(REVIEW ARTICLE)

A study to identify the quality of life among post COVID-19 people

Needa Abubakar Soudagar *, Suchitrarani Rathod, Amos P. Talsandekar and Samuel Nilesh Hiwale

Department of Medical Surgical Nursing, D.Y. Patil College of Nursing, Kolhapur, Maharashtra, India.

Abstract

The COVID-19 pandemic, caused by the SARS-COV-2 virus, has not only led to significant morbidity and mortality worldwide but has also profoundly impacted the quality of life of people post-recovery. This study aims to analyze the quality of life among post-COVID-19 people in Kolhapur, India, and to explore associations between their quality of life with their selected socio-demographic variables. A qualitative approach was considered. A non-experimental, exploratory research design was adopted, with data collected from 225 people through convenient sampling technique. Structured interview questionnaires and the Patient Reported Outcome Measurement Information System (PROMIS) scale were utilized. The majority of subjects reported good quality of life (69.33%), with a smaller proportion reporting average quality (30.22%), and only one subject (0.44%) indicating poor quality of life. Statistical analysis revealed a significant association between quality of life and type of diet and treatment, while no significant associations were found with other demographic variables. This study underscores the importance of addressing the psychological and physical well-being of post-COVID-19 people and suggests the need for tailored rehabilitation programs to improve their quality of life.

Keywords: Quality of life; COVID-19 pandemic, SARS-COV-2 virus, post COVID-19 people, PROMIS scale

1. Introduction

The emergence of the SARS-COV-2 virus in late 2019 marked the beginning of the COVID-19 pandemic, which has since caused significant global health and socio-economic disruptions. Characterized by symptoms such as fever, cough, fatigue, and shortness of breath, COVID-19 has affected millions worldwide, resulting in substantial morbidity and mortality[1].

The rapid transmission of the virus has caused widespread fear, stress, and anxiety, leading to negative outcomes such as depression and even suicides. Quality of life (QoL) has emerged as a crucial aspect impacted by the pandemic, encompassing various domains such as work, self-regard, recreation, and social interactions. Older adults and those with underlying health conditions are particularly vulnerable to severe illness and complications, including acute respiratory distress syndrome and heart injury[2].

While efforts to control the spread of the virus have focused on medical interventions and public health measures, the impact on the quality of life of people post-recovery has received less attention. Assessing the QoL of post-COVID-19 individuals is crucial for understanding the broader impact of the disease and providing appropriate support and interventions. Various tools were used to measure health-related QoL. However, the association between worsening QoL and mortality among survivors requires further investigation[3].

The need to take this study as it outlines possible ways to achieve long term physiological and social benefits. Hence, this study also is expected that the proper assessment of the quality of life among post covid people by using modified

* Corresponding author: Needa Abubakar Soudagar

standardized scale PROMIS [Patient reported outcome measurement scale] might be helpful for the self awareness and improvement of quality of life among people recovered from Covid-19.

Objectives

To analyze the quality of life among post-COVID-19 people.

To find out an association between quality of life of post-COVID-19 people with their selected socio-demographic variables.

2. Methods/approach

A qualitative approach was employed for the present study. A non-experimental, exploratory research design was adopted, and data were collected from 225 people through convenient sampling technique. After taking ethical clearance, a prior permission was obtained from the concerned authorities of PHC [Primary Health Centre], Kolhapur and informed consent was taken from the subjects who fulfilled the inclusive criteria. Structured interview questionnaires was used to gather socio-demographic information, and the Patient Reported Outcome Measurement Information System (PROMIS) scale was utilized to assess quality of life. Statistical analysis, including chi-square tests, was conducted to explore associations between quality of life with their selected socio-demographic variables.

3. Results

The majority of post-COVID-19 people, reported good quality of life (69.33%), with a smaller proportion indicating average quality (30.22%), and only one subject (0.44%) reporting poor quality of life. Statistical analysis revealed a significant association between quality of life and type of diet and treatment received post-recovery, while no significant associations were found with other socio-demographic variables.
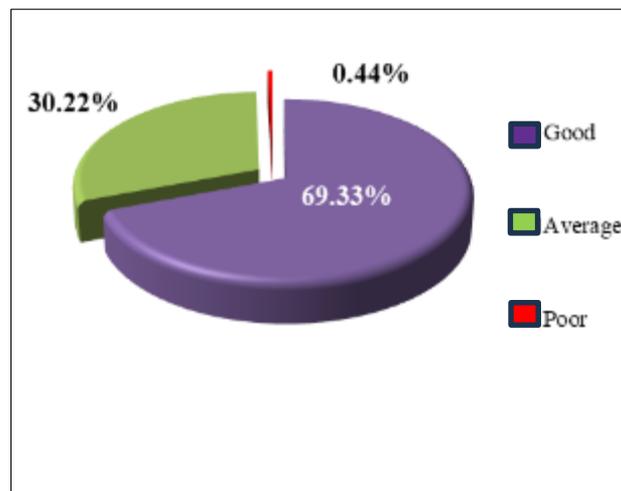

Figure 1 3-D Pie diagram depicting the distribution of subjects according to their quality of life

4. Conclusion

In conclusion, majority of subjects have good quality of life, also some of the subjects have average quality of life, while 1 subject have poor quality of life.

The study was conducted to find out an association between quality of life in post covid-19 people with their selected Socio-demographic variables. The results of chi-square values showing a significant association between the quality of life with type of diet and type of treatment (0.00 at 0.05 levels). But there is no significant association between quality of life and other Socio-demographic variables. This study underscores the need to prioritize the quality of life of people post-recovery from COVID-19. The findings suggest that interventions targeting psychological well-being and physical function may contribute to enhancing quality of life among post-COVID-19 people. Further research is warranted to explore additional factors influencing quality of life and to develop comprehensive intervention strategies.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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