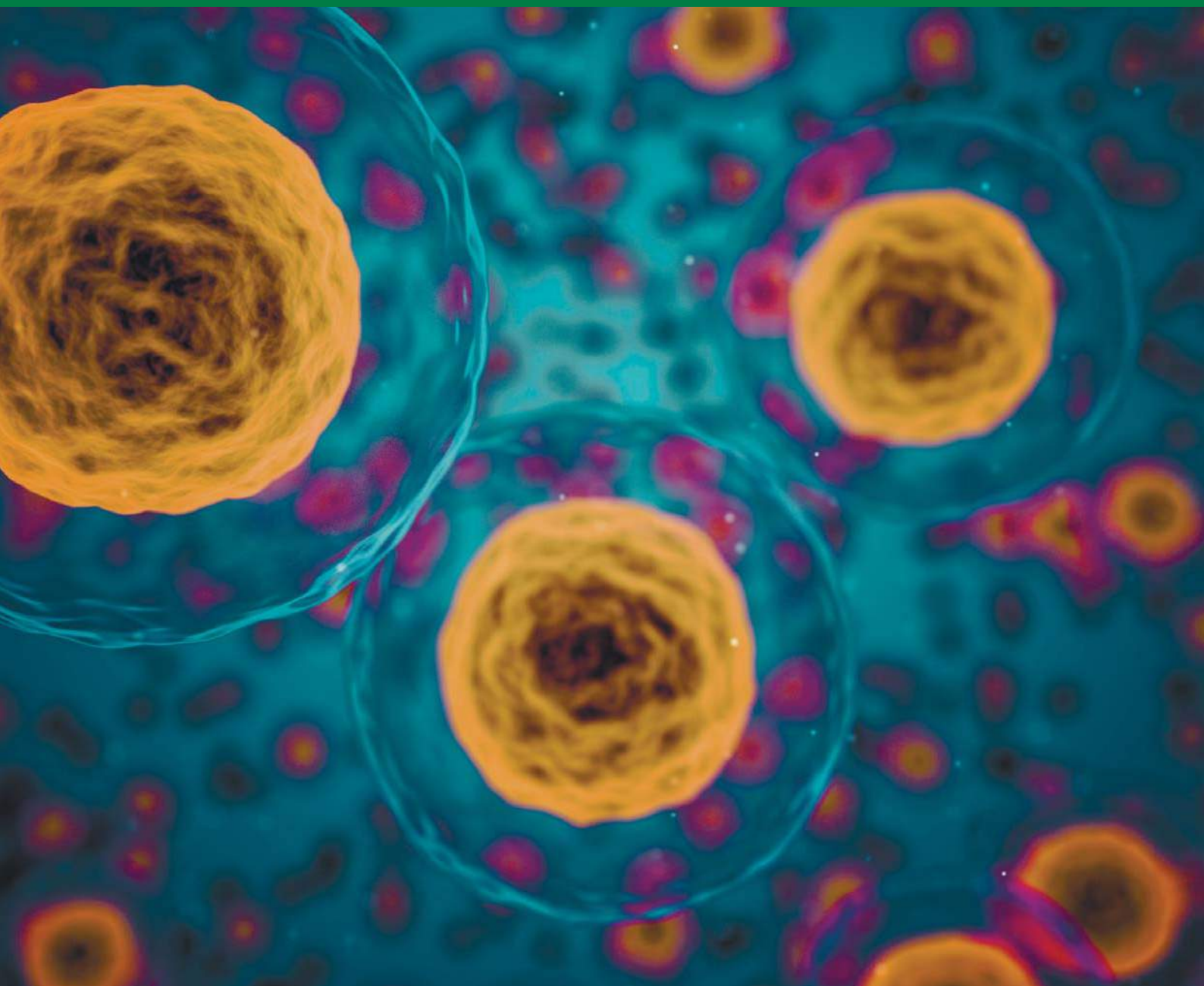


Kharkiv National Medical University

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encounter this problem, you do not need to self-medicate or ignore it. In any case, you should consult a doctor.

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POST-COVID LONG-HAULERS

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Introduction. COVID-19 pandemic influenced every person and made them realize how important it is to take care of their health. This disease is not only dangerous in the midst of it, but also is not safe due to its consequences.

A post-COVID long-hauler is anyone who was diagnosed with COVID-19 caused by SARSCoV-2 and has not returned to their level of health and function in 6 months after the disease. Currently, the management and treatment of patients who suffered from COVID-19 is still urgent, as the path to recovery is still quite long.

The National Institute for Health and Care Excellence (NICE) of Great Britain classifies COVID-19 as:

- Acute COVID-19 - symptoms of COVID-19 last up to 4 weeks;
- Long-term symptomatic COVID-19 - signs and symptoms of COVID-19 last 4 to 12 weeks;
- Post-COVID-19 syndrome - signs and symptoms develop during or after an infectious disease corresponding to COVID-19, last for 12 or more weeks and are not explained by any alternative diagnosis. If the pathological state persists after the disease, but the causative agent is not detected, it can be considered as the disease consequences (post-COVID syndrome).

The aim of study: To find out peculiarities of development and clinical complications of Post-COVID long-hauler.

Materials and methods. Information was collected and analyzed by means of published scientific works about COVID-19 and the method of expert evaluations.

Results of the study. Post-COVID syndrome is a multisystem disease that can occur even after a mild or asymptomatic course of infection caused by the SARS-CoV-2



virus. The indirect effect of the virus on organs and systems leads to damage, especially in the respiratory, cardiovascular and nervous systems. COVID-19 is especially important for people with concomitant pathology and a history of poor health, and attention should be paid to the age of the patient and the health of the body as a whole. Particular post-COVID symptoms are headache, physical pain, fever, general fatigue, sweating, anosmia, loss of strength, backache, asthenic syndrome, mood swings, which have a great impact on the patients quality of life and work performance. Quiet hypoxia is also characteristic - when the level of blood oxygen saturation is much lower than the normal level of a healthy person. Saturation normal state is considered when 95% or more of hemoglobin is connected with oxygen.

Endothelial dysfunction is also present in post-COVID syndrome. It's manifested by disorders of microcirculation, impaired blood circulation, thrombosis. Viral impairment of endothelial cells quickly causes displacement of articular homeostasis in the direction of vasoconstriction with hypoxia, ischemia and tissue inflammation, excessive immune inflammation and development of endothelial dysfunction.

Nearly 55-60% of COVID survivors were found to have disorders of the nervous system: cognitive disorders (impaired memory, decreased attention), affective disorders (depression, anxiety, sleep disorders, post-traumatic syndrome), physical disorders (asthenia, muscle weakness, decreased tolerance to stress).

Conclusions. Post-COVID long-hauler can lead to serious consequences: numerous organ damage, cardiac dysfunction, cardiomyopathy, pulmonary artery thromboembolism, formation of intracerebral blood clots, which in turn can lead to non-reversible consequences and even death. The residual symptoms significantly depend on the patient's age, hospital stay, the severity of the course and the presence of breathlessness at the beginning of the disease.



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