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Persistent Post-COVID: the first wave, one year after

BACKGROUND

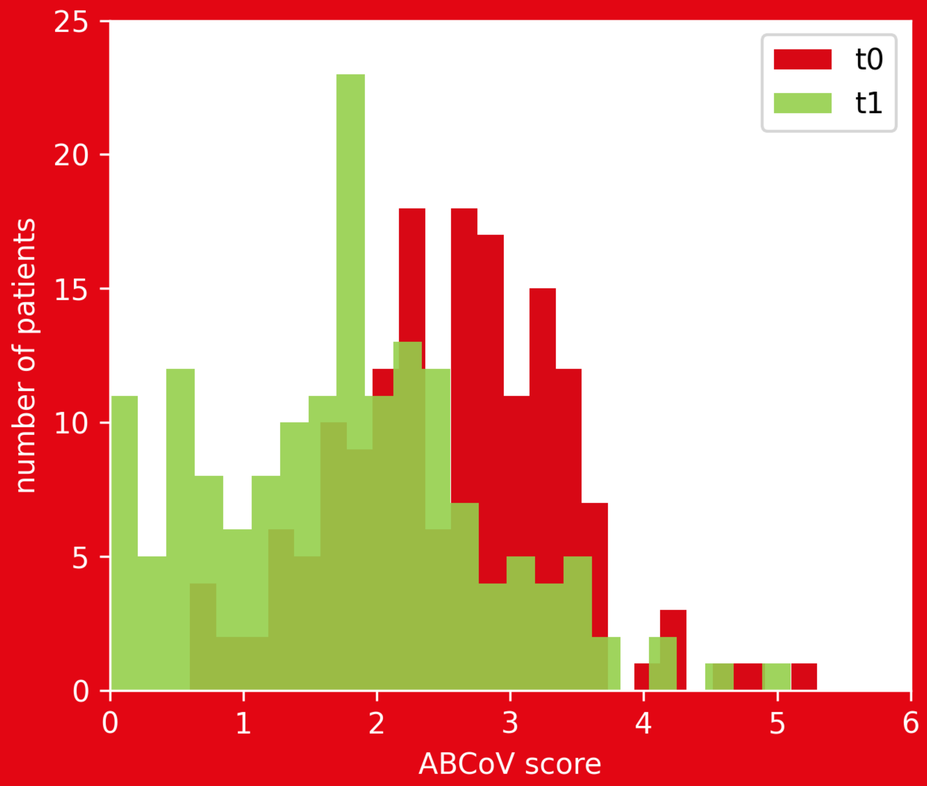
- Limited understanding of persistent POST-COVID symptoms.
- Limited understanding of risk factors for developing POST-COVID symptoms.

METHODS

- Curavista provided access to the ABCoV tool and their database. This database measures the course of subjective burden of disease thru a standardized online questionnaire.
- ± 850 patients self-registered in Feb 2020- July 2020 (T0, first time registration), 161 patients applied to follow-up study a year after registration (T1).
- Dataset of 161 patients at T0 and T1 were analyzed:
- Demographics (sex, smoking status, age, weight, BMI, and exercise level), ABCoV overall score,
- ABCoV scores per domain (symptom status, mental status and functional status)
- Risk factors for Post-COVID were explored through linear regression analysis.

CURAVISTA ABCOV-TOOL

Overall ABCov-Scores at T0 and T1



t0	
count	161
mean	2.56
std	0.85
min	0.60
max	5.30

t1	
count	161
mean	1.77
std	1.02
min	0.00
max	5.10

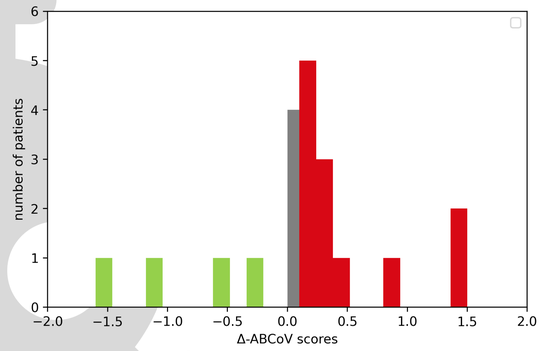
LINEAR REGRESSION ANALYSIS

- Smoking or history of smoking at T0 gives a significant higher burden of disease at T1
- Higher BMI at T0 gives significant higher burden of disease at T1
- Lack of exercise at T0 gives higher burden of disease at T1
- No significant difference in gender for persistent post-COVID symptoms
- BMI is uncorrelated to the “mentale state” ABCoV score
- Younger patients report less headaches, dizziness and chest paint than older patients

RESULTS

- 88% reported no substantial complains at T1 (ABCov <3).
- 12% reported substantial complaints (ABCoV ≥3) at T1 and categorized as persistent Post-COVID.
- In this subset, 60% had overall increase in complaints: 89% in mental status, 35% in functional status, and 39% in pulmonary status.
- Smoking, high BMI and lack of exercise at T0 are risk factors for developing long term symptoms.

DIFFERENCE IN TIME: Δ-ABCOV SCORES FOR ABCOV ≥3 GROUP AT T1



DISCUSSION/CONCLUSION

- Self registered COVID-19 infection.
- Possible bias induced by high drop-out rate.
- Behavioral aspects appear to be pivotal in primary prevention of long term Post-Covid symptoms.

AUTHORS

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ABSTRACT

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Curavista