

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**

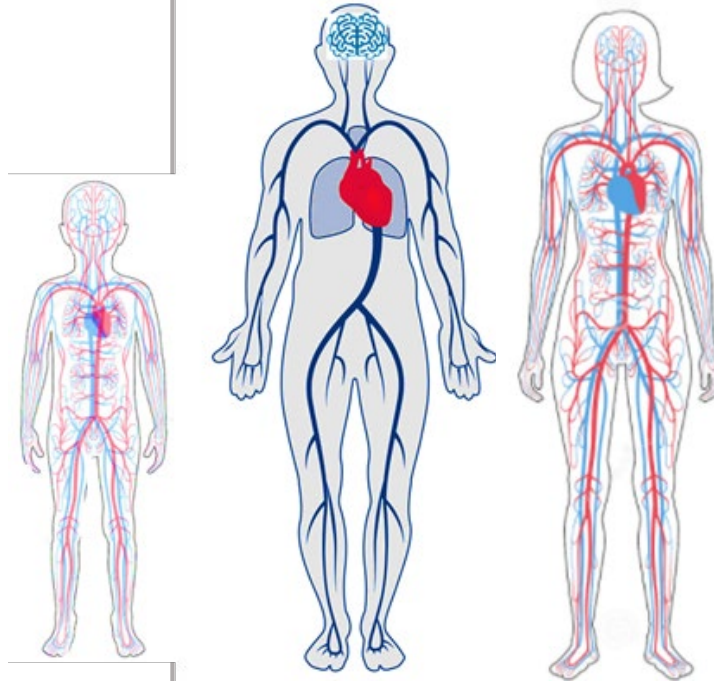
COVID-19: Persistent Symptoms And Health-related Quality of Life¹

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**

¹Letter to the Editor, Journal of Infection, **Post-discharge persistent symptoms and health-related quality of life after hospitalization for COVID-19**, Eve Garrigues et al. <https://doi.org/10.1016/j.jinf.2020.08.029>



Morbidity and Mortality Weekly Report (MMWR)

Symptom Duration and Risk Factors for Delayed Return to Usual Health Among Outpatients with COVID-19 in a Multistate Health Care Systems Network – United States, March–June 2020

MW Tenforde, LR Feldstein et al. for the IVY Network Investigators and CDC COVID-19 Response Team

- **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

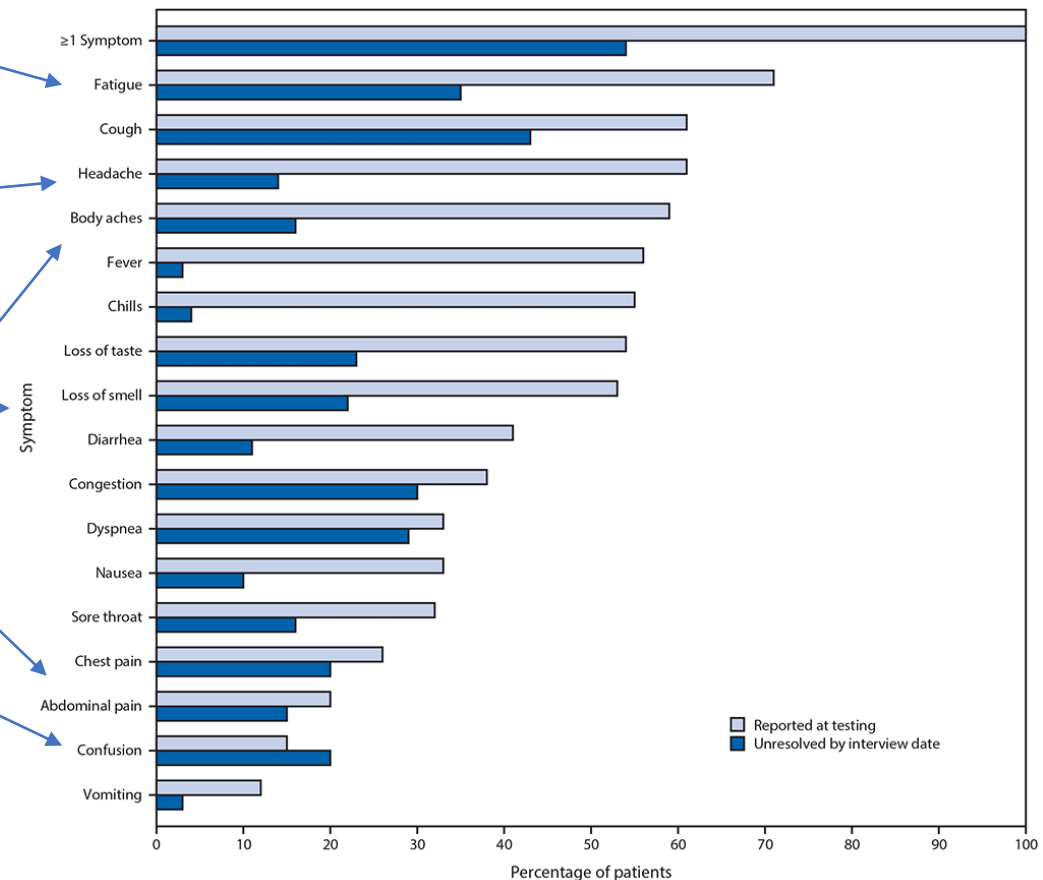
What is known about long term COVID-19 effects on the nervous system

- 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.

CDC study of symptom-duration in outpatients



* 294 patients responded to 14–21-day interview, did not report a previous positive SARS-CoV-2 test before the reference test, and answered questions about symptoms; 276 (94%) of these reported one or more symptoms at the time of SARS-CoV-2 RT-PCR testing; those who were interviewed at 7 days were excluded, with 274 included here. † Patients were randomly sampled from 14 academic health care systems in 13 states.

Long-Term Effects of Covid-19 Infection

COVID-19 Affects Multiple Organs

