Assess the quality of life among post COVID19 patients in selected community at Kanchipuram .District,Tamil Nadu

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Abstract

COVID-19 has generated great concern in the population due to its ability to cause serious conditions in a large proportion of infected patients. In addition, critical patients greatly require therapies such as mechanical ventilation, which usually requires prolonged intensive care unit stays and post-COVID-19 rehabilitation, thus, such factors can decrease health-related quality of life due to the physical, cognitive, and mental impairment so find individuals with critical illnesses. Health Related Quality of Life provides a complete assessment of the impact of a disease on patients' daily lives. A structured review was recently conducted to verify the scores fromdifferentHealthRelatedQualityofLifequestionnairesinpost-COVID-19patients.

A study to assess the quality of life among post covid patients in selected community at Kanchipuram.District, Tamil Nadu. The objectives are to assess the health related quality of life among post-COVID-19 patients and to associate the health related quality of life among post-COVID-19 patients with selected demographic variables .post-COVID-19 patients of 18 to50 and above 50yrs of age group were selected for the study. A sample of 60 post-COVID-19 patients were selected in community by using Purposive sampling fulfilled the inclusion criteria were selected for the study.

An extensive review of literature and guidance by experts formed the foundation to the development of the study. The data collection tool was validated and reliability was established. The data collection for the study was done from the collected data was tabulated and analyzed. The frequency distribution in the study shows that majority 80 (67%) were having average quality of life , 30 (25%) of them having good quality of life and 10 (8%) of them having poor quality of life. Regarding association there is significant association of factors affecting health related quality of life with demographic variables like type of family, monthly family income, occupation, economical status. But there is no significant association between factors affecting health related quality of life like age, gender, occupation, economic status and education status.

Key words: Assess, Post-COVID-19 patients , quality of life.

Introduction

COVID-19 has generated great concern in the population due to its ability to cause serious conditions in a large proportion of infected patients4. Approximately 20% of hospitalized patients develop severe complications, including respiratory failure, acute respiratory distress syndrome (ARDS), shock, delirium, and multiple organ dysfunction5,6. In addition, critical patients greatly require therapies such as mechanical ventilation, which usually requires prolonged intensive care unit stays and post-COVID-19 rehabilitation7,8. Thus, such factors can decrease health-related quality of life due to the physical, cognitive, and mental impairment so find individuals with critical illnesses.

COVID-19 has generated great concern in the population due to its ability to cause serious conditions in a large proportion of infected patients. General symptoms are (Tiredness or fatigue that interferes with daily life) Symptoms that get worse after physical or mental effort(also known as "post exertional malaise"),Fever.(Respiratory and heart symptoms)Difficulty breathing or shortness of breath, Cough, Chest pain, Fast-beating or pounding heart (also known as heart palpitations).(Neurological symptoms) Difficulty thinking or concentrating(sometimes referred to as "brain fog"),Headache, Sleep problems, Dizziness when you standup(light-headedness)Pins-and-needles feelings, Change in smell or taste, Depression or anxiety ,Digestive symptoms, Diarrhoea, Stomach pain, Joint or muscle pain, Rash, Changes in menstrual cycles.

Health Related Quality of Life provides a complete assessment of the impact of a disease on patients' daily lives. A structured review was recently conducted to verify the scores from different Health Related Quality of Life questionnaires in post-COVID-19 patients. However,the general aspects of Health Related Quality of Life after home quarantine still require discussion. Even with no need for hospitalization, many patients may have a worse Health Related Quality of Life than non-infected individuals.

However, due to the prolonged length of hospital stay, the need for invasive mechanical ventilation, pain, and fear of death, the investigation of Health Related Quality of Life among post-COVID-19patients is of paramount importance. Therefore, the present study aims systematically discussing the main findings tostudythequalityoflifeamongpost-COVID-19patients and the objectives were to assess the health related quality of life among post-COVID-19 patients affected in the community and to associate the health related quality of life among post-COVID-19 patients with selected demographic variables

Materials & Methods

Research Design: An evaluative research approach was adopted for the study. The research design used in this study is Non-Experimental- Descriptive research design.

Population and sample size: The accessible population of the present study is post-COVID-19 patients of 18to50 and above 50yrs of age group were selected for the study. A sample of 60 post-COVID-19 patients were selected in community by using Purposive sampling fulfilled the inclusion criteria were selected for the study.

Data collection methods: Interview was conducted between 9:00 am to 3 pm depending upon the availability of the sample. As the study aimed at evaluating the health related quality of life among post-COVID-19 patients affected in the community and to associate the health related quality of life among post-COVID-19 patients with selected demographic variables. The tool were administered to the respondents and the answers were collected.

Description of the tool:

Section A: It consists of demographic data which includes age in year,sex,educationalstatus,type of family, religion, socioeconomic data, place of living, History of COVID, associated diseases and Vaccination.
Section B: The Likert scale is used to assess the quality of life of 19 people in a specific community area, It has a total of 20 questions.

Results:
Demographic variables:

Table-I Frequency and percentage distribution of demographic variable of factors influencing Quality of life among post-COVID-19 patients.

S.NO	CHARACTERISTICS	CATEGORY	FREQUENCY	PERCENTAGE
1	Age in years	18to50 Above50	60	100%
2	Gender	Male Female	35 25	58.3% 42%
3	Types of family	Nuclear Joint family	55 5	83.3% 16.7%
4	Educational status	Primary Secondary Graduate	8 12 40	6.5% 20.3% 67.3%

5	Socio economic status	High class Middle Low class	5 45 10	8.3% 75% 16.7%
6	Marital status	Married Unmarried	45 15	75.7% 25.3%
7	Heart diseases, Renal diseases, Diabetes Mellitus	Yes No	15 45	25% 75%
8	Vaccinated	Yes No	50 10	83% 17%

Table- II: Quality of life among post-COVID-19 patients

Quality of life	Range	Mean	Standard deviation
Physical factors	25	14.57	2.61
Psychological factors	25	11.5	1.45
Social factors	25	15.5	1.85
Spiritual factors	25	18	3.25
Total	100	59.57	9.16

Major results:

The frequency distribution in the study shows that majority80 (67%) were having average quality of life, 30 (25%) of them having good quality of life and 10 (8%) of them having poor quality of life.

Regarding association there is significant association of factors affecting health related quality of life with demographic variables like type of family, monthly family income, occupation, economical status. But there is no significant association between factors affecting health related quality of life like age, gender, occupation, economic status and education status

Discussion:

The corona virus disease continues to spread across the world following a trajectory that is difficult to predict. The health, humanitarian and socio-economic policies adopted by countries will determine the speed and strength of the recovery. Anyone who becomes ill with COVID-19 can develop post COVID-19 condition, regardless of sex, age or severity of the initial COVID-19 infection. Many people living with postCOVID-19 condition were previously fit and healthy. Approximately 10–20% of COVID-19 patients experience lingering symptoms following an acuteSARS-CoV-2 infection.

Conclusion:

We have conducted research topic on a study to assess the health related quality of life among post covid patients Kanchipuram district, TamilNadu, India

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Conflict of interest:

NIL

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