

Analiza manifestacija postkovid sindroma kod pacijenata lečenih u Specijalnoj bolnici za nespecifične plućne bolesti Sokobanja

Analysis of the Manifestations of the “Post-Covid” Syndrome in Patients Treated in the Special Hospital for Non-specific Lung Diseases “Sokobanja”

Dragan Stanojević, Violeta Tomić, Gordana Antonijević

Specijalna bolnica Sokobanja

Special Hospital “Sokobanja”

Apstrakt

Uvod: Simptomi i znaci nakon preležane akutne faze bolesti kovid-19 su, u ne malom broju slučajeva, opterećujući i zabrinjavajući, kako za pacijenta, tako i za pulmologa. Ne postoji jasna korelacija između težine kliničke slike akutne bolesti i postkovid sindroma ili hroničnog koviida-19. Šarolikost postkovid manifestacija je rezultat sistemske afekcije virusa SARS-CoV-2 na ceo organizam, sa posebnim akcentom na endotelnu disfunkciju. Narušavanje strukture i funkcije vitalnih organa i tkiva, i moguće komplikacije, u smislu tromboembolijskih događaja, oštećenja miokarda i bubrežne slabosti, ukazuju na kompleksnost postkovid sindroma, stanja koje zahteva sveobuhvatnu pažnju.

Cilj: Ciljevi ovog rada su analiza karakteristika postkovid simptoma i znakova u odnosu na preležanu akutnu fazu koviida-19 i ispitivanje uticaja postojećih komorbiditeta i komplikacija na ispoljavanje postkovid sindroma.

Materijal i metoda: U ovoj retrospektivnoj studiji analizirana je grupa od 385 preživelih pacijenata koji su bolovali od teškog i srednje teškog oblika koviida-19, a koji su se zbog postkovid manifestacija javili na pregled u Pulmološku ambulantu Specijalne bolnice za nespecifične plućne bolesti Sokobanja. Ispitivanje je sprovedeno u periodu od 01. avgusta do 01. decembra 2021. godine.

Rezultati: Velika većina od ukupnog broja ispitanika, njih 95%, imali su različit stepen zamorljivosti, dok je osećaj dispneje i nedostatka daha imalo 32% ispitanika. Različite neuropsihičke manifestacije je osećalo čak 98% pacijenata. Nasuprot tome, samo 9% ispitanika je imalo značajno smanjen difuzioni kapacitet, kao rezultat postojanja plućne fibroze.

Zaključak: Stepen težine akutne faze koviida-19, kao i prisustvo postojećih komorbiditeta i nastalih komplikacija su u korelaciji sa stepenom ispoljavanja brojnijih i težih postkovid simptoma i znakova.

Abstract

Introduction: Symptoms and signs after the acute phase of COVID-19 are in many cases burdensome and worrying for both the patient and the pulmonologist. There is no clear correlation between the severity of the clinical picture of the acute disease and “post-COVID” syndrome or chronic COVID-19. The variety of “post-COVID” manifestations is the result of the systemic affection of the SARS-CoV-2 virus on the whole organism, with a special emphasis on endothelial dysfunction. Violation of the structure and function of vital organs and tissues, and possible complications in terms of thromboembolic events, myocardial damage, and renal weakness indicate the complexity of the “post-COVID” syndrome, a condition that requires comprehensive attention.

Aims: The aims of this work are the analysis of the characteristics of “post-COVID” symptoms and signs in relation to the acute phase of COVID-19 and the examination of the influence of existing comorbidities and complications on the manifestation of the “post-COVID” syndrome.

Materials and methods: In this retrospective study, a group of 385 surviving patients who suffered from severe and moderate forms of COVID-19, and who, due to “post-COVID” manifestations, came for examination in the pulmonology clinic of the Special Hospital for Non-Specific Lung Diseases was analyzed. The examination was conducted in the period from the 1st of August to the 1st of September, 2021.

Results: The vast majority of the total respondents, 95% of them, had varying degrees of fatigue, while feeling of dyspnea and shortness of breath was felt by 32% of the respondents. As many as 98% of patients felt different neuropsychic manifestations. In contrast, only 9% of subjects had a significantly reduced diffusion capacity as a result of having pulmonary fibrosis.

Conclusion: The degree of severity of the acute phase of COVID-19, as well as the presence of existing comorbidities and complications, are correlated with the degree of manifestation of more numerous and severe “post-COVID” symptoms and signs.