

PHYSICAL CAPACITIES IMPAIRMENTS IN PEOPLE SUFFERING FROM LONG COVID



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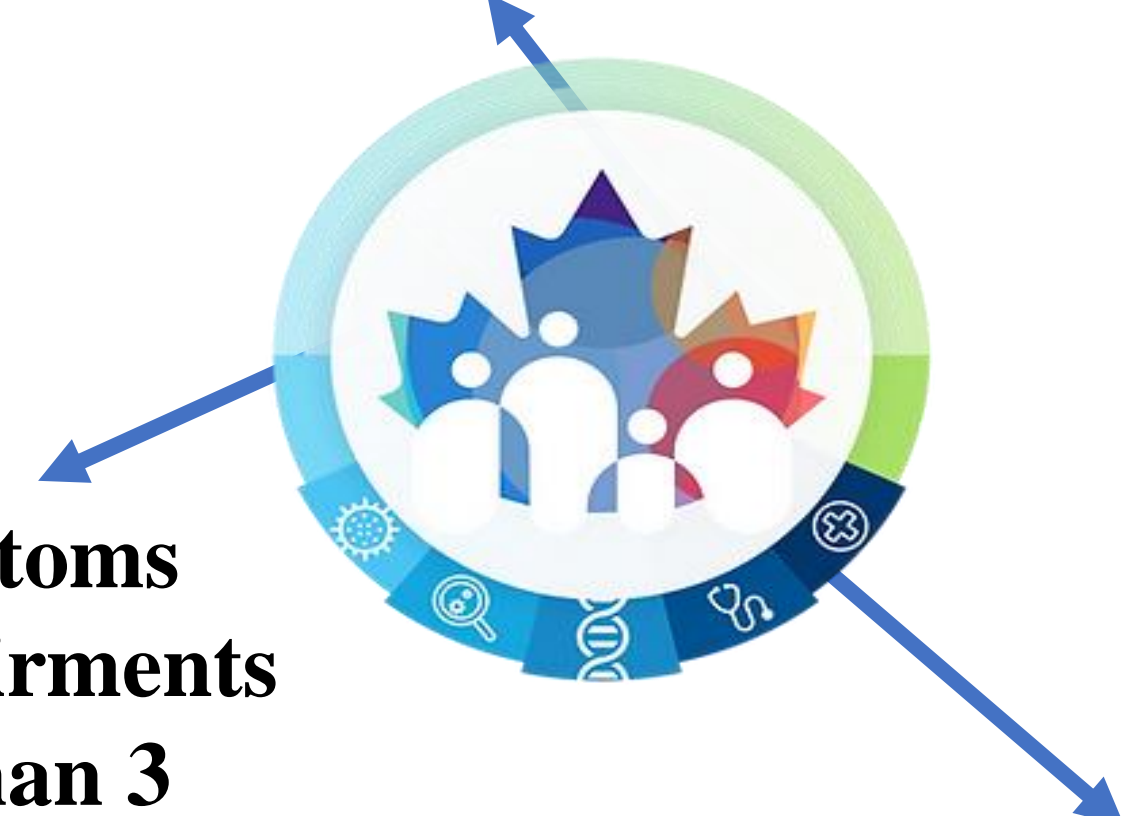


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INTRODUCTION

Of the 4.5 million Canadians who had COVID-19, approximately 1.4 million are experiencing "long COVID" syndrome.¹

Long COVID symptoms include physical impairments that persist more than 3 months, (ex. fatigue, shortness of breath and muscle weakness).²

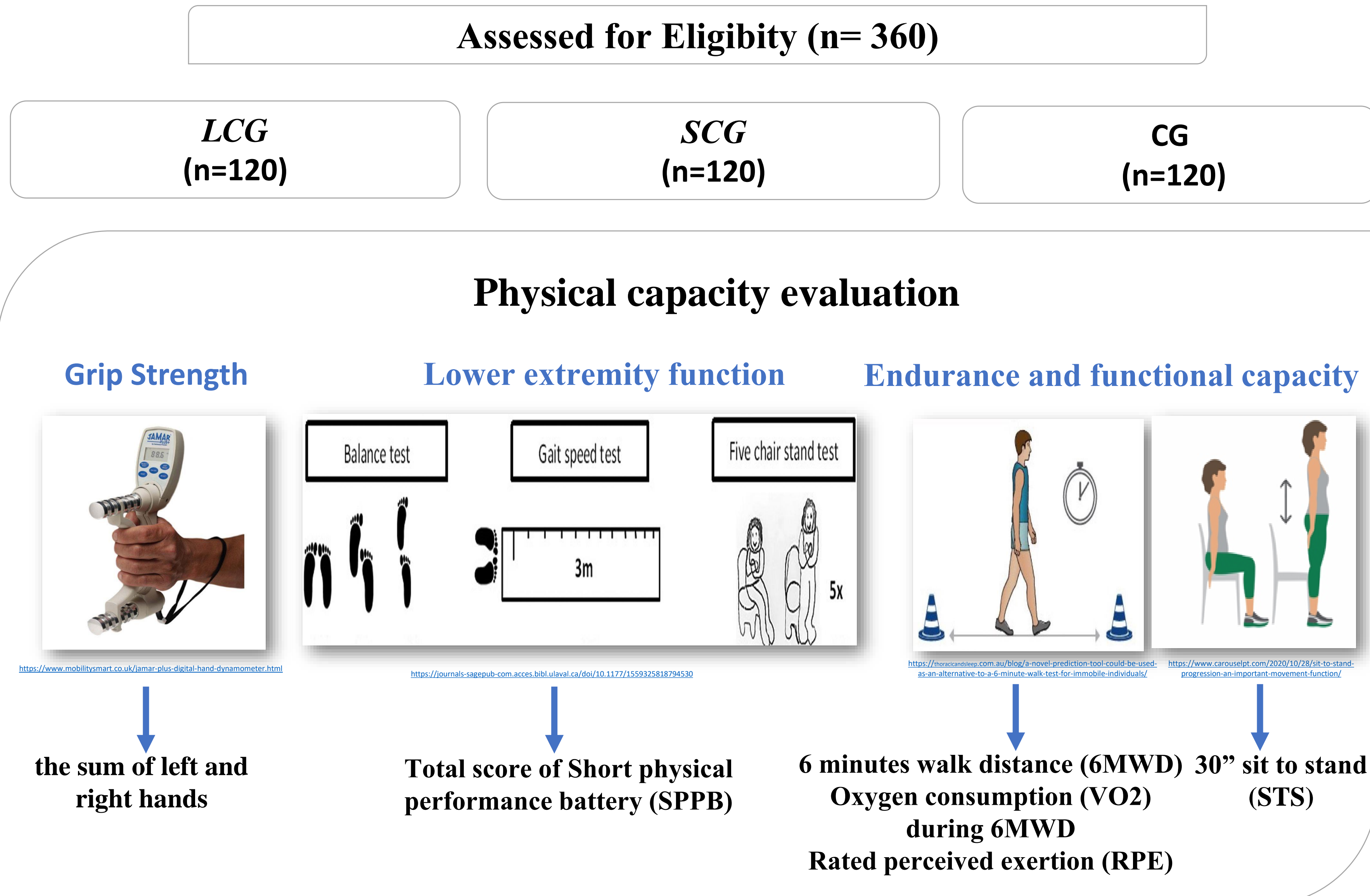


Quantitative data is required to better understand these physical impairments to respond to health care needs of people with long COVID.

The objective of this study was to compare the physical capacities of persons within three groups (long COVID Group (LCG), Short COVID Group (SCG), and Control Group (CG)).

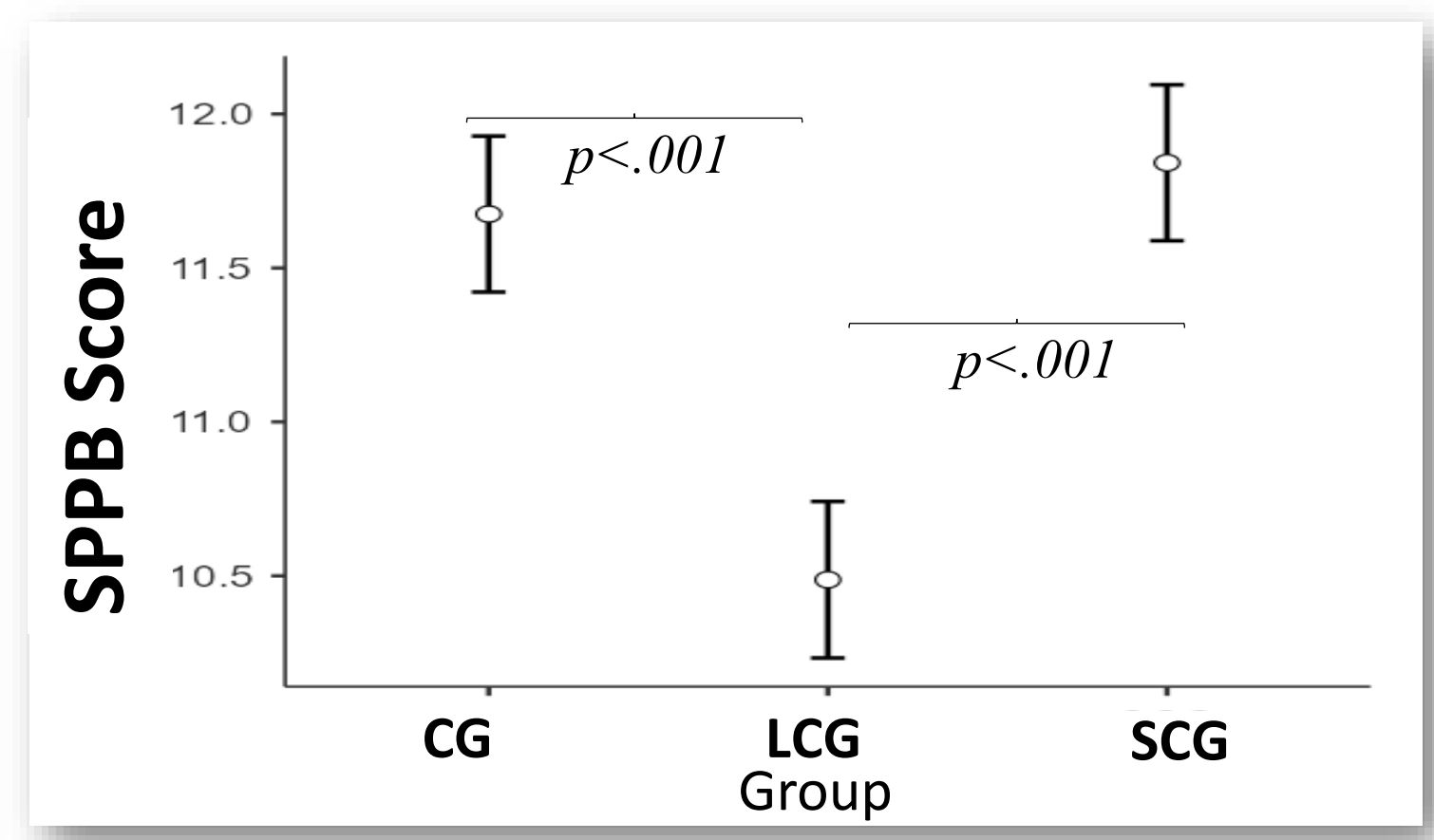
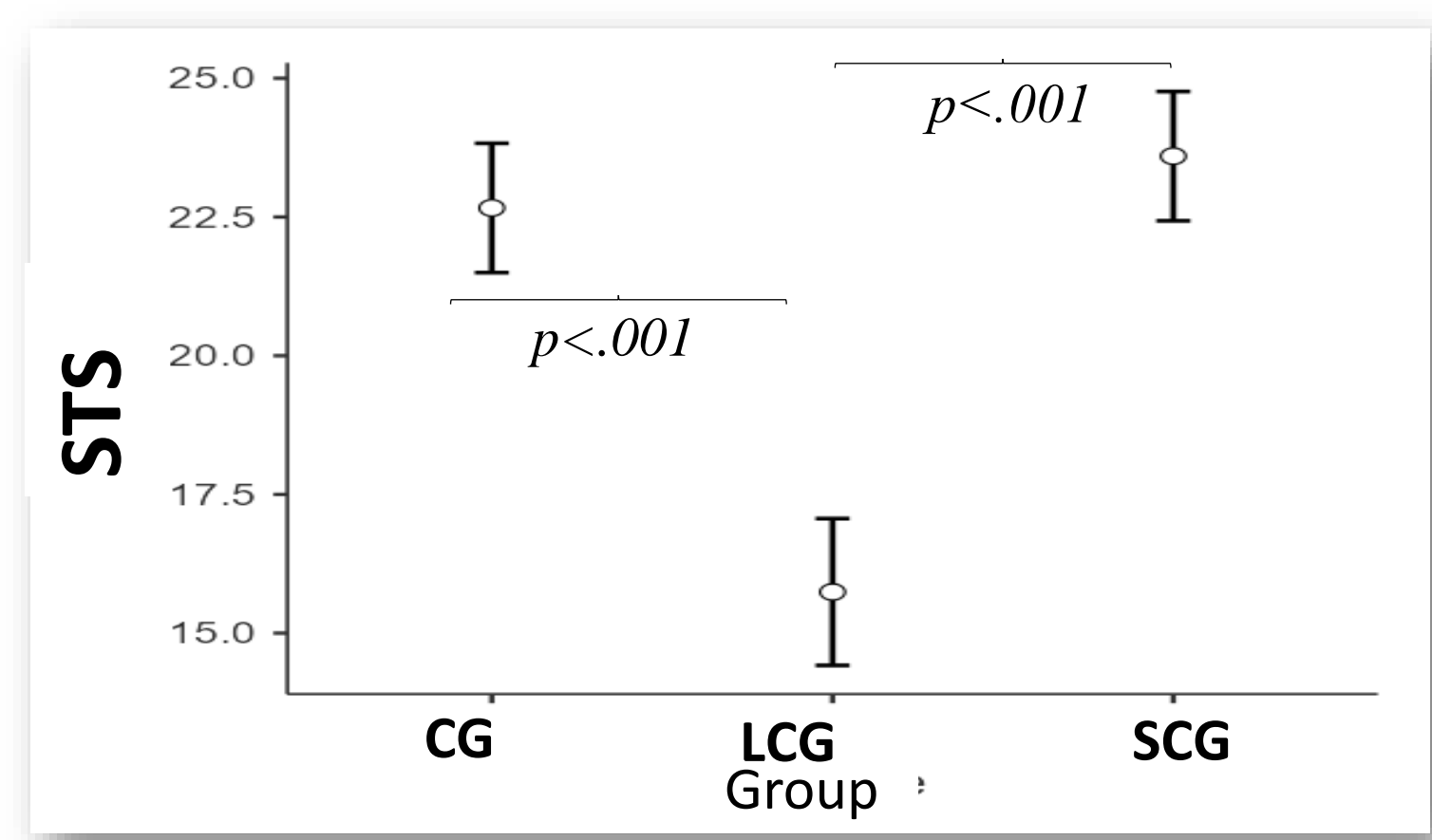
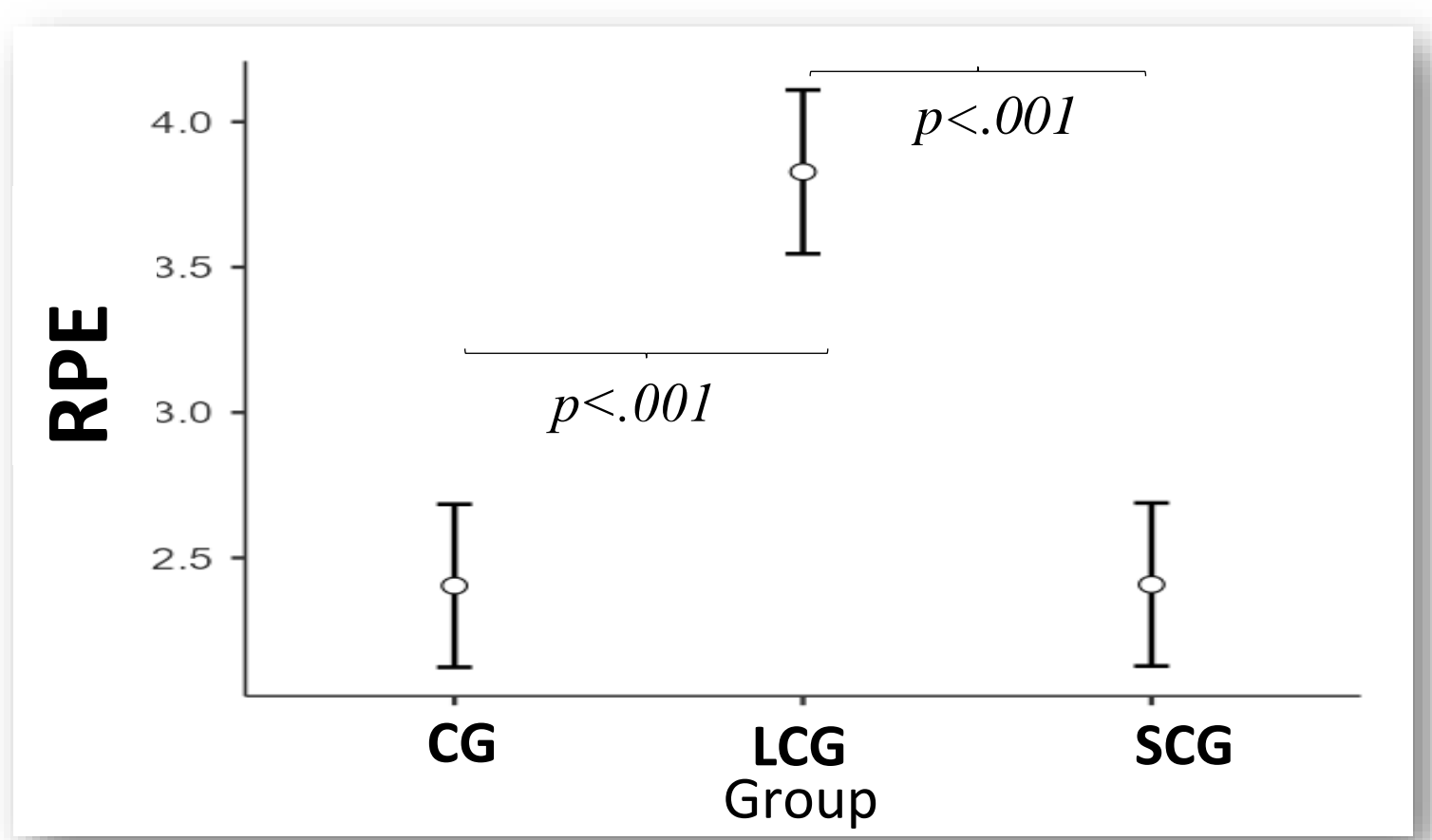
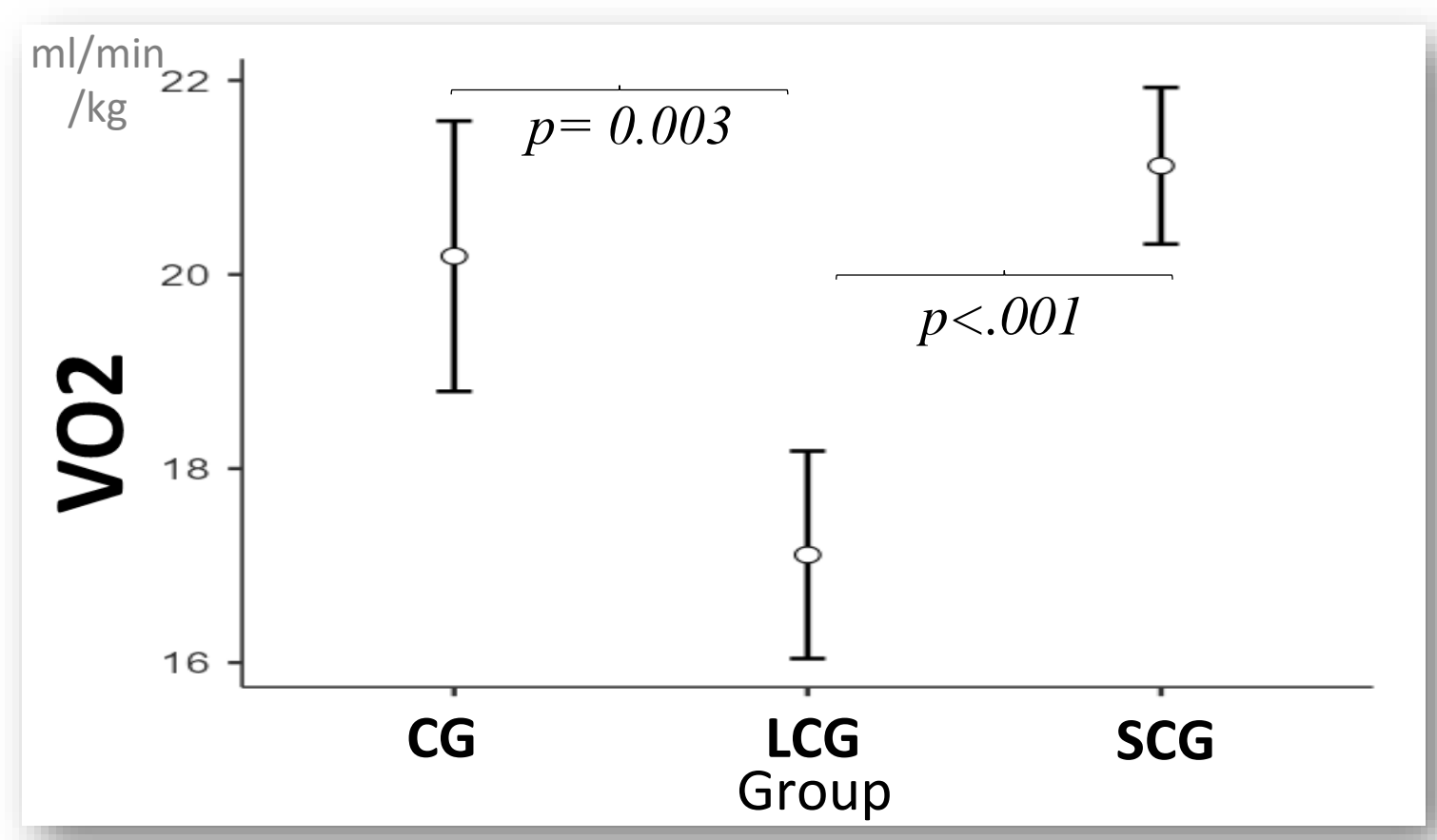
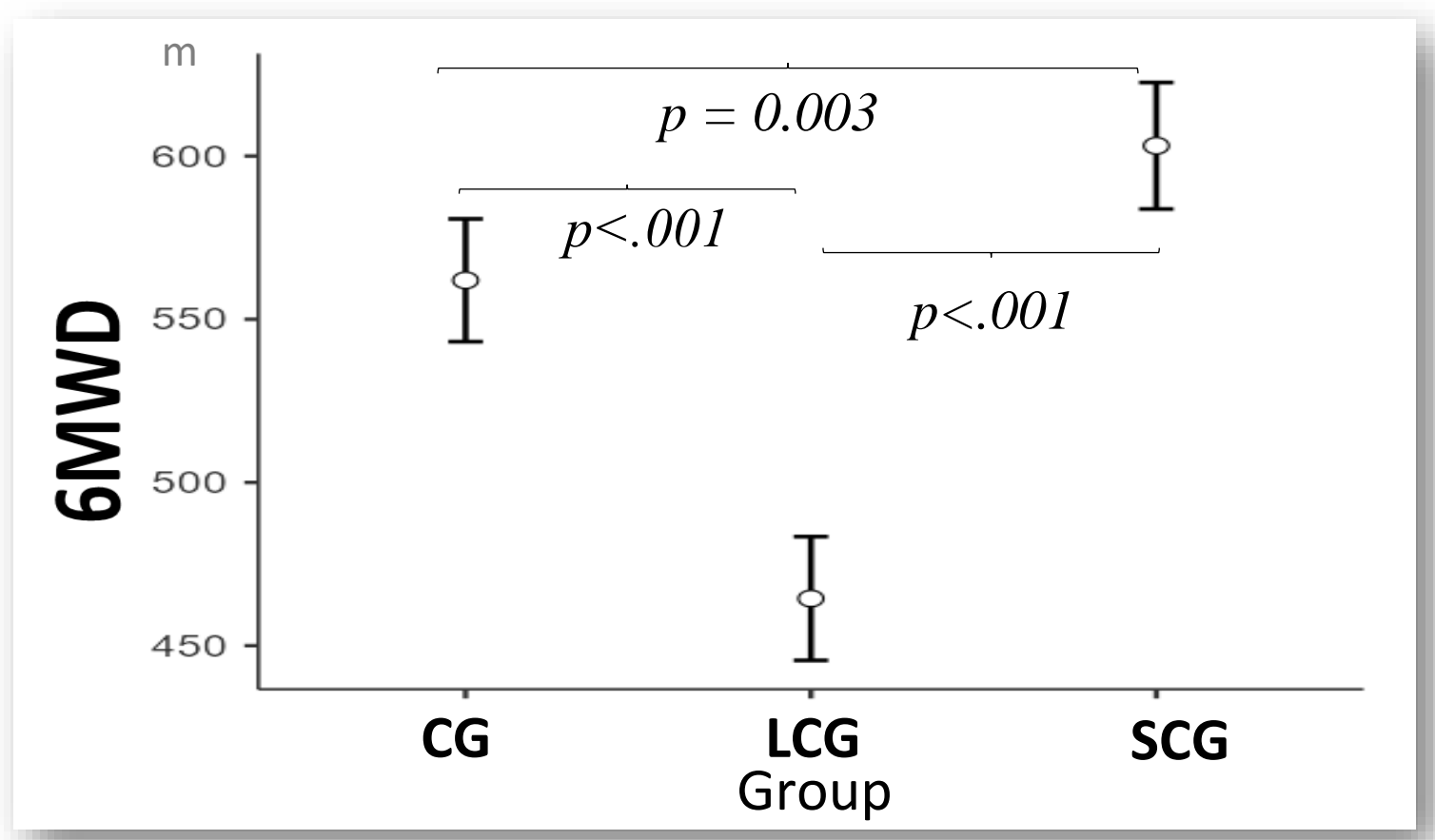
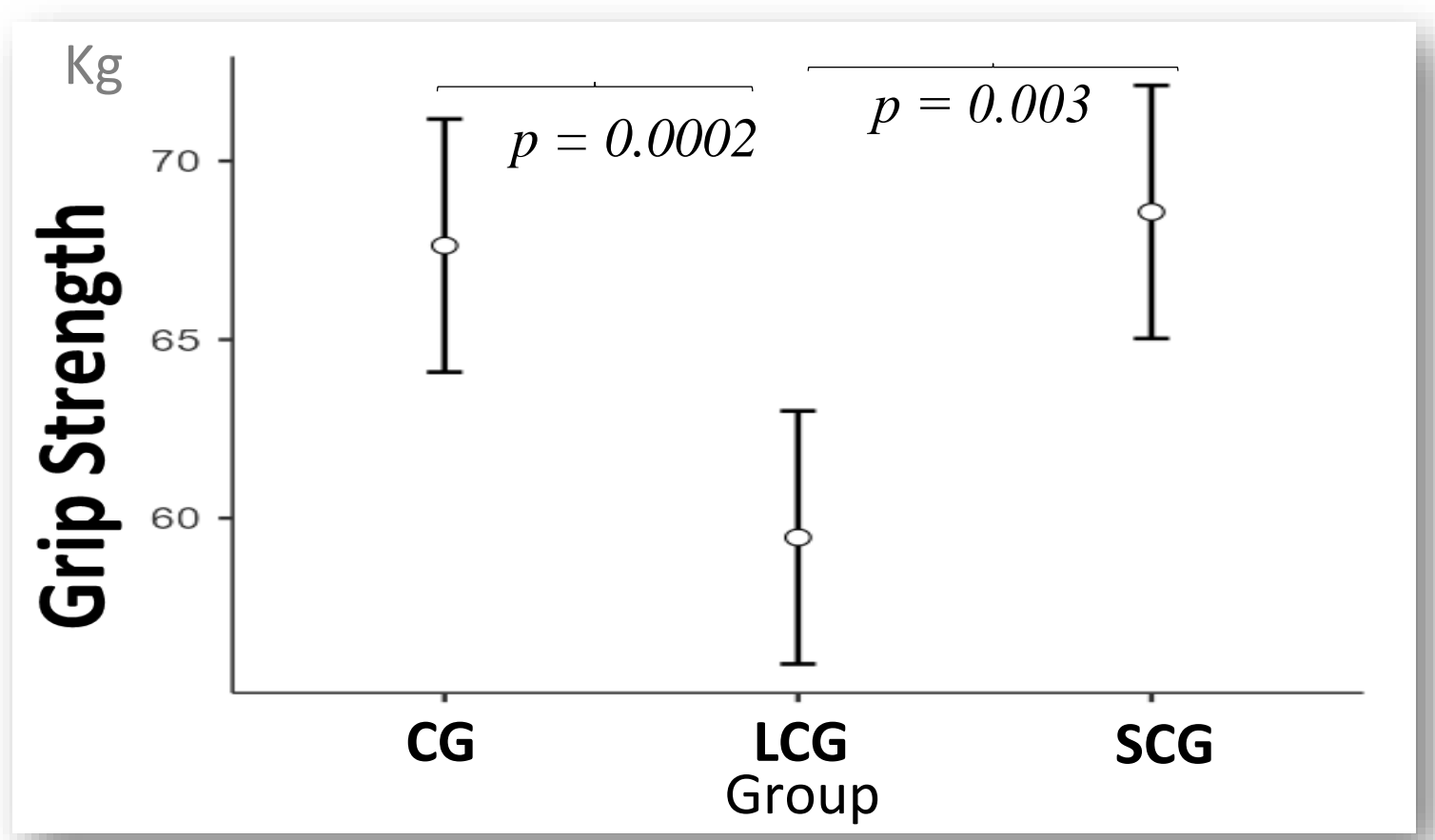
METHODS

DESIGN



RESULTS

Group	CG	LCG	SCG
BMI	27.1 (7.26)	25.9 (9.91)	25.2 (5.56)
Age	46.0 (15.9)	44.2 (11.2)	42.1 (16.4)
Time since COVID (Day)	N/A	329 (146)	252 (201)
Sex (W/M)	90/30	102/18	90/30



CONCLUSION

LCG had an important reduced performance in all tests compared to SCG and CG. Therefore, LCG have a lower physical capacity than other groups, which may alter their quality-of-life.

Further research is needed to understand the evolution of these impairments over time.

1. <https://www.150.statecan.gc.ca/n1/daily-quotidien/221017/dq221017b-eng.htm>

2. Suleyman G, Fadel RA, Malette KM, Hammond C, Abdulla H, Entz A, Demertzis Z, Hanna Z, Failla A, Dagher C, et al. Clinical Characteristics and Morbidity Associated With Coronavirus Disease 2019 in a Series of Patients in Metropolitan Detroit. JAMA Netw Open. 2020 June 16;3:e2012270.

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