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COVID-19 And Hospital Admission: What Are the Risk Factors?

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Abstract

Background: Since the beginning of the global pandemic of COVID-19, there has been a huge variation in symptoms between the various patients. Varying from them being asymptomatic persons to suffering from severe symptoms or even leading to death. A need for a local study arises to address the factors that increase the odds of hospitalization of patients in order to provide better healthcare to individuals at higher risk.

Objective: To detect the prevalence of hospitalization of COVID-19 patients, and to identify the most common characters among them.

Method: A cross-sectional, online questionnaire-based, study was conducted. This questionnaire was posted to the "My experience with COVID-19 Association" in Jordan. Sociodemographic and COVID-19 illness information was collected from 657 patients who had recovered from COVID-19 at least 3 months after the illness started.

Results: Prevalence of hospitalization of COVID-19 patients was 3%. A significantly higher rate of hospitalization was detected among patient with, Hypertension ($\chi^2=19.16, P>0.001$), Diabetes ($\chi^2=31.94, p>0.001$), heart disease ($\chi^2=6.82, p=0.009$), BMI ($\chi^2=7.75, p=0.005$) age, mean=44.8 years ($p>0.001$). The earliest symptoms of patients with covid 19 infection who have been hospitalized were exhaustion ($\chi^2=7.17, p=0.007$) and fever ($\chi^2=11.36, p=0.001$). Moreover, measuring the strength of the risk factors, by using the odds ratio (OR) and 95%CI, we found that hospital admission was significantly higher among patients with; hypertension. seven times more than normotensive (OR=7.1, CI 2.5-19.6). Diabetes eleven times more (OR=11.4, CI 4-32). heart disease was six times more (OR=6.3, CI 1.3-30.5). BMI > 25, was 5 times more, (OR=5, CI 0.05-0.6). exhaustion was 4 times (OR=4.60, CI 1.3-16.1), fever it was 5 times (OR=5.5, CI 1.8-16.6). On the other hand, others factors like; seasonal influenza vaccine, smoking, age and neuropsychological symptoms showed no significant relation.

Conclusion: The study confirms that certain health conditions and other factors can increase the severity of COVID-19, thus increasing patient's hospitalization. By determining these risk factors, we can early-notify higher-risk-groups to closely monitor their health and take higher level of safety and protection measures against COVID-19.

Keywords: COVID-19, Hospitalization, Diabetes, Hypertension, Jordan.

Biography

Rashed Al-Qaisi is a fifth-year medical student at Mutah University living in Amman/Jordan. His first publication "Risk Factors and Characterization of Post COVID-19 Syndrome, in Jordan". Following that, he got involved with other research activities, continuously working on his next publications. Being a student at Mutah University has helped him in accessing a handful of resources and have provided a nurturing atmosphere for developing his scientific methods and medical research techniques. He hopes that his studies will help people locally and regionally get a better health care experience.