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“COVID-19 in chronic disease patients and perspective in the future”

Dr. Gjergji Koja¹, Phd.cand Haris Mema¹

University of Elbasan "Aleksandër Xhuvani", Faculty of Medical Technical Sciences,
Albania

Abstract

COVID 19, caused by the virus of the same name SARS-CoV-2, was first reported in Wuhan (China) as a new infectious disease that has been declared by the WHO as a public health emergency worldwide due to of rapid spread in China and then to other parts of the world. SARS-CoV-2 infection poses a life-threatening risk to people with chronic diseases.

Evaluation of the impact of the COVID-19 pandemic on patients with chronic diseases and post-COVID symptoms that persist over time.

The study is designed a descriptive observational study where the data are compiled through a questionnaire adapted from similar studies conducted in the world. Data were collected during the period January-August 2021 in two hospitals in Albania, respectively "University Hospital Center Mother Teresa" Tirana and "Surgical Hospital" Elbasan and in 2 health centers respectively Q.SH.Nr.1 Elbasan and Q.SH. Belsh.

A total of 485 questionnaires were completed for the realization of the work. From the study it turned out that the most affected age group was 61-70 years old and the gender with the highest predominance was male. The most common chronic disease in patients was PAH with 56.4%, followed by Diabetes Mellitus with 44.5% and cardiovascular disease with 12.2%. In our study the first most common symptoms resulted, cough (51.2%), hyperthermia (44.9%) and dyspnea (43.9%). Most of the patients were affected by the moderate and severe form of the infection and the hospitalizations belong to this category. It is important to recognize and evaluate post-COVID-19 symptoms that persist over time, based on our sample the most common symptoms are persistent fatigue (84%), followed by myalgia (49.3%) and insomnia (36.7%).

Special attention should be paid to patients affected by COVID-19 and with chronic concomitant diseases especially PAH, Diabetes Mellitus and CDV. The study should be followed by other studies that last longer in time and in larger sample.

Keywords: SARS-CoV-2, COVID 19, Impact, Chronic Disease, Symptoms.