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Post COVID Complications in Mental Health and Their Management

Shivani Thakur*, Komal, Pritika Rana, Priyanka

L.R. Institute of Pharmacy, Jabli Kyar Oachghat, Solan H.P 173223, India

*Corresponding Author

ABSTRACT

During the acute stage of the illness, delirium is prevalent in people who required hospitalization after contracting COVID-19. Although the long-term psychiatric complications in this group of patients are unknown, they may be similar to previous corona virus epidemics, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). At one year following discharge, survivors of critical illness have persistent psychological impairment, including considerable levels of anxiety, depression, and post-traumatic stress disorder. The majority of patients with severe acute respiratory distress syndrome had neurocognitive impairment, including reduced attention, concentration, memory, and mental processing speed. The mental health effects of the COVID-19 pandemic might be endured for years after the virus has been eradicated. During the post-pandemic period, there is likely to be an increase in the prevalence of common psychiatric diseases and suicide. Improving access to mental health services, such as telepsychiatry, early assessment, treatment, and psychosocial support, screening, and support for specific groups, such as frontline HCP where appropriate, implementing long-term measures to mitigate the impact of the economic recession on mental health, and addressing stigma during the pandemic are all critical in combating the problem. Keeping this in mind, existing literature on the covid-19 outbreak pertinent to mental health was retrieved via literature search of PubMed database.

Keywords: Delirium, Respiratory Syndrome, Neurocognitive, Telepsychiatry, Pandemic, Psychiatric Diseases

