. He is the only infectious diseases physician in Ireland managing Lyme and co-infections, and has developed a private practice seeing such patients.

### **Greg Vallée, Graduate Entry Medicine, UCD**



Greg Vallée is Canadian student currently enrolled in the Graduate Entry Medicine program at University College Dublin and aspires to practice medicine as a public health physician. He holds a B.Sc. with Honors in Immunology and Infection, and an M.Sc. in Virology from the University of Alberta in Canada. He has over 7 years of research experience and continues to contribute to the scientific community throughout his medical training. His research interests include virology, epidemiology, and bioinformatics. Currently, he collaborates with Professor John Lambert at the Mater Misericordia hospital on the Anticipate Cohort study. This study aims to investigate the long-term impact of COVID-19 on the physical and mental health of Irish patients over the course of the past 4 years with a particular interest on patients with Long COVID.



### **Jacinta Fay, Long Covid Advocacy Ireland**



Jacinta Fay is a member of Long Covid Advocacy Ireland (LCAI) and has experienced Long Covid since March 2022. She is a community worker, facilitator and educator with a Masters in Community and Youth Work from Maynooth University. She has coordinated projects in community organisations, at a local and national level, in Ireland and Liberia, supporting communities to organise for social and environmental change. She is currently the co-coordinator of the charity, Galway City Community Network. She has also been active in campaigns focused on women's health and reproductive rights. In LCAI she is involved in advocacy on clean air, access to appropriate care, disability and workers rights.

### **Conor Flaherty, Long Covid Kids**

Conor Flaherty is a 16 year old Long Covid patient from Co. Kerry. He has been a volunteer with Long Covid Kids as a Youth Advisor & Podcast Producer for the past year. As part of his role with the charity he has become a researcher with UCL on a study looking at the effects Long Covid has on teenagers across Ireland and the UK. He is passionate about raising awareness and advocating for Long Covid sufferers, especially young people. Outside of his work with Long Covid Conor has held many other youth advocacy roles he has been a former permanent delegate of the first National Youth Assembly of Ireland, a member of Kerry Comhairle na nÓg and has also been a delegate at the European Youth Parliament.

### **Ciara Breen, Occupational Therapist.**



Ciara Breen is an Occupational Therapist with over twenty-five years of experience in neuro-rehabilitation and older persons rehabilitation in both Ireland and Australia.

She has long held a clinical interest in how fatigue, cognition, and sleep affect daily living. In her private practice, The Brí Clinic, [www.thebriclinic.com](http://www.thebriclinic.com), Ciara assesses and treats people with a range of conditions, including Long Covid. Ciara has also held a range of leadership positions and representative roles both within the HSE and internationally, including HSCP rep to the HSE Long Covid working group in 2021 and 2022, and membership of the Allied Health committee in Long Covid Physio, an international peer support, education and advocacy, patient-led association of Physiotherapists (Physical Therapists) living with Long COVID and their allies.



### Angela MacRitchie, Naturopathic Herbalist



Angela has been a member of the CLAID clinic co-operative for 5 years. She studied with the College of Naturopathic Medicine (CNM) qualifying as a Naturopath, Naturopathic Nutritionist and Herbalist in 2015. She is now a CNM lecturer and also tutors and mentors CNM students. Prior to this Angela gained qualifications and experience over 19 years in massage forms, reiki and energy therapies. Her philosophy is wellness of the whole person (mind-body-spirit), and needs to be addressed for long term health change to take place. Her clinic is very varied, but focuses mainly on Lyme disease and chronic illness patients. Angela is a passionate advocate for nutrition as a way to promote optimal health. Having experienced the healing power of nature connection and ecotherapy, Angela is a certified Forest Bathing Guide and Nature Therapy Practitioner. Angela is a member of the Association of Master Herbalists (AMH), British Association of Nutritional Therapists (BANT), Association of Naturopathic Practitioners (ANP) & the Unified Register of Herbal Practitioners (URHP).

Herbalists (AMH), British Association of Nutritional Therapists (BANT), Association of Naturopathic Practitioners (ANP) & the Unified Register of Herbal Practitioners (URHP).

### Sarah O'Connell, Long Covid Advocacy Ireland (LCAI)



Sarah is co-founder of the patient advocacy organisation, LCAI (Long Covid Advocacy Ireland) and is the Irish representative for the charity Long Covid Kids. Sarah has a BA in Psychology from UCD, & an MA in Psychoanalytic Theory from TCD. Sarah and her daughter were both suffering from post viral ME (Myalgic Encephalomyelitis) prior to the pandemic. Following Covid infection, she and her daughter now both also suffer with Long Covid symptoms. Sarah's son Jake, previously healthy, has developed Long Covid and PANS following repeated Covid infections. Sarah has been working as a patient advocate for ME for some time and for Long Covid since 2020. She is passionate about fighting for proper recognition and services for those with post acute viral illnesses. She is eager to fight for adequate care for adults and children in Ireland who are affected by Long Covid.



### **Dr Nigel Speight, Consultant Paediatrician and Adviser to the ME Association (MEA)**



Dr. Nigel Speight is a consultant paediatrician formerly at the University Hospital of North Durham, UK. His qualifications are MA, MB, BChir, FRCP, FRCPCH, DCH. He has 40 years of experience in paediatrics, 25 as a consultant. He retired from my post in Durham in 2007 but continues to practice as a consultant locum and remains on the medical register. Over the last 30 years he has developed an extensive experience and interest in the area of ME/CFS [Myalgic Encephalomyelitis/Chronic Fatigue Syndrome] in childhood and adolescents. Within North Durham alone he has accumulated over 200 cases under his personal care. In addition, because of his special interest, he has had over 1000 cases referred to him from elsewhere in the Northern Region and all over the United Kingdom. These referrals have been from general practitioners and fellow paediatricians. He is currently the paediatric adviser to the charities the TYMES Trust, ME Association (MEA), the 25% Group, BRAME (the Blue Ribbon Awareness of ME charity) and the Welsh ME Association. For many years I was also paediatric adviser to the Association of Young People with ME (AYME) and Action for ME.

### **Liz Murray, Lyme Resource Centre Trustee**



Liz is a Trustee with the Lyme Resource Centre (LRC), a charity registered in Scotland. Liz worked in the UK NHS for 15 years as a Physiotherapist and Senior Manager before moving to the commercial health sector, where she worked for a further 25 years until retiring in 2023. Liz has a Masters in Business Administration and experience in marketing, sales, customer experience and digital communications.

Liz helps the LRC with strategy, planning and strategic communications as well as some medium-longer term projects. Liz has a deep understanding of Lyme disease, having been diagnosed and treated with the condition after 6 years of symptoms.  
<https://www.linkedin.com/in/murrayliz/>



## GOLD SPONSOR



# Just Herbs

EUROPE

Just Herbs is a company that specializes in herbal, vitamin, and nutritional combinations for chronic illnesses, with an emphasis on commitment to provide natural, effective, and affordable health solutions. Our products are made from natural ingredients and are designed to support overall cognitive, musculoskeletal, and immune health.

The company's best seller is Sublyme Essential, a unique, complex, multifunctional, and essential herbal food supplement specially designed to support people with high levels of inflammation in particular after bacterial and viral infections. Just Herbs also offers a range of other supplements including Sublyme Vitality a complete supplement aimed at people with extreme fatigue or weakness, or convalescing after illness , Sublyme Mangiferin Capsules, Sublyme Thyro Capsules, and more.

Just Herbs was founded by a dedicated group of individuals who share a common goal – to provide affordable natural health solutions to those with long-term illnesses. Our team's passion and commitment drive them to continually improve and expand their products, ensuring that everyone can access the benefits of natural wellness.



## SILVER SPONSOR



Séamus Ruane is a Pharmacist and Wellbeing Trainer. He has a longstanding personal and professional interest in lifestyle issues and how they affect people's health & wellbeing. He works with individuals and groups to assist clients increase their level of wellbeing.

Often people believe that improving their wellbeing is beyond their reach and requires huge lifestyle changes that aren't practical for them. Research shows that the consistent application of small daily habits, most of which take no longer than a couple of minutes a day, is what is really required, and is most effective. To learn more click here <https://learn.ithrive.ie/wellnessprogram>

## BRONZE SPONSOR

