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Confidence in performing ADL among SARS-CoV-2 survivors in community. An aftermath of the pandemic

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Introduction: Though the physical and functional aftermath of Covid has been reported as symptoms ranging from mild to severe, independent of the severity of SARS-CoV-2 infection, the long-term effects of Post-covid19 are still under wraps. Persistence of long-term Covid symptoms are likely to have an impact on the physical activity of survivors and lead to dependency in activities of daily living. Pro-longed dependency of the survivors for ADLs cause depression, anxiety, and decrease in confidence, which further lead to complication in long-term.

Objectives: To assess the physical activity in SARS-CoV-2 survivors using ABC-Scale Post-hospital discharge.

Study Design: Cross-sectional Observational study.

Study Setting: ST John's Medical college Bangalore, India.

Participants: Covid-19 positive individuals, age group between 18-58 yrs.

Methods: Patients were identified from St John's Covid inpatient wards, and data was collected through phone calls using ABC-Scale.

Results: Study was conducted with 86% participants 41% are at moderate-low physical level of functional activity.

Biography

Jaquiline Nongpoh was doing her MPT(CBR), 2nd year in St. Johns Medical College, Bangalore.

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