

Category : **Outcome scores/prognostication**

## **A95 - Follow-up of covid-19 patients after intensive care unit discharge**

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### **Introduction:**

COVID-19 led to several intensive care admissions in recent years and with extended lengths of stay, resulting in changes in the quality of life of surviving patients. The aim of this study was to analyze the data of follow-up consultations in COVID-19 patients admitted to the ICU.

### **Methods:**

Retrospective descriptive analysis of 186 selected patients discharged from the ICU after hospitalization for COVID-19, evaluated in a follow-up consultation between July 2021 and July 2023, at a tertiary center in Portugal, 6 to 9 months after discharge.

### **Results:**

A total of 186 patients were included, with a median age of  $58 \pm 12,9$  years. 65,6% male and 34,4% female. 31,7% of patients were previously healthy, and 64% had a non-disabling chronic disease. The mean SAPSII was  $33 \pm 10,6$  and the SOFA was  $5 \pm 2,7$ . Hospital stay lasted an average of  $17,0 \pm 29,5$  days and  $14,2 \pm 17,8$  days in intensive care. The mean time of invasive mechanical ventilation was  $14,2 \pm 13,3$  days. 12,9% were placed on ECMO. 58,6% of patients received neuromuscular blockade with a mean duration of  $6,9 \pm 4,5$  days. Corticosteroid therapy was widely used with 88,2% receiving corticosteroid therapy for a mean of  $6,5 \pm 8,9$  days. 37,1% of patients were diagnosed with delirium in the ICU.

During the follow-up consultation, 34,9% of patients described their stay in the ICU as good, 15,6% described it as anxiety-inducing, 13,4% associated it with fear, 9,7% as distressing and 26,3% had no memory of their ICU stay. 37,1% of patients reported mobility problems, 34,3% reported experiencing daily pain, 39,3% reported anxiety, 45,2% of patients reported feeling less than 80% of their pre-hospitalization well being. The mean EuroQol 5 (EQ-5D) score was 0,78.

### **Conclusion:**

The follow-up after discharge from the ICU is important to evaluate and screen for post-intensive care syndrome. EuroQol is an useful instrument to evaluate the health-related quality of life that should be used during ICU follow-up.