High rates of impaired quality of life and social and economic problems at six months after COVID-19 related ARDS

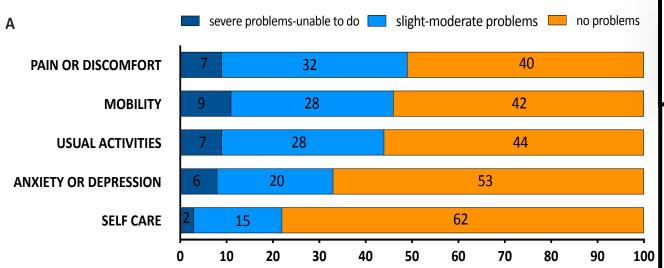
Michele Umbrello¹, Sara Miori², Andrea Sanna², Sergio Lassola², Elena Baruzzo³, Daniele Penzo², Giovanni Pedrotti⁵, Annamaria Perino⁴, Angelo Colombo⁵, Rocco Pace², Sandra Magnoni²

- 1 Department of Anesthesia and Intensive Care II, San Carlo Borromeo Hospital, ASST Santi Paolo e Carlo; Milano, Italy
- 2 Department of Anesthesia and Intensive Care, Santa Chiara Hospital; Trento, Italy
- 3 Center for Neurocognitive Rehabilitation (CeRiN)- CeRiN-CIMeC, Trento University; Trento, Italy
- 4 Department of Sociology and Social Research, Trento University; Trento, Italy
- 5 Department of Anesthesia and Intensive Care, S. Maria del Carmine Hospital; Rovereto, Italy

Aim of the study

Assess the quality of life (HR-QoL) and socio-economic impact in ICU survivors after C-ARDS and identify social and disease-related risk factors for long-term health consequences. C-ARDS survivors were followed 6 months after ICU discharge. HR-QoL was assessed using SF-36 and EQ-5D-5L; the socio-economic burden of COVID-19 was evaluated with a dedicated questionnaire. All clinical data were prospectively recorded.

Result



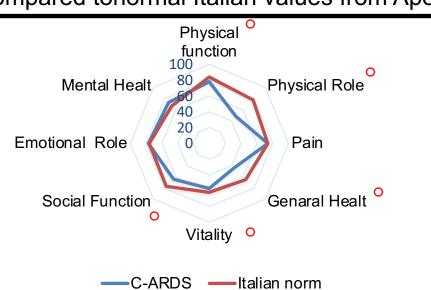
Patients % 40.5% problems in 3,4,5 domains problems in 1,2 domains The majority of subjects reported slight or

a severe health impairment in EQ-5D-5L.

disclosed in 19 (24%) patients, whereas

Subjects (%) 20moderate problems, whereas <10% reported Full health (no problems in any domain) was

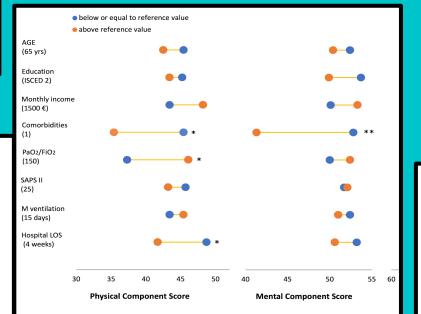
The results obtained in the SF-36 questionnaire compared tonormal Italian values from Apolone et al.

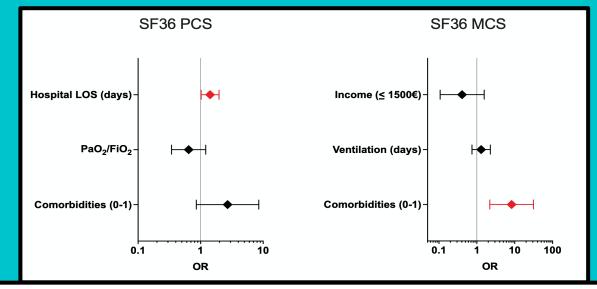


problems in one or two domains were detectedin 32 (41%), and worse health conditions with problems in three, four or all five domains were identified in 28 (35%) patients.

The proportion of patients reporting problems of any severity (level 2 to 5), was significantly higher in C-ARDS survivors compared to age-matched Italian norm data, in mobility, usual activities and self-care; anxiety and depression and pain were not different.

The score obtained in the PSC are significantly lower in patients with P/F <150 mmHg, with a hospital stay of more than 4 weeks and with more than one coomorbidities; the MCS score is lower in patients with more than one coomorbilities.





A multivariable analysis identified the predictors that were best associated with an impaired quality of life, as reflected by physical and mental component summary scores (PCS and MCS) below 40. Hospital length of stay was significantly associated with reduced PCS. The only significant predictor associated with reduced MCS was >1 comorbidity

Conclusion

- 1) A majority of C-ARDS survivors report primarily physical health-related problems at 6 months after discharge, such as mobility limitation and impairment in the activities of daily life, while anxiety, depression and other problems related to the mental health were less frequently reported, and not significantly different in comparison to a reference Italian population;
- 2) Two well validated and internationally used, different sets of HR-QoL questionnaires, the SF-36 and EQ-5D-5L, gave similar results;
- 3) The risks of developing health-related problems at 6 months after ICU discharge are significantly related with an increased duration of mechanical ventilation and prolonged hospital stay and among people with previous comorbidities, while the level of education and the premorbid income had no impact.