



CARE OF PATIENT TO PREVENT POST COVID-19 COMPLICATIONS

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ABSSTRACT

Now we all are aware of Covid-19 virus – (SARS-Cov-2) and this is the biggest and dangerous challenge to all humans in this world at present. In Dec.,2019 the virus first appeared that caused uncertain symptoms physical and mental resulting untimely deaths by it and still it is a serious matter of thought. Till now 21,99,79,357 cases and 45,57,373 deaths globally and in India 3,29,03,289 cases and 4,39,916 deaths have been recorded.

Keyword: Prevention, Post covid 19, Complication

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INTRODUCTION:

These post COVID Health Condition or complications have come to be known as "long Covid" or "long-haul Covid" and in such cases, after four weeks of initial recovery a patient continues to experience symptoms of this disease.

The main complications in patient recovered from Covid-19 includes – acute respiratory failure, Pneumonia, Liver injuries, kidneys, heart and Black Fungus -

called as Mucormycosis. All these have been witnessed.

More than half of these COVID-19 patients who were in the initial stage of convalescence had experienced -Diffusing Capacity of Carbon Monooxide (DLCO), lower respiratory muscle strength and abnormalities were detected in pulmonary imaging.

Among recovered COVID-19 patients, 40 % of patients still have symptoms, like



general weakness and fatigue said by online survey done across country. As published in Business Today. In dated 19th July, 2021 a survey done by AIG Hospitals, Hyderabad many patients also reported insomnia and neuropsychiatric issues.

The survey also found that 74% patients admitted in hospital were given steroids, but only 34 % need oxygen. As per the COVID-19 treatment guidelines, doctors are supposed to give steroids to only those patients who require oxygen support. The survey also assessed that 53% of patients who were given steroids and 36.41% patients who were not given steroids developed post-COVID-19 symptoms.

Further this survey reported that weakness or fatigue complained in 614 participants, 246 having digestive issues, 295 body pain, 201 breathlessness, 207 headaches, 170 cough, 121 palpitation, 132 chest pain, 73 fever on and off, 97 pain in lower abdomen, 115 skin rashes etc. Insomnia and Gynecological disorders were also reported by the participants.

COMMON COVID-19

COMPLICATIONS & CARE:

After patients' recovery from COVID-19 the virus may still be present in body reservoir and with the immunomodulation it can lead to many other complications, physical and mental health issues as - hair loss, insomnia, loss of appetite, anxiety & depression, breathlessness, cardiac problems, blood clotting and chronic fatigue syndrome.

➤ **Behavioural and Appetite Issues:**

- Sleeplessness and behavioural problems symptoms present in patients who recovered after a long and intensive stay in the hospital during COVID.
- Breathlessness is one major cause in a recovered patient which required oxygen support due to the extensive damage of lungs.
- Pulmonary rehabilitation is the key to help resolve such issues.
- Chest physiotherapy, deep breathing exercises and oxygen support are inevitable for such cases.
- Loss of appetite, hair fall and chronic fatigue syndrome are caused by immunomodulators and use of steroids during the treatment.



- It may lead to most of the weakness and appetite issues.
- Having small meals frequently and increasing the quantity of water in daily routine is one easy way to resolve these issues.

➤ **BLOOD CLOTS**

- A lot of young patients are now coming with complaints of palpitations, sweating and chest pain.
- There is a risk of developing blood clots that increase the chances of stroke, heart attack and pulmonary embolism.
- Patient must see their primary doctor periodically for a cardiac screen.
- By taking regular medicines prescribed by Cardiologist for blood clots patient can manage this complication at home.

➤ **MYALGIA**

- Myalgia (muscle pain) is one of the primary causes of delayed post-COVID recovery causes loss of power and tone in Muscles.
- Keeping a balanced diet and increasing the intake of fluids rich

in electrolytes is the key to overcome muscle and body pain.

➤ **MUCORMYCOSIS**

- India has seen a rise in unusual infections post-COVID, such as Mucormycosis.
- This rare fungal infection is caused by uncontrolled diabetes, dysregulation in immune system and irrational use of steroids (Consuming high dosage of steroids is one of the contributing factors develop mucormycosis).
- Patient must not ignore symptoms of mucormycosis like eye pain, nasal blockage, tooth pain, feeling heaviness near cheeks and headache. Immediately consult with doctor.
- Now, there is a highly increase cases of Avascular Necrosis (AVN) of the bones, especially Hip Joints.
- The blood supply of the bones is decreases due to the edema of the bone ends.
- Monitor patient clinically for response to detect disease progression.



- Never ignore pain and difficulty in movements.
- Patient must control DM & diabetic ketoacidosis.
- Reduce use of steroids.
- Discontinue other immune modulating drugs.
- Avoid dirty or used linens.
- Maintain good personal hygiene of the patient.
- Maintain adequate systemic hydration.
- Administer humidified oxygen.
- Use clean sterile water for humidifiers and change water every day.
- Check the water levels at least twice daily.
- Regularly disinfect the hospital equipment's and utensils.
- Follow instruction of physician with proper dose and duration.
- Follow mental and pulmonary rehabilitation for patients, to decrease their chances of falling sick during their recovery phase.
- Monitor Medication, modify lifestyle and mental wellbeing should be given prime importance.

PREVENTION

The best way to prevent from post-COVID conditions is to get vaccinated against COVID-19 as early as possible. COVID-19 vaccination is recommended for all people ages 18 years and older, including if one had COVID-19 or a post-COVID condition.

REFERENCE:

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➤ **LUNG FIBROSIS**

- During second wave more young patients witnessed need longer oxygen support and intensive care; these complications are also many and now coming to light.