

Persistent Sign and Symptoms in Survived Patients from COVID-19

01 Background

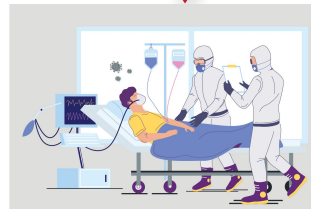
The coronavirus 2019 (Covid-19) is a life-threatening disease and also a perturbation that left an extensive impact on the physical and mental health of patients, those were infected and survived this illness. The same condition was reported in the city of Gujrat, Punjab, Pakistan, which was declared a red zone at the peak time of COVID-19.

Reported Cases and Deaths in Pakistan

Total Cases	555,511
Total Deaths	12,026
Total Tests	8,224,869
Total Cases/ 1M Pop	2,486
Total Deaths/ 1M Pop	54
Total Tests/ 1M Pop	36,806



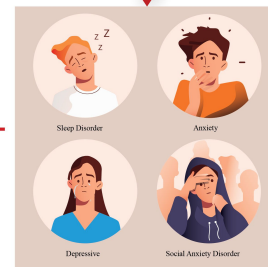
COVID-19 Detected



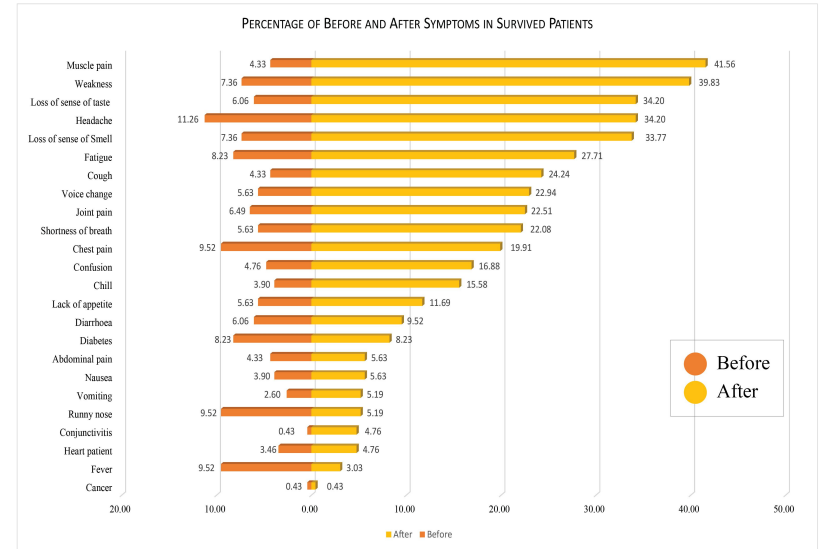
Treatment of COVID-19



COVID-19 Report become Negative



Sign and Symptoms, and Mental Health of Survived Patients

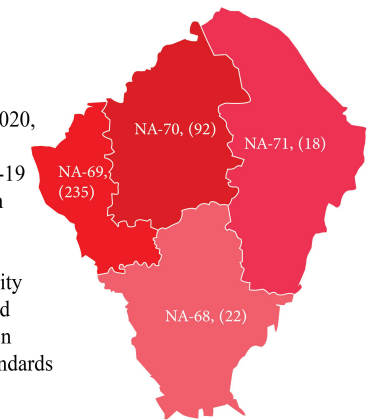


02 Objectives

1. Identification of the persistent post-COVID-19 sign and symptoms in the survived patients.
2. Exploration of the factors associated with the current mental health (PTSD symptoms, anxiety, and depression) and prevalence rate of mental health disorders in the survived patients in district Gujrat.

03 Methodology

A cross-sectional survey was conducted from November 20, 2020, to December 05, 2020, in Gujrat, Pakistan. A sample of 367 (calculate by Cochran, 2007) registered survivors from COVID-19 were approached by simple random sample to get information against the well-developed PCL-5, PHQ-9, and GAD-7 scales with demographic information. The complete questionnaire for this study was approved by five psychologists. The reliability of the adopted scales tested through Cronbach's alpha. We used frequency percentage, bar charts, and Binary logistic regression methods, to meet the objectives. All of the research ethical standards were followed in the course of the study.

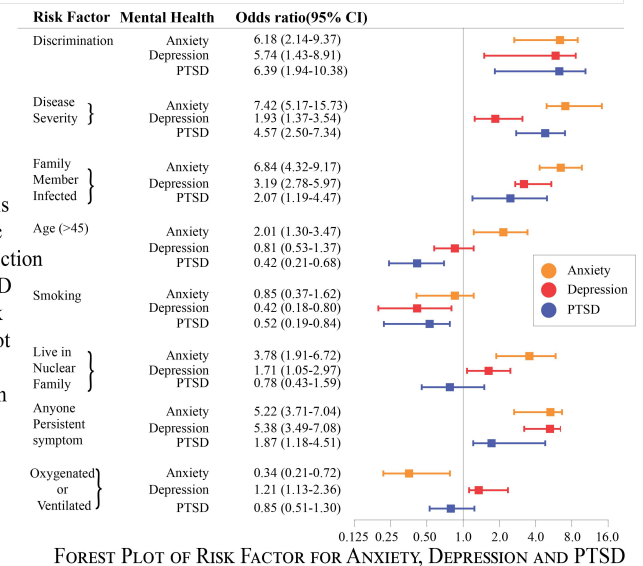


DISTRICT GUJRAT

04 Results

All 367 participants' survived Covid-19 patients and discharged from hospitals were interviewed individually. All the considered factors were highly reliable, as the Cronbach's alpha coefficient of the PCL-5, PHQ-9 and GAD-7 were 0.861, 0.873, and 0.904, respectively. This study found that in recovered patients from COVID-19 reported persistence of at least one symptom, particularly muscle pain, joint pain, weakness, fatigue, headache, and cough. The results indicate that the minimum, maximum, and average stay at the hospital and the report became negative in (2, 30, and 16.61) and (4, 21, and 13.67) days,

respectively. Most of the patients got COVID-19 from their friends and gathering. Next, the association between the predictor variables and presence of mental health (anxiety, depression, or PTSD) is found by using bivariate logistic regression analyses. In the prediction of anxiety, depression, and PTSD the significant/insignificant, risk factors (odds ratio > 1 and CI not contain 1) and protective factor (odd ratio < 1 and CI not contain 1) are highlighted in the forest plot.



05 Conclusion

The COVID-19 attack is a mental illness with the physical affliction. As many persistent signs and symptoms or their higher level than before in some diseases observed and these are also associated with the mental illness. Almost more than half of the sample reported at least mild levels of anxiety, depression, and/or PTSD. Public awareness is required to reduce the discrimination with the patients and follow-up is also needed to treat the persistent signs and symptoms in this pandemic.