

PP131

Post COVID-19 Complications

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ABSTRACT

This work identifies symptoms and complications in health due to COVID-19 in India based on the infection rate and suspected cases. All the enrolled patients in the depicted study were followed up for a month after clinical improvement, which was defined by WHO and Bangladesh guidelines as normal body temperature for successive 3 days, significant improvement in respiratory system and oxygen saturations, greater than 93%. The most typical clinical symptoms in "post-COVID" are tiredness, dyspnoea, fatigue, brain fog, headache, persistent loss of smell or taste, cough, depression, low-grade fevers, dizziness, muscle pain and joint pains. Long-term "effects of COVID-19 treatment or hospitalization" are similar to other severe infections. They include Post-Intensive Care Syndrome (PICS), resulting in extreme weakness and post-traumatic stress disorder. Significant organ-specific histopathologic findings are described as: Heart - Autopsy findings of acute COVID-19 showed the presence of virus genome in the heart tissue. Inflammation in-positive cells. There are increased numbers of macrophages, T-lymphocytes, T-memory cells. Brain - Acute hypoxic injury in the cerebrum and cerebellum of all patients. Notably, no features of encephalitis or other specific brain changes were seen.

Conclusion: This study describes the prevalence, system-based manifestations, relevant clinical investigations, treatment, and importance of an inter-professional team approach in the management of patients with post-acute COVID-19 syndrome.

Keywords: COVID, disorder, pandemic, patients, complications, encephalitis, autopsy.

