

PROFILE AND INITIAL FUNCTIONAL ASSESSMENT IN POST ACUTE COVID 19 SYNDROME PATIENTS IN KOZHIKODE DISTRICT

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Background: Post COVID Syndrome has a prevalence of 50-87%. Symptom profile and functional grade assessment need to be done for assessing the burden of the disease. **Objectives:** (1) To study the profile of symptoms of Post COVID 19 syndrome patients in Post COVID clinics of Kozhikode district (2) To do the functional assessment and grading of impairment of these patients. **Methodology:** A cross sectional study was done in 1034 subjects who attended the post COVID clinics organized by National Health Mission, Kozhikode and gave informed consent. A semi structured questionnaire ,data collected for sociodemographic factors, symptoms, comorbidities. Functional assessment was done with PCFS grading. Data was entered in Microsoft Excel and Statistical analyses performed using IBM SPSS Statistics version 20 (SPSS Inc., Chicago, IL, USA). Categorical data were presented as numbers and percentages, while continuous data were reported as means \pm SD and/or median (min-max) and tested for normality using the Shapiro-Wilkes test. In all statistical tests, p value < 0.05 was considered statistically significant. Ethics Committee Approval was obtained from the District Committee. **Results:** Out of the 1034 subjects, 22.3% belonged to 40-50 year age group and 18.5% to 30-40yrs .0.3% were more than 80yrs. 80.9% belonged to urban areas 10% to coastal areas. 54% were unemployed; 1.4% were professionals. 3.6% were currently not working following disease. 77% had source from contact; 3.1% from travel. 19.9% had unknown source. 51% were household contacts. 15.2% were linked to super spreader events. 63.81% had Grade 1 impairment, 0.23% had grade 2. Only one patient had Grade 4 functional impairment. **Conclusions and recommendations:** Majority (63.81%) had Grade 1 functional impairment. The most common symptom is myalgia followed by fatigue. Sleep disturbances and psychiatric symptoms like depressive thoughts appeared post COVID. 3.1% were currently not working post COVID. Psychosocial aspects need to be addressed. More epidemiological studies require to be carried out to identify the burden of Post COVID syndrome. Post COVID health care services should be incorporated in the routine health care delivery services.