

ORT_30 - Survey of Post-COVID-19 Sequelae in Healthcare Professionals: A Systematic Review

Vitória de Souza Pereira¹; Rosilene Gomes da Silva Ferreira¹.

¹Universidade do Estado do Amazonas

Introduction: The disease commonly known as COVID-19 originated in Wuhan, China, at the end of 2019 and quickly spread globally, causing outbreaks of pneumonia and symptoms similar to a persistent flu. Post-COVID can lead to persistent symptoms that continue to manifest even after the acute phase of the infection. Currently, more than 200 symptoms have been listed, but further studies are needed to clarify their impacts and contributions for accurate identification.

Objectives: The aim of this study is to conduct a survey of post-COVID-19 sequelae in healthcare professionals through a systematic review to contribute more information to society at large, selecting articles that investigate the sequelae of COVID-19 in infected healthcare professionals, identifying the present sequelae in these studies, and evaluating the raised sequelae and their relation to post-COVID.

Methodology: The research consisted of a systematic review of mixed qualitative literature, where publications in English and Portuguese were selected from the PubMed, The Lancet, and Scielo databases based on the descriptors healthcare professionals + covid 19 + sequelae; persistent symptoms + healthcare professionals + covid; healthcare workers + coronavirus disease + sequelae.

Results: In total, 535 articles were obtained, of which 5 were considered eligible for the study as they met the inclusion criteria and guiding questions. A total of 1.707 infected healthcare professionals participated in the studies, with the majority being composed of women (70,5%). Forty-five sequelae related to post-COVID-19 were identified. Physical and neurological sequelae such as cough, fatigue, headache, anosmia, and ageusia were prevalent in 80% of the studies (n=4) and persisted between 4 to 52 weeks after recovery.

Conclusion: From the information obtained, it is evident that post-COVID-19 symptoms have a multisystemic and enduring impact. Both physical and neurological sequelae related to post-COVID can affect healthcare professionals, directly impacting not only their health but also their work and personal routines.

Keywords: Healthcare workers; Persistent symptoms; SARS-CoV-2