Post-Discharge Persistent Symptoms and Health-Related Quality of Life after Hospitalization for COVID-19

E Garrigues, Y Nguyen et al.

- Of n=120 hospitalized patients, after mean 110 days following discharge:
  - 55% with fatigue
  - 42% with dyspnea
  - 34% with memory loss

- No significant differences in persistent symptoms between ward and ICU patients
COVID-19: Persistent Symptoms And Health-related Quality of Life

A Multi-Organ, Multi-System Clinical Presentation

120 patients (mean = 111 days after admission for COVID-19)

Persistent symptoms
- Fatigue 55%
- Difficulty breathing 42%
- Memory loss 34%
- Sleep disorder 32%
- Attention disorder 27%
- Significant hair loss 20%
- Cough 17%
- Loss of smell 13%
- Chest pain 11%
- Loss of taste 11%

Professional and physical activities
- Not yet resumed to sports (engaged regularly pre-COVID) 28%
- Slower walking 29%
- Not yet returned to work (worked pre-COVID) 32%

* Asterisk denotes symptoms of relevance to HLBS systems

Among symptomatic outpatients with positive test for SARS-CoV-2, 35% not returned to baseline health 2-3 weeks after testing

- Older age and comorbidities associated with lack of return to baseline health
- 19% of young adults (19-34) with no comorbidities had not returned to baseline health
What is known about long term COVID-19 effects on the nervous system

- **The perception of “Fatigue”** is the most common:
  - 57% of hospitalized patients in Italian & 39% in British study (12 wks), 97% of the 35% with persistent symptoms in CDC outpt study (2-3 wks)

- **Headache** in 61% of the symptomatic persons in CDC study of outpatients (2-3 weeks post + test), 2% in British study 12 wks post admission

- **Insomnia** in 26% in British post hospital study

- **Loss of smell and taste**

- **Pain** syndromes- chest, abdomen, muscles in CDC and British studies.

- **Difficulty with concentration**, labeled in media “brain fog” is exceedingly common and usually associated with fatigue.

Not yet reported in published studies, but medical staff report cases of **Anxiety (PTSD) & Depression**.

**In contrast 90% of outpatients with influenza recover within 2 weeks of + test.**
Long-Term Effects of Covid-19 Infection

COVID-19 Affects Multiple Organs