

Research Article

Assessment of quality of life and general health -Post COVID -19

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Abstract

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Signs and symptoms include respiratory symptoms and include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. The mid- and long-term effect of COVID-19 infections on patients' general health, well-being, physical function, and their ability to return to work, has not been elucidated. A recent communication from Italy evaluating 143 patients with COVID-19 infection, indicates persistence of symptoms and a reduced quality of life recalled at a 60-day visit after symptom onset. A total of 100 participants enrolled and completed the survey. Study examines the early post-acute clinical trajectory of symptoms to 35 ± 5 days after hospital discharge for COVID-19 infection from three COVID hospitals of Kanpur District their association with individual's self-rated quality of life, physical function, general health, mental health, emotional health, social relationships, active roles, and their ability to perform activities of daily living. A survey comprised of 23-43 questions (depending upon responses), was administered by telephone call to participants 35 (± 5) days following their hospital discharge for COVID-19 infection. Our study found the most prevalent and persistent symptoms at 35 days were fatigue (55%) and dyspnea (45%), accompanied by some or much difficulty with walking (15%), lifting and carrying (25%), walking up stairs (29%), and walking fast (45%), and that the persistence of symptoms has an important impact on general, physical and mental health status, social functioning and quality of life within 35 days of discharge, when further evaluation and intervention should be initiated. Our study also revealed that 16% of participants rated their mental health as poor or fair. Post-traumatic stress disorder (40%), depression (30%), and anxiety (30%) has been reported

Introduction

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