

## Quality of Life among the Post - COVID -19 Persons in a Selected Institution, Trichy

Sarmila. A <sup>1</sup> Dr. Suja Sursh<sup>2</sup> Prof. Devi. K <sup>3</sup> Hepzibah Arulmani P.<sup>4</sup> Josephin Dayana M<sup>5</sup>

1. Professor, SRM Trichy College of Nursing, Trichy, Tamil Nadu, India
2. Principal, SRM Trichy College of Nursing, Trichy, Tamil Nadu, India
3. Vice Principal, SRM Trichy College of Nursing, Trichy, Tamil Nadu, India
4. Tutor, SRM Trichy College of Nursing, Trichy, Tamil Nadu, India
5. Tutor, SRM Trichy College of Nursing, Trichy, Tamil Nadu, India

### Abstract

**Background of the study:** The Pandemic of Coronary alignment put a tremendous amount of burden on the Health care system. The exact impact on the overall bodily, mental, and social well-being of COVID-19-infected patients. A maximum of them reported persistent aches, fatigue, and dyspnea these survivors' great existence may be extraordinarily impacted.

**Materials and Methods:** This study was conducted to estimate the quality of life among post-COVID-19 persons. Data was collected after collecting demographic variables with the SF36 questionnaire. Analysis of data was done using inferential and statistical methods.

**Results:** among 30 Post COVID – 19 most of them graduated 27(90%), 29 (97%) were vaccinated, and 22 (73%) were non-hospitalized. The results showed that most of them are a highly satisfied quality of life 16(53%), and 14 (47%) were a quality of life satisfied.

**Conclusion:** the present study concludes that even non hospitalized Post COVID 19 persons' quality of life is altered so its insisted on the need for healthcare programme regarding post-COVID

**Key words:** Post COVID 19, Quality of life

### Introduction

#### Background of the study

The recent outbreak of the novel pathogenic coronavirus known as Covid-19 has posed a significant threat to mankind. It was first identified at a wet market in Wuhan, China, and has been recognized as a pandemic by the World Health Organization on March 11th, 2020<sup>(1)</sup>.

When COVID-19 first emerged as an endemic illness, no one could have predicted the global impact it would have in such a short period. Its unexpected nature led to it becoming a pandemic worldwide, disrupting the economy, healthcare systems, and human lives on a massive scale<sup>(2)</sup>.

The coronavirus family encompasses a wide range of viruses that can lead to conditions varying from a common cold to severe respiratory illnesses. COVID-19 is categorized into three different levels of severity, namely extreme, moderate, and mild. The symptoms include fever, tiredness, dry cough, body aches, nasal congestion, sore throat, and absence of smell and taste. Sometimes asymptomatic<sup>(3)</sup>

The pandemic had a significant impact on various aspects of life, including healthcare, social life, mental health, and financial status, which have far-reaching implications for the general population <sup>(4)</sup>. The extended consequences observed in individuals who have survived COVID-19 are still vague as symptoms may persist for numerous months, even in patients who were not hospitalized, and this may adversely affect their quality of life <sup>(5)</sup>. COVID-19 patients, both in hospital and out, may experience anxiety, depression, and disruptions in sleep patterns for up to three months after onset of the disease <sup>(6)</sup>.

Quality of life (QOL) can be described as an individual's overall sense of well-being and satisfaction with important aspects of their life, according to the World Health Organization <sup>(7)</sup>. This multidimensional concept includes various domains that relate to physical, mental, social, and emotional functioning. One's perception of their position in life, goals, expectations, and concerns are some factors that influence their perception of their QOL <sup>(8)</sup>.

As a result, the interest in ensuring the quality of life after undergoing COVID-19 is increasing among academics who make the continuous health assessment of COVID-19 patients essential in subsequent years. To evaluate health, the HRQoL is commonly used in clinical practice and public health field so that you can assess subjective feeling of patients concerning the impact of disease through 36-item questionnaire (SF-36) <sup>(9)</sup>.

### **Need For The Study:**

As of June 13, 2021, there have been 175 million confirmed cases of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which has caused 3.8 million deaths worldwide. In India, Tamil Nadu is one of the states with a higher number of cases, with 149,927 active cases and 29,547 deaths as of June 13, 2021. Since March 2020, 2,174,247 people in Tamil Nadu have recovered from COVID-19<sup>(10)</sup>.

The vital outbreak has in large part had negative results consisting of depression and anxiety, emotions of worry, strain, and fear, mental distress, and even stigmatization and xenophobia closer to people suspected of being inflamed with sickness. Reportedly, fear of disorder has even brought about suicides in lots of instances (suicide is the main motive of over three hundred deaths in India in line with The Economic times India 2020), basically, lots of evidence make a specialty of poor consequences such as best of life is wanted. The investigator carried out this study to estimate the excellent of existence amongst publish COVID–19 folks.

### **Problem Statement:**

Quality of life among the post-COVID-19 persons in a selected Institution, Trichy.

### **Objectives:**

- To estimate the quality of life among the post-COVID -19 among Health care workers in a Selected Institution, Trichy.
- To find the relationship between the quality of life among the post-COVID-19 persons in a Selected Institution with their selected demographical variables.

### **Operational Definition:**

### **Quality Of Life:**

Health-related QOL is the experience and importance of different domains of health that are affected by disease & treatment.

### **Post Covid – 19:**

The virus associated **with** the outbreak originating in Wuhan in china has been designated **severe acute respiratory syndrome (SARS-COV-2)**. The disease caused by that virus is now officially called **COVID-19**. In some people with COVID-19, symptoms persist for a week or even months after recovery from the illness. These are referred to as post-COVID-19.

### **Materials And Methods:**

#### **Research Approach**

The Quantitative approach was used to conduct the study.

#### **Study Design**

A non-experimental descriptive survey was conducted to estimate the quality of life among post covid-19 persons.

#### **Tools:**

##### **PART -1:**

A structured knowledge questionnaire that contains demographic variables such as age, gender, education, occupation, vaccination, and history of hospitalization.

##### **PART -2:**

SF 36 questionnaires were used to estimate the Quality of life, it consists of 36 multiple-choice questions and assessed various aspects like general health, limitation of activities, physical health problems, emotional health problems, pain, energy and emotions, and social activities. The tool was categorized as unsatisfied (score 0 – 33), satisfied (Score 34 – 66), and highly satisfied (Score 67 – 100).

### **Data Collection Procedure**

The study was conducted among Post – COVID persons who fulfilled the criteria and were selected as samples by using purposive sampling. The purpose of the examine defined by every participant. Oral consent was obtained from each participant in the study before starting data collection. Questions were distributed and data was collected from Post-COVID persons.

### **Data Analysis:**

The data has been analyzed in terms of descriptive and inferential statistics. The chi-square test was used to find out the as relationship between the quality of life among post covid-19 persons with selected demographic variables.

### **Results And Discussion:**

**Table 1** represents the frequency and distribution of quality of life among post-Covid -19

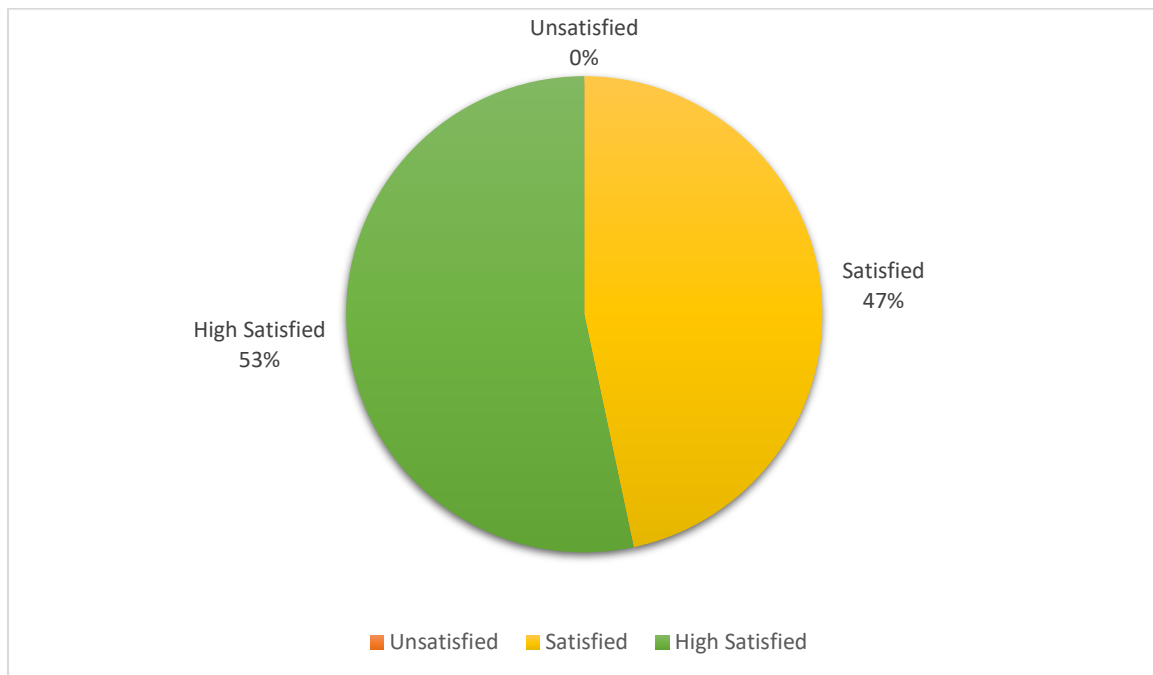
persons, In the present study revealed most of them belong to 18-35 years of age, and In gender 30(100%) of the person belongs female. In education 22(73%) of the person belongs to graduate, the remaining 2 (7%) of the persons belong to secondary education, remaining 1(3%) of the person belongs to primary education. In occupation 27(90%) of the person belongs to the student, remaining 03 (10%) of the person belongs to nonteaching. In vaccination 29(97%) of the person belongs vaccinated, remaining 1 (3%) of the person belongs to not vaccinated. In the history of hospitalization 21(73%) of the person belongs to no history of hospitalization, remaining 8(27%) of a person belongs to the history of hospitalization.

**Figure 1:** showed the level of Quality of Life among post-COVID-19 persons. It represents that most of them were highly satisfied 16 (53%), and were satisfied 14 (47%)

**Table 2:** depicts the relationship between quality of life among Post COVID – 19 persons with their selected Demographic variables. Only educational status is associated with quality of life at  $P>0.05$ .

**Table1:** Frequency and percentage distribution of Study participants (N=30)

S.NO	Demographic variables	Frequency	Percentage
1	<b>Age</b>		
1.1	Below 18 years	0	0%
1.2	18-35 years	30	100%
1.3	36-60years	0	0%
1.4	61-80years	0	0%
2	<b>Gender</b>		
2.1	Male	0	0%
2.2	Female	30	100%
3	<b>Education</b>		
3.1	Illiterate	0	0%
3.2	Primary educator	1	3%
3.3	Secondary educator	2	7%
3.4	Graduate	27	90%
4	<b>Occupation</b>		
4.1	Student	27	90%
4.2	Teaching	0	0%
4.3	Nonteaching	3	10%
5	<b>Vaccinated</b>		
5.1	Yes	29	97%
5.2	No	1	3%
6	<b>History of hospitalization</b>		
6.1	Yes	8	27%
6.2	No	22	73%



**Figure 1 :** Quality of life level among Post COVID- 19

**Table 2:** relationship between quality of life among Post COVID – 19 persons with their selected Demographic variables (N= 30)

S.NO	Demographic variables	Highly Satisfied	Satisfied	Unsatisfied	Chi square ( $\chi^2$ )	P value
1	<b>Age</b> Below 18 years 18-35 years 36-60years 61-80 years	0 16 0 0	0 14 0 0	0 0 0 0	0.14	12.59 (NS)
2	<b>Gender</b> Male Female	0 16	0 14	0 0	0	5.99 (NS)
3	<b>Education</b> Illiterate Primary educator Secondary educator Graduate	0 1 1 14	0 0 1 13	0 0 0 0	16.52	12.59 (S)
4	<b>Occupation</b> Student Teaching Nonteaching	16 0 0	11 0 3	0 0 0	2.286	9.49 (NS)
5	<b>Vaccinated</b> Yes	15	14	0	0.69	5.99

	No	1	0	0		(NS)
6	<b>History of hospitalization</b>					
	Yes	4	4	0	1.2	5.99
	No	12	10	0		(NS)

### Discussion:

The present study estimated the quality of life among post-COVID-19 persons. Table 1 showed that the majority of them belong to graduate 27 (90%), most of them are vaccinated, and only 8 (27%) of them are hospitalized. Figure 1 showed that the majority of them are highly satisfied 16(53%), and under satisfied category 14 (47%). Vintona Tarazona et.al. conducted the prospective multicenter study, performed in France from February 2020 to February 2022, as compared 159 COVID-19 instances (PCR+ and/or CT scan+ experiment ) and 260 controls (PCR-) decided on from a database of selected four COVID centers. The predominant effect of this examines fitness associated with Health-related quality of life assessed usage of EQ-5D-5L scale. Outcome COVID-19 outpatients (n = 96) had a drastically lower health-related quality of life than controls (n = 81) one year after SARS-CoV-2 infection. The EQ-5D-5L index averaged 0.87 in cases and 0.95 in controls ( $p = 0.002$ ) the EQ- VAS averaged 78 in instances and 86.7 in controls ( $p < 0.001$ ). This transformation in quality of life becomes more intense with regions of ache or pain and daily activities <sup>(11)</sup>.

### Conclusion

QOL of the post-COVID-19 patients was greatly affected, regardless of the time elapsed since discharge or recovery. Policymakers and healthcare providers must urgently investigate robust strategies for improving the QOL of post-COVID-19 patients.

Community-based healthcare program, at least via virtual forms, is recommended to improve the QOL of post-COVID-19 patients and the most affected domains of QOL and the associated factors should be considered while implementing the programme.

### Recommendations:

**Based on the findings the following Recommendations are stated**

1. Comparative study can be done among Hospitalized and non-hospitalized COVID-19 Survivors.
2. Effects of Pulmonary Rehabilitation in Quality of Life among Post COVID – 19 Survivors.

### Conflicts of interest

All contributing authors declare no conflicts of interest

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None

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