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## Post COVID Complications in Mental Health and Its Management: A Review

Varun Panwar\*, Yashvardhan, Arpita Kapila

School of Pharmaceutical Sciences, Bahra University, Wagnaghat, Solan (H.P.)

\*Corresponding Author

### ABSTRACT

Corona Virus disease (Covid-19) is an infectious disease caused by SARS-COV-2 virus. Covid-19 started in late December 2019. Most people who fall sick with COVID-19 experienced mild to moderate symptoms and recover without special treatment. The virus can spread from an infected person's mouth or nose when they cough, sneeze, or breathe. The symptoms are mainly sneezing, fever, cough, tiredness, loss of taste or smell, sore throat, red or irritated eyes, and difficulty in breathing or shortness of breath and chest pain. Examination of Covid is done by checking body temperature, heart rate and rhythm, blood pressure, respiratory examination, functional status, pulse oximetry, clinical testing (blood tests, chest x-ray and urine tests). Prevention includes maintaining 1 metre distance from others, wearing masks in public places, cleaning/washing your hands often, covering nose and mouth when coughing or sneezing. People experience emotional disturbance, irritability, insomnia, and post-traumatic stress symptoms which lead to anxiety, anger, depression, alcohol abuse, behavioural changes, loneliness, and violence. Mental health care involves continuity of self-care, avoid inappropriate medicalization, attached mental health support service, partnerships with social care, community, and faith groups. Management consists self-management; daily pulse oximetry, attention to general health, rest and relaxation, self-pacing, and gradual increase in exercise if tolerated, set achievable targets.

**Medical Management:** Symptomatic management can be done like treating fever with paracetamol, optimized control of long term conditions, listening and empathy, consider antibiotics for secondary infections.

**Keywords:** Covid-19, Symptoms, Examination, Prevention, Mental health, Management

