

TITLE

Quality of life and fatigue among individuals after COVID-19 hospitalization

PRESENTER

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AUTHORS

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BACKGROUND: Long COVID conditions in people who had severe COVID-19 illness can include a variety of health problems impacting health related quality of life (QoL). We evaluated QoL and fatigue changes overtime after hospital discharge in participants from RECOVER-SUS BRASIL study.

METHODS: RECOVER-SUS aims to understand the dynamics and dimension of the sequelae in individuals who were discharged after COVID-19 hospitalization in Brazil. Participants from INI-FIOCRUZ site (Rio de Janeiro) were contacted per telephone call after hospital discharge. We used ACTG SF-21 to assess QoL, which has 8 domains (scores from 0 [worst] and 100 [best]) and a multidimensional questionnaire of fatigue (MFI-20), which has 5 domains (scores from 4 to 20; increased scores indicate worse fatigue). We evaluated differences in mean change in QoL and fatigue between visits using generalized estimating equations.

RESULTS: Of 220 participants included, 83 (37.7%) were aged 60+ years at hospital admission (median age: 55; IQR:45-64); 198 (90%) cisgender man, 98 (44.6%) black/mixed-black, 84 (39.4%) primary education or less, 97 (48.7%) low income (=USD500/month) (75.9%) at least one comorbidity HIV prevalence was 5% (N=11/220), 186 (85.3%) needed oxygen support. Considering QoL, health perception decreased significantly between visits, while physical functioning and role functioning increased (Total score). Reduced activity scores decreased significantly between visits, meaning improvement in this MFI-20 domain. No difference was observed for other QoL or fatigue domains.

CONCLUSIONS: Individuals who required COVID-19 hospitalization had poor or no improvement on QoL and fatigue after hospitalization discharge. Understanding participants' general perception of their own health is crucial to seek strategies to improve QoL and fatigue. Future studies with longer follow-up period are required to better understand the effects of long COVID.

Table 1. Quality of Life (SF-21) and Multidimensional Fatigue Inventory (MFI-20) mean (standard deviation) scores at 30 days visit, 180 days visit and differences between visits.

	30 days	180 days	Difference between visits	p-value
Quality of Life SF-21				
General Health Perception (GHP)	58.8 (24.3)	53.3 (26.0)	-5.5 (24.7)	0.023
Physical Functioning (PF)	66.2 (26.4)	64.3 (29.2)	-1.7 (27.6)	0.48
Role Functioning (RF)	72.8 (30.5)	80.7 (30.0)	7.8 (30.8)	0.007
Social Functioning (SF)	71.9 (26.8)	76.3 (29.3)	4.3 (32.7)	0.010
Cognitive Functioning (CF)	69.1 (25.3)	70.4 (27.5)	1.3 (27.9)	0.60
Pain (P)	69.2 (25.5)	68.3 (26.9)	-0.8 (30.2)	0.72
Mental Health (MH)	67.7 (23.0)	68.2 (26.7)	0.4 (25.0)	0.85
Energy/ Fatigue (E/F)	60.1 (23.1)	62.3 (26.8)	2.2 (28.3)	0.72
Multidimensional Fatigue Inventory (MFI-20)				
General Fatigue	11.6 (3.9)	11.4 (4.5)	-0.2 (4.6)	0.61
Physical Fatigue	11.7 (3.9)	10.9 (4.9)	-0.8 (4.8)	0.070
Reduced Activity	10.9 (3.9)	10.0 (4.7)	-0.9 (5.0)	0.037
Reduced Motivation	7.5 (3.0)	7.4 (3.4)	-0.1 (3.7)	0.80
Mental Fatigue	9.6 (4.1)	9.5 (4.8)	-0.2 (4.8)	0.71