

## Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

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### Development of Acute COVID-19 into Post-COVID-19 syndrome

\*<sup>1</sup>Areen Alfalayleh, <sup>1</sup>Mohamad-Said Almasri, <sup>1</sup>Rashed Alqaisi & <sup>2</sup>Prof. Dr. Waqar Al-kubaisy

<sup>1</sup>fifth year medical student, Faculty of Medicine, Mutah University, Jordan

<sup>2</sup>Public Health and Community Medicine, Faculty of Medicine, Mutah University, Al Karak, Jordan

#### Abstract

**Background;** Coronavirus disease 2019 (COVID-19) is an infectious disease caused by coronavirus-2 (SARS-CoV-2) that causes a severe acute respiratory syndrome. Acute COVID-19 usually lasts until four weeks from the onset of symptoms, while as post-acute COVID-19 (PCS) is defined as persistent symptoms and/or new beyond three months from the onset of symptoms. Determining the development of post-COVID-19 over the months, and the possible related factors are an important issues.

**Objective:** The aim of this study was to detect prevalence of each phase, persistency and appearance of new symptoms after months, and the possible contributing factors.

**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:** The prevalence of patients complaining of at least one symptom was 97% at the acute phase while it was 71.8% for the PCS. More than one-third (35.8%. 35.6%) of PCS patients complaining of; taste and/or smell impairment and fatigue, including; 35 and 42 new symptoms, respectively. Almost one-quarter, (24.8%, 24.6% and 24.1%), complaining of, joint pain, cough or depression, including; 31, 43, and 20 new symptoms respectively. On the other hands, several systems like; chest pain, memory problems, diarrhoea, and vomiting were detected as persistence symptoms. Using OR and 95% CI, Six factors were significantly found to increase the risk of PCS: being female (OR 2.06, CI 1.409-2.856), aged  $\geq 30$  years (OR 1.64, CI 1.16-2.33), diabetes mellitus (OR 2.97, CI 1.08-8.21), hypertension (OR 2.22, CI 1.118-4.423), respiratory disease (OR 2.33, CI 1.21-4.501), and neuropsychological disturbance during illness (OR 3.79, CI 2.574-5.573). On the other hand, vitamins and antibiotic intake during the acute phase showed no significant relation with PCS development.

**Conclusion & Recommendation :** This study clarifies the development of acute COVID-19 and post-acute COVID-19 syndrome from the onset of symptoms. Some of these symptoms were new and others were persistent symptoms. Six factors were found to significantly increase the risk of the development of these symptoms: being female, aged  $>30$  years, DM, hypertension and respiratory disease. The major risk factor of developing PCS was the neuropsychological state during illness. Therefore, adequate psychological support and follow up is needed from the onset of symptoms and has to continue several



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months after recovery . Interestingly, vitamins and antibiotics didn't show beneficial effect on relieving these symptoms.

**Keywords:** COVID-19, acute COVID-19, post COVID-19, persistant symptoms, delyaed syptoms, factors, vitamns, Risk factors Jordan

### Biography

Areen Alfalayleh, fifth year medical student at Mutah university. Areen has intresent in Research and volunteer projects. She has been a part in many research articles mainly in Data collection and writing manscript.she has worked in many researches in progress to be published.