

# Brain Surgery During Lockdown 2020

Judith Nelson - Aug 2020

# Introduction

- Judith Nelson
- 38 years old
- Married May 2013
- Quality Engineer
- Born in Liverpool, live in Newcastle
- Busy, busy, busy (or I was)

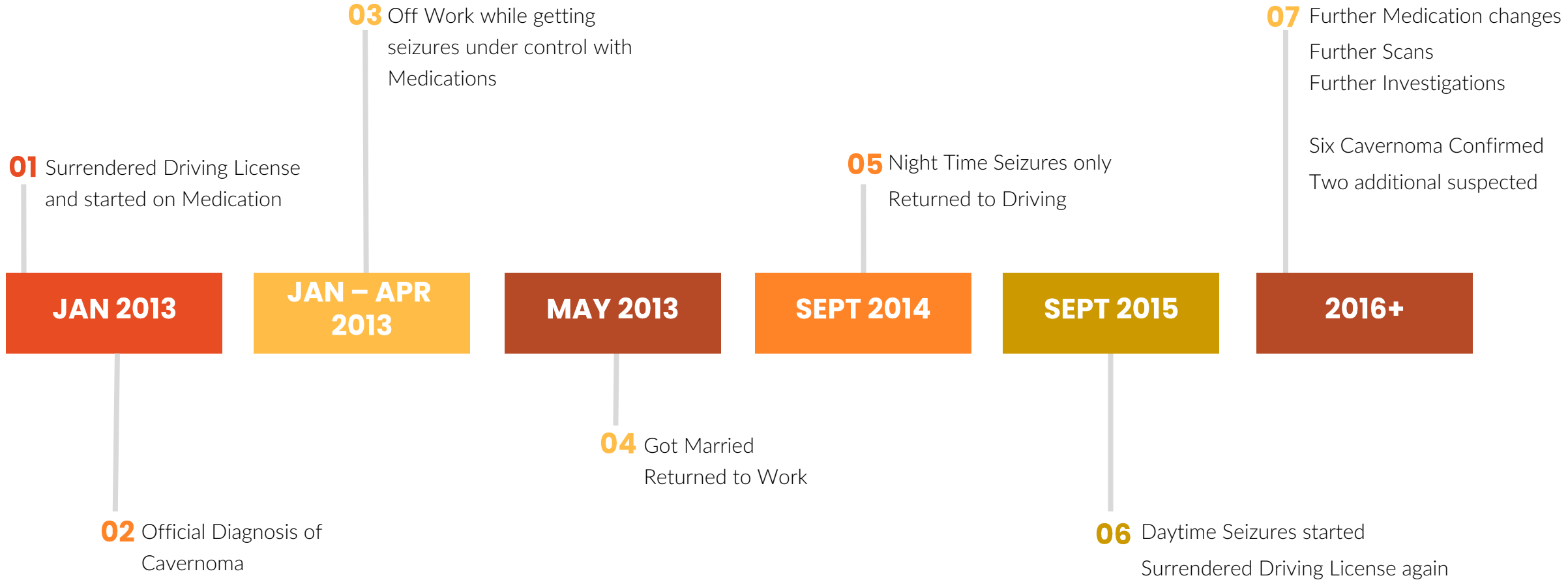
# My Cavernoma Journey

Diagnosis



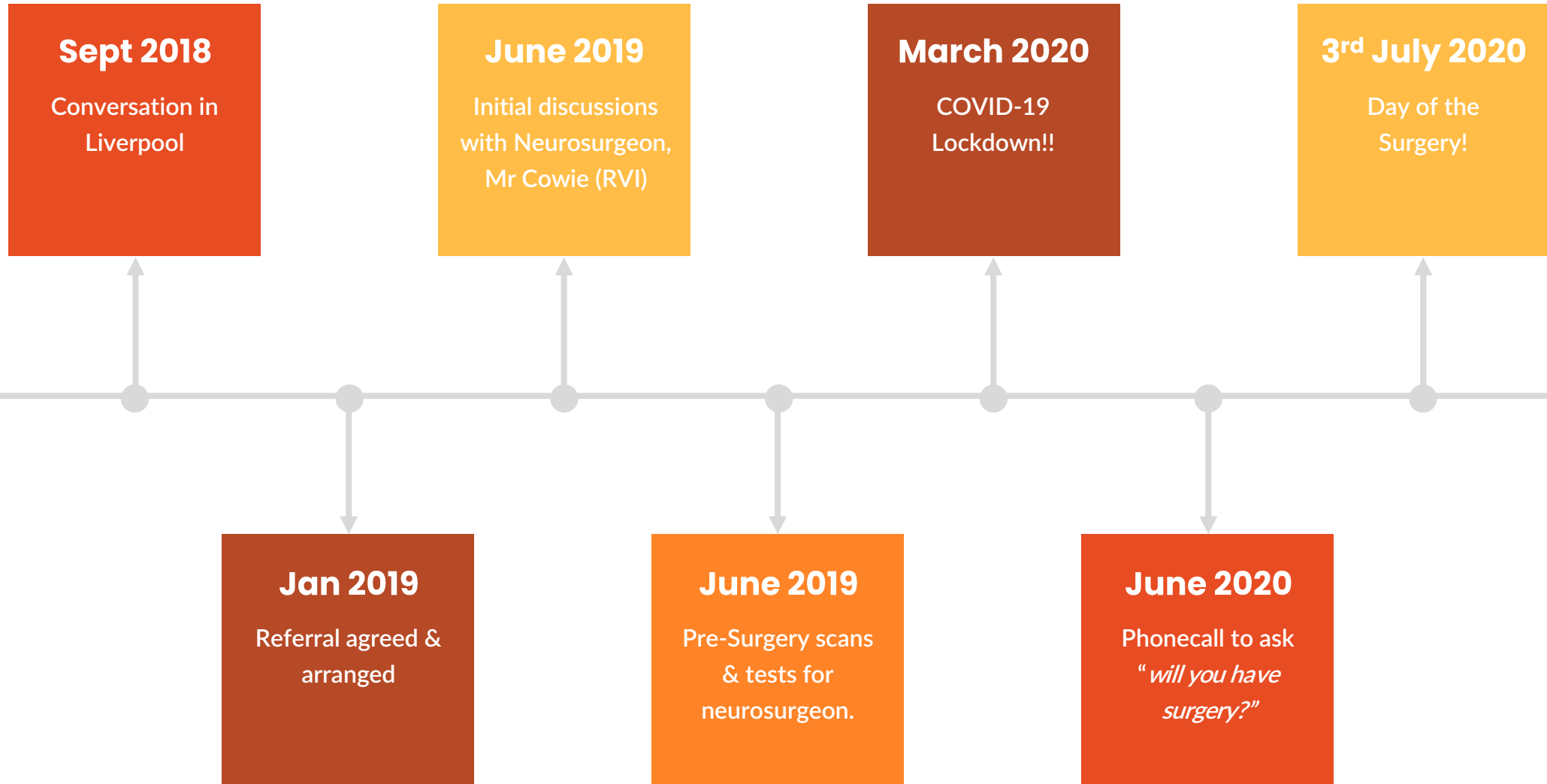
# My Cavernoma Journey

Time Line



# My Cavernoma Journey

My Surgeon & Deciding on Surgery



## Hospital During Covid-19

- Before surgery
  - Pre-op over the phone
  - Blood tests
  - COVID-19 test
- What was it like being in hospital?
  - Quiet, a lot less people than usual in general
  - Difficult, less freedom to move around
  - Lonely, no visitors
  - My fellow patients
- Hospital stay = 5 days

After Surgery



## Recovering First Six Weeks

- Remainder of first six weeks post op
  - Head above shoulders (no bending down)
  - Very reliant
  - First three weeks
    - Hard to ..... read, use computer
    - Sleep 12+ hours
  - External wound pain as well as internal wound pain
  - Housebound until week 6



## Recovering Where am I now?

- And now
  - Easy to do too much
  - Still days of extreme tiredness
  - External wound healed
  - Internal wound healing
- Major learning = Don't rush

## Long term Future

- Moving into the unknown
- Success of surgery
- Medication
- Further surgery
- Most important = support structure and honesty

# Any Questions?

Thankyou for listening