

Summary of references post Covid-19 sequeale

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No	Author, Year	Title	Journal	Participants	Methods	Result
1.	Heidemann (2023)	Long-term health consequences among individuals with SARS-CoV-2 infection compared to individuals without infection: results of the population-based cohort study CoMoLo Follow-up	BMC Public Health	Participants who had given consent for re-contact (n=8372) to investigate	Cohort study	Smell/taste disorders (12.8% vs. 3.4%, OR 4.11), shortness of breath (23.0% vs. 9.5%, 3.46), pain when breathing (4.7% vs. 1.9%, 2.36), fatigue (36.9% vs. 26.1%, 1.76), weakness in legs (12.8% vs. 7.8%, 1.93), myalgia/joint pain (21.9% vs. 15.1%, 1.53) and cough (30.8% vs. 24.8%, 1.34) and 3 out of 6 groups of incident diseases: liver/kidney (2.7% vs. 0.9%, 3.70), lung (3.2% vs. 1.1%, 3.50) and cardiovascular/metabolic (6.5% vs. 4.0%, 1.68) diseases.
2.	Mannan (2021)	A multi-centre, cross-sectional study on coronavirus disease 2019 in Bangladesh: clinical epidemiology and short-term outcomes in recovered individuals	New Microbes and New Infections	Of the 1021 patients, male population (75%)	A cross-sectional study based on retrospective interviews	Among the recovered individuals, short-term outcomes including pains and aches (31.8%), weakened attention span (24.4%) and anxiety or depression (23.1%) were also significantly prevalent in the symptomatic cases with comorbidities.
3.	Menges (2021)	Burden of post-COVID-19 syndrome and implications for healthcare service planning: A population-based cohort study	Plos One	431 adults from the general population	Prospective cohort study	At six to eight months, 111 (26%) reported not having fully recovered. 233 (55%) participants reported symptoms of fatigue, 96 (25%) had at least grade 1 dyspnea, and 111 (26%) had DASS-21 scores indicating symptoms of depression

4.	Badinlou (2023)	Impairments following COVID-19 infection: manifestations and investigations of related factors	Scientific Reports	A total of 501 individuals were included in the study (with a mean age of 47.6 years)	A cross-sectional study based on the data from self-reported questionnaire	96% of the respondents reported at least one moderate-to-severe impairment due to COVID-19 infection and the most frequent one was fatigue. In that, 79.6% and 86.9% of the study sample reported moderate-to-severe brain fatigue and tiredness or lack of energy, respectively
5.	Martino (2022)	6 and 12 month outcomes in patients following COVID-19-related hospitalization: a prospective monocentric study	Internal and Emergency Medicine	A total of 64 patients were evaluated and participated in this study	Prospective cohort study	After 6 months, 36% of patients reported persistent dyspnea, 37.5% persistent fatigue, 30.6% hair loss, 14% arthralgia and 11% memory and attention deficits. The rate of these symptoms reduced at the 12 month follow-up. At least 50% of the patients reported anxiety and depression symptoms. At 6 months 57.4% of patients showed reduced DLCO and 21.3% reduced FVC% and improvement at 12 months was noted for FVC but not for DLCO and TLC. Persistent radiographic abnormalities, most commonly ground-glass opacities and interstitial changes, were observed at both timepoints in many patients.
6.	Shah (2022)	Post-COVID syndrome: A prospective study in a tertiary hospital of Nepal	Plos One	: A prospective The post-COVID status of 300 patients	A prospective. This study was conducted prospectively in Tribhuvan University Teaching Hospital	During the post-COVID phase, fatigue was the most common persistent symptom, with 34% experiencing fatigue after 60 days and 28.3% even after 90 days from the onset of symptoms. Univariate logistic regression showed sore throat (OR 4.6; 95% CI (2.8–7.6)), rhinitis (OR 3.6; 95% CI (2.1–5.9)), fatigue (OR 3.7; 95% CI (1.8–7.6)), diarrhea (OR 4.1; 95% CI (2.4–6.9)), anosmia (OR 6.7; 95% CI (3.9–11.3)), ageusia (OR 7.8; 95% CI (4.5–13.4)) and shortness of breath

						(OR 14.9; 95% CI (1.8–119.6)) at admission were all predictors of post-COVID syndrome after three months
7.	Willi (2021)	COVID-19 sequelae in adults aged less than 50 years: A systematic review	Travel Medicine and Infectious Disease	A total of 31 papers were included.	A systematic literature search	Sequelae persistence since infection spanned 14 days to three months. Sequelae included persistent fatigue (39–73% of assessed persons), breathlessness (39–74%), decrease in quality of life (44–69%), impaired pulmonary function, abnormal CT findings including pulmonary fibrosis (39–83%), evidence of peri-/perimyocarditis (3–26%), changes in microstructural and functional brain integrity with persistent neurological symptoms (55%), increased incidence of psychiatric diagnoses (5.8% versus 2.5–3.4% in controls), incomplete recovery of olfactory and gustatory dysfunction (33–36% of evaluated persons).
8.	Lam (2023)	Long-term post-acute sequelae of COVID-19 infection: a retrospective, multi-database cohort study in Hong Kong and the UK	eClinical Medicine	A total of 535,186 and 16,400 patients were diagnosed with COVID-19 from HKHA and UKB, of whom 253,872 (47.4%) and 7613 (46.4%) were male	Retrospective, multi-database cohort study	Patients with COVID-19 incurred greater risk of heart failure (HR 1.82; 95% CI 1.65, 2.01), atrial fibrillation (1.31; 1.16, 1.48), coronary artery disease (1.32; 1.07, 1.63), deep vein thrombosis (1.74; 1.27, 2.37), chronic pulmonary disease (1.61; 1.40, 1.85), acute respiratory distress syndrome (1.89; 1.04, 3.43), interstitial lung disease (3.91; 2.36, 6.50), seizure (2.32; 1.12, 4.79), anxiety disorder (1.65; 1.29, 2.09), post-traumatic stress disorder (1.52; 1.23, 1.87), end-stage renal disease (1.76; 1.31, 2.38), acute kidney injury (2.14; 1.69, 2.71), pancreatitis (1.42; 1.10, 1.83),

						cardiovascular (2.86; 1.25, 6.51) and all-cause mortality (4.16; 2.11, 8.21) mortality during their post-acute phase of infection
9.	Dryden (2022)	Post-COVID-19 condition 3 months after hospitalisation with SARS-CoV-2 in South Africa	Lancet Glob Health	Of 241 159 COVID-19 admissions reported 3094 patients that we were able to contact, 2410 (77.9%) consented to participate in the study at 1 month after discharge	Prospective cohort study	The most common symptoms reported at 3 months were fatigue (50.3%), shortness of breath (23.4%), confusion or lack of concentration (17.5%), headaches (13.8%), and problems seeing or blurred vision (10.1%).
10.	Mclaughlin (2023)	A Cross-Sectional Study of Symptom Prevalence, Frequency, Severity, and Impact of Long COVID in Scotland: Part II	The American Journal of Medicine	The survey was completed by 253 respondents	A Cross-Sectional Study	Severe impact on work and study were predicted by more severe and more frequent fatigue, more severe pain, and more severe cognitive impairment
11.	Almas (2022)	Post-acute COVID-19 syndrome and its prolonged effects: An updated systematic review	Annals of Medicine and Surgery	Twenty-one articles qualified for the final analysis	systematic review Relevant databases were searched for extraction of articles	The most common persistent clinical manifestations were fatigue (54.11%), dyspnea (24.38%), alopecia (23.21%), hyperhidrosis (23.6%), insomnia (25.98%), anxiety (17.29%), and arthralgia (16.35%)
12.	Sigfrid (2021)	Long Covid in adults discharged from UK hospitals after Covid-19: A prospective,	The Lancet Regional	327 hospitalised participant	cohort study at least 3 months post-discharge.	93% reported persistent symptoms, with fatigue the most common (83%), followed by breathlessness (54%)

		multicentre cohort study using the ISARIC WHO Clinical Characterisation Protocol	Health - Europe			
13.	Darcis (2021)	Long-term clinical follow-up of patients suffering from moderate-to-severe COVID-19 infection: a monocentric prospective observational cohort study	International Journal of Infectious Diseases	199 individuals were included in the analysis	Prospective observational cohort study	Six months after discharge, 47% and 32% of patients still had exertional dyspnoea and fatigue.
14.	Todt (2021)	Clinical outcomes and quality of life of COVID-19 survivors: A follow-up of 3 months post hospital discharge	Respiratory Medicine	251 participants	cohort study	At 3 months of follow-up, 6 patients had died, 51 (20.3%) had visited the emergency department again and 17 (6.8%) had been readmitted to hospital. Seventy patients (27.9%) persisted with increased dyspnoea and 81 had a positive screening for anxiety/depression. Similarly, patients reported an overall worsening of EQ-5D-3L single summary index at 3 months compared to before the onset of COVID-19 symptoms