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Short Communication

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Need for expanding the range of services for the survivors of SARS-CoV-2 disease: a short communication

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ABSTRACT

The objectives of the article are to assess the role of a strategic planning in response to the prevention and control of the SARS-CoV-2 disease and the need for extending range of supports to the survivors of disease. Since the start of the January this year, a new outbreak of SARS-CoV-2 disease has been reported worldwide. As of now, close to than 68,165,877confirmed cases and 1,557,385 and deaths have been attributed to the diseases due to the associated complications and many recovered but deal with multiple sequelae. In order to effectively respond to the pandemic outbreak, a wide range of strategies have to been proposed. It is a fact that the SARS-CoV-2 survivors have been dealing with multiple challenges, the task of organizing strategies to promote early detection of the problems among the survivors have to be initiated. SARS-CoV-2 disease is a life-threatening disease and is linked with a wide range of complications, including those involving cardiac system, respiratory system and also effecting mental wellness. Thus, the need of the hour is to formulate a strategic response comprising of holistic approach which not only aim to reduce the incidence of the disease at present, but also to extend quality assured care to the survivors.

Keywords: SARS-CoV-2 disease, COVID-19 pandemic, Complications, Survivors

INTRODUCTION

Severe acute respiratory syndrome corona virus 2 (SARS-CoV-2), the novel virus that causes corona virus disease 2019 (COVID-19), has been spreading rapidly across the globe, the disease emerged in Wuhan, China, in late 2019 and declared as public health emergency in march 2020. Since then efforts had been taken to make more effective surveillance system in identifying the précised number of cases, contact tracing and death due to COVID-19 diasease.²

Till December 11th 2020, more than 68,165,877confirmed cases and 1,557,385 and death have been attributed to COVID19 disease due to the associated complication (such as organ failure, defective coagulation, acute respiratory distress symptoms, delirium, shock, etc.).³

Although there are affected people are enormous there have been significantly larger number of people affected by COVID-19 has been cured and discharged from the hospitals. Even after the discharge from the hospitals, patients are reported to suffer from various clinical sequelae which have lead to poor productivity of life.

POST COVID-19 DISEASE SEQUELAE

It has been reported that some patients have experienced physical decline ,fatigue ,myalgia as a early clinical sequel of post COVID-19 disease, cardiac sequelae have been also reported in COVID-19 survivors like increase in blood pressures, which may be related to angiotensin-converting enzyme 2 (ACE2) acting as the receptor for severe acute respiratory syndrome corona virus 2 (SARS-CoV-2).⁴ Post COVID-19 survivors has experienced one or two respiratory symptoms like chest discomfort, chest

pain, cough, excessive sputum and the prevalence of respiratory symptoms were found to be higher among other sequel so far in the COVID-19 survivors due to varying degree of lung fibrosis.⁵

COVID-19 patients during the hospital stay have suffered from few rare neurological accidents like stoke and encephalitis which has long term complications and seriously hinder the patient's later quality of life. Post-traumatic stress disorder (PTSD), depression and anxiety disorder were much prevalent among COVID-19 patients which lead to long term adverse mental health outcome.⁶

As it is a novel disease and we are still in the process of learning about the course of the disease the long-term after effects should also be taken into consideration as the sequelae of the disease are left in the system and in the community.

Further, efforts have to be taken to improvise risk communication at various level in the community, need to strengthen human resources and international health regulations and warrant financial support to carry out all the planned activities for the survivor SARS-CoV-2 disease.

LESSON TO BE LEARNT FROM PREVIOUS OUTBREAKS

In past, outbreaks like Ebola virus had lead to long team complication affecting the eyes of the survivors. Nearly, one fifth of the survivors have been affected, viewing the magnitude of the morbidly related to Ebola survivors, the World Health Organization has taken steps to collaborate and has initiated the task of organizing clinics to promote early detection of the problems among the survivors, along with training sessions which has helped diagnose and provide specialized care for the disease survivors. The continuum of care has lead to decrease in magnitude of the disease burden on the survivors. ^{7.8}

CONCLUSION

SARS-CoV-2 disease is a life-threatening disease and is also linked with a wide range of complications, including those involving cardiac, respiratory, neurological system and also effecting mental wellness of the patients. Thus, the need of the hour is to formulate a strategic response comprising of different strategies which will provide holistic care which will not only aim to reduce the incidence of the disease, but also to extend quality assured care to the survivors and to improve the wellness of the survivors.

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