

Chapter 159

Long COVID and the impact on quality of life post-infection

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ABSTRACT

Covid-19 is a viral infection caused by the Sars-CoV-2 virus that started a worldwide pandemic in 2019, being responsible for causing inflammatory syndromes that can affect all human systems, especially the pulmonary one. Long covid is related to the prolonged time in which the individual is affected by the virus, and may extend for months and even year after infection, leaving systemic sequelae.

The aim of this abstract is to bring information about the epidemiological profile of patients after COVID-19 and its relationship with long COVID, after research of scientific articles so that their content has easy access to the medical and non-medical public.

The method used is a literature review based on the PubMed platform with the inclusion of articles in English and Portuguese produced in the last two years addressing the chosen theme.

In patients with prolonged symptoms, 70% had impairment in one or more organs four months later, with more than 50 clinical sequelae in patients who recovered from the acute phase of infection, and included chronic respiratory failure, states of hypercoagulation, cardiac arrhythmia, myocarditis, peripheral neuropathy, encephalopathy, cognitive impairment, hyperglycemia, abnormal liver function tests, fatigue and anxiety, being more common in older individuals, with pre-existing conditions and who needed hospitalization for acute infection of the disease. In patients discharged, shortness of breath was the most reported symptom, with 60% experiencing after infection, in addition to other symptoms such as myalgia, depressed mood and sleep disorders.

Thus, it is concluded that Covid-19 generates impacts mainly due to the prolongation of the time of infection and the symptoms affect the quality of life. Thus, it became necessary to specialization in the treatment of sequelae left by the virus.

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