

POST COVID-19 CONDITION OR LONG COVID EFFECTS ON HUMAN

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Abstract:

Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10%-20% of people experience a variety of mid- and long-term effects after they recover from their initial illness. These mid- and long-term effects are collectively known as post COVID-19 condition or "long COVID."

As per recent data, people infected with COVID-19 (coronavirus) may experience mild symptoms or completely asymptomatic. How long the coronavirus lasts in the body depends upon person to person, exposure to the virus and severity of infection. And also, the recovery depends upon the person health.

Introduction

Organ damage caused by COVID-19:

Corona can also damage kidney, lungs, heart, blood vessels and brain which may develop the risk of long-term disease called as post COVID/CORONA EFFECT. Organ damage may lead to health complications that linger after COVID illness. In some people, lasting health effects may include long-term breathing problems, heart complications, chronic kidney impairment, stroke and Guillain- Barre syndrome — a condition that causes temporary paralysis.

Some adults and children experience multisystem inflammatory syndrome

after they have had effected by CORONA VIRUS In this condition, some organs and tissues become severely inflamed

Symptoms:

- Fatigue
- Shortness of breath or difficulty breathing
- Cough
- Joint pain
- Chest pain
- Memory, concentration or sleep problems
- Muscle pain or headache
- Fast or pounding heartbeat
- Loss of smell or taste
- Depression or anxiety
- Fever
- Dizziness when you stand
- Worsened symptoms after physical or mental activities

Blood clots and blood vessel problems:

COVID-19/ corona disease can make blood cells more likely to clump up and form clots. While large clots can cause heart attacks and strokes, much of the heart damage caused by COVID-19/ corona is believed to stem from very small clots that block tiny blood vessels (capillaries) in the heart muscle. Other parts of the body affected by blood clots include the lungs, legs, liver and kidneys. This disease can also weaken blood vessels and cause them to leak, which contributes

to potentially long-lasting problems with the liver and kidneys which effect the person health.

Many long-term COVID-19 effects still unknown:

Many large medical centers are opening specialized clinics to provide care for patients who have persistent symptoms or related illnesses after they recover from COVID-19. And providing Supportinggroup are available as well.

Much is still unknown about how COVID-19 will affect people over time, but research is ongoing. Researchers recommend that doctors closely monitor people who have had COVID-19 to see how their organs are functioning after recovery.

It's important to remember and take care of that most people who have COVID-19 recover quickly. But the potentially long-lasting problems from COVID-19 make it even more important.

Problems with fatigue:

People who have severe symptoms of COVID-19 often have to be treated in a hospital's intensive care unit, with mechanical assistance such as ventilators to breathe. Simply surviving this experience can make a person more likely to later develop post-traumatic stress syndrome, depression and anxiety. Because it's difficult to predict long-term outcomes from the COVID-19 virus, scientists are looking at the long-term effects seen in related viruses, such as the virus that causes severe acute respiratory syndrome (SARS). but some of these were unknown symptoms.

Many people who have recovered from SARS have gone on to develop chronic fatigue syndrome, a complex disorder characterized by extreme fatigue that worsens with physical or mental activity, but doesn't improve with rest. The same may be true for people who have had COVID-19. And this is worsening situation.

Precautions include:

- wearing masks.
- social distancing.
- avoiding crowds.
- a vaccine when available.
- keeping hands clean.

Symptoms:

People with post-COVID conditions can have a wide range of symptoms that can last more than four weeks or even months after infection. Sometimes the symptoms can even go away or come back again. But when it comes to post COVID Post-COVID conditions may not affect everyone the same way. People with post-COVID conditions may experience health problems from different types and combinations of symptoms happening over different lengths of time. Most patients' symptoms slowly improve with time. However, for some people, post-COVID conditions may last months, and potentially years, after COVID-19 illness and may sometimes result in disability.

General symptoms:

- Fever.
- Symptoms that get worse after physical or mental effort (also known as "post-exertional malaise").

- Tiredness or fatigue that interferes with daily life.

Respiratory and heart symptoms:

- Cough.
- Chest pain.
- Fast-beating or pounding heart (also known as heart palpitations).
- Difficulty breathing or shortness of breath.

Neurological symptoms:

- Difficulty thinking or concentrating (sometimes referred to as "brain fog").
- Headache.
- Sleep problems.
- Dizziness when you stand up (lightheadedness).
- Pins-and-needles feelings.
- in smell or taste.
- Depression or anxiety.

Digestive symptoms:

- Diarrhea.
- Stomach pain.

Other symptoms:

- Joint or muscle pain.
- Rash.
- Changes in menstrual cycles.

People experiencing any severe illness may develop health problems:

People experiencing any severe illness, hospitalization, or treatment may develop problems such as post-intensive care syndrome, or PICS.

PICS refers to the health effects that may begin when a person is in an intensive care unit (ICU), and which may persist after a person returns home.

These effects can include muscle

weakness, problems with thinking and judgment, and symptoms of post-traumatic stress disorder (PTSD). PTSD external icon involves long-term reactions to a very stressful event. For people who experience PICS following a COVID-19 diagnosis, it is difficult to determine whether these health problems are caused by a severe illness, the virus itself, or a combination of both.

Researchers are working to understand which people or groups of people are more likely to have post-COVID conditions, and why. Studies have shown that some groups of people may be affected more by post-COVID conditions. These are examples and not a comprehensive list of people or groups who might be more at risk than other groups for developing post-COVID conditions:

- People who have experienced more severe COVID-19 illness, especially those who were hospitalized or needed intensive care.
- People who had underlying health conditions prior to COVID-19.
- People who did not get a COVID-19 vaccine.
- People who experience multisystem inflammatory syndrome (MIS) during or after COVID-19 illness.
- people affected by health inequities including people from racial or ethnic minority groups and people with disabilities.

Data for Long COVID:

CDC is using multiple approaches to estimate how many people experience post-COVID conditions. Each approach can provide a piece of the puzzle to give us

a better picture of who is experiencing post- COVID conditions. For example, some studies look for the presence of post-COVID conditions based on self-reported symptoms, while others collect symptoms and conditions recorded in medical records. Some studies focus only on people who have been hospitalized, while others include people who were not hospitalized. The estimates for how many people experience post-COVID conditions can be quite different depending on who was included in the study, as well as how and when the study collected information. Estimates of the proportion of people who had COVID-19 that go on to experience post-COVID conditions can vary:

13.3% at one month or longer after infection

2.5 % at three months or longer, based on self-reporting

More than 30% at 6 months among patients who were hospitalized

CDC is working to:

- Better identify the most frequent symptoms and diagnoses experienced by patients with post-COVID conditions.
- understand how many people are affected by post-COVID conditions, and how often people who are infected with COVID-19 develop post-COVID conditions afterwards.
- Better understand risk factors, including which groups might be more at risk, and if different groups experience different symptoms.
- Help understand how post-COVID conditions limit or restrict people's daily activity.
- Help identify groups that have been more affected by post-COVID conditions, lack access to care and treatment for post-COVID conditions, or experience stigma.

- Better understand the role vaccination plays in preventing post-COVID conditions.
- Collaborate with professional medical groups to develop and offer clinical guidance and other educational materials for healthcare providers, patients, and the public.

Reference:

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- *Quarantine and testing strategies in contact tracing for SARS-CoV-2: a modelling study*
- *ICAO CART – Take-Off Guidance Document*
- *ICAO Manual on Testing and Cross-border Risk Management Measures (Doc 10152)*
- *ICAO Handbook for CAAs on the Management of Aviation Safety Risks Related to COVID-19 (Doc 10144)*
- *WHO Schema for Risk communication at POE*
- *IATA Safely Reopening Borders – A Practical*
- www.mioclinic.org
- *WHO/2019-nCoV/Post_COVID-19_condition/Clinical_case_definition/2021.1*
- *To view references used to inform this page, see the interim guidance on evaluating and caring for patients with post-COVID conditions.*
- *Manual Section 3.3.4.4. – Studies confirming that a reduced quarantine combined with testing can be as effective as a 14-day quarantine:*
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- *To Test, Perchance to Diagnose: Practical Strategies for Severe Acute Respiratory Syndrome Coronavirus 2 Testing*



- *Reducing travel-related SARS-CoV-2 transmission with layered mitigation measures: symptom monitoring, quarantine, and testing*