

A QUALITATIVE STUDY TO ASSESS THE POST COVID-19 EXPERIENCES AMONG RECOVERED PATIENTS OF DISTRICT FARIDKOT, PUNJAB

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Abstract

COVID-19 is highly infectious and pathogenic infection and spread globally and it became global pandemic. COVID-19 pandemic that has a profound impact on the psychological and mental well-being of individuals across the world, but the post COVID-19 experiences are documented very rarely. The aim of the study is to explore the post COVID-19 experiences among recovered patients of district Faridkot, Punjab. A qualitative approach was used to carry a phenomenological design for present study. The non-probability purposive sampling technique was used to collect data up to saturation. i.e. 10 subjects selected as per inclusion criteria of study. The data was collected by using unstructured interview method from 10 subjects at district Faridkot, Punjab. Study found that during interacting with the participant's different aspects of post COVID-19 experiences were discussed; three super-ordinate themes emerged from their account. There are (a) Fear (b) Psychosomatic Reaction (c) Knowledge. Furthermore, each super-ordinate theme are divided into sub-themes. COVID-19 experiences who had recovered from COVID-19. Participants changed their attitude towards the disease and the way their lives and have been affected due to COVID-19.

Keywords: COVID-19; Pandemic; Qualitative research; Post COVID-19 experiences.

INTRODUCTION AND BACKGROUND OF THE STUDY

A pandemic is an outbreak of contagious illnesses that has the potential to spread throughout the world. Corona virus is a sickness brought on by the infectious virus. COVID-2019 is highly infectious and pathogenic and has spread rapidly, resulting in a global pandemic.

COVID-19 caused significant health related morbidity and mortality around the world. The disease is highly contagious and fatal in specific population, specifically those who are co-morbidities as well as elderly. According to World Health Organization COVID-19 spread between people by two main routes, directly or indirectly. Directly is through close connection with ill person via the mouth and nasal secretions. Indirectly is through contaminated objects and surfaces.

Depending on the individual, COVID-19 has different effects. Mostly people develop the mild to moderate sickness and it is recovered without hospitalization. The three most common symptoms are fatigue, dry cough, and fever. Less prevalent symptoms are sore throat, body ache diarrhoea, rashes on skin, headache, and conjunctivitis, loss of smell and taste, or discolouration of fingers or toes. Serious symptoms are trouble in breathing, chest pain or pressure, shortness of breath.

Post COVID-19 physical symptoms are cough, hair loss, fever, dyspnea, in musculoskeletal symptoms myalgia, joint pain, fatigue, gastrointestinal symptoms, and anosmia/dysgeusia. 6 Psychological symptoms

are post-traumatic stress disorder, depression, anxiety and sleep difficulties. There are transient variations in the menstrual cycle and volume in females.⁸ Breathlessness and Weakness occurs even after a short distance walk and some physical actions are the common issues experienced by COVID-19 recovered persons. SARS-CoV-2 can damage the brain, lungs, blood vessels, nerves, skin, heart and kidney, increasing the risk of long-term health problem.

Ageing group people having serious medical condition such as diabetes, immunodeficiency disorders, cancer or chronic diseases are at the risk of rising post COVID-19 complications. As per the recent data, even young persons recovered from COVID-19 feeling healthy, post recovery can also have long term effects of coronavirus may experience symptoms for weeks to months after recovered infection.

OBJECTIVES OF THE STUDY

To assess the post COVID-19 experiences among recovered patients of district Faridkot, Punjab.

DESCRIPTION OF TOOL

Self structured questionnaire consists of two sections:

Part A: Demographic variables of the study subjects included were age, gender, marital status, type of family, residence, education, occupation, dietary habits, source of information COVID-19.

Part B: Interview Schedule, It consists of 10 questions related to post COVID-19 experiences. Interview will be planned to explore the post COVID-19 experiences among recovered patients.

Part A: Description of Demographic Characteristics

Table1: Frequency and percentage distribution of subjects as per socio-demograph characteristics

N=10

Sr. No.	Variables	Frequency	Percentage (%)
1.	Age		
	a) 18-33 year	8	80
	b) 34-50 year	2	20
2.	Gender		
	a) Male	3	30
	b) Female	7	70
	c) Other	0	00
3.	Marital status		
	a) Married	7	70
	b) Unmarried	3	30
	c) Widow/widower	0	00
	d) Separated	0	00
4.	Type of family		
	a) Nuclear family	2	20
	b) Joint family	8	80
5.	Residence		
	a) Urban area	9	90
	b) Rural area	1	10
	c) Slum area	0	00
6.	Education		
	a) Illiterate	2	20
	b) Primary	1	10
	c) High school	1	10
	d) Higher secondary school	3	30
	e) Graduate	3	30

	f) Postgraduate and above		
7.	Occupation a) Employed b) Unemployed	7 3	70 30
8.	Dietary habits a) Vegetarian b) Non-vegetarian c) Eggetarian	2 8 0	2 8 00
9.	Source of information about COVID-19 a) Television b) Social media c) Health care worker d) Friends	6 1 2 1	60 10 20 10

Part B: Description of the themes

Table 2: Description of post COVID -19 experiences in recovered patients.

Theme	Sub- Theme	Verbatim
Fear	Fear of reinfection	<ul style="list-style-type: none"> I was afraid I might be get this disease again because I had heard that it can happen again. That is why I am very careful. (P1) I was afraid I might not have it again only when I go out of the house then I am very careful. (P4)
	Fear of Financial Insecurity	<ul style="list-style-type: none"> Absolutely I heard it could happen again, so I was afraid it would happen again. (P5) I am a health worker. Whenever I went to the hospital and came back home from the hospital, I was afraid that the infection would not happen again. (P6) I was afraid I would have COVID-19 again. Because my experiences were so bad. (P10) I am the only earning person at home. By the time, I got COVID-19, my business (selling vegetables) and I did not have enough money to start again. So now, I work as a labourer. (P10)
Psychosomatic Reaction	Reaction of post infection to body	<ul style="list-style-type: none"> After recovering from COVID-19, I became very weak and dizzy. Sometimes I even got fever (P2) After recovering from COVID-19, I realised that there was rapid hair fall. (P7) After recovering from COVID-19, there was no immediate problem but after a month, I skipped my menstruation cycle. (P5)
	Post effect of COVID-19 on psychology	<ul style="list-style-type: none"> After recovering from COVID-19, I was not able to do heavy work & when I use to do heavy work, it makes me feel weak & dizzy. (P9) I could not concentrate on my studies, as I was a student, so it affected a lot in my studies. My concentration was very poor. (P5) Because of all the stress & stigma, even after recovering from COVID I was not able to sleep properly. Which my affected my health (P7) I was not able to pay attention even on the basic conversations held around me, which affected my group activity. (P1)

Knowledge	Knowledge after COVID-19	<ul style="list-style-type: none"> • I got to know that it was mandatory to wear mask, & we should be vaccinated so as to prevent the spread of infections. (P₃) • Wear mask whenever going out of home & keep sanitizer along with for continue sanitization. (P₄) • I learned that taking good diet is essential as it boost up the immunity, along with that maintaining personal hygiene i.e., proper handwashing should be done. (P₈) • I have to know that social distancing should be strictly followed as it limits the spread of infections & one should avoid crowding. (P₆)
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Table 3: Frequency and percentage distribution of post COVID-19 experiences in recovered patients.

N=10		
Post COVID-19 Experiences in recovered patients	Frequency	Percentage (%)
Fear of reinfection	5	50
Fear of financial insecurity	1	10
Reaction of post infection to body	4	40
Reaction of illness related psychology	3	30
Knowledge after COVID-19	4	40

CONCLUSIONS

The present study is conducted to assess the post COVID-19 experiences among recovered patients in district Faridkot, Punjab. The interpretative phenomenology methodology is used to describe the emotions and feelings of the participants. While interacting with the participants/ Patient's different aspects of the life after recovered from COVID-19 were discussed. Four primary themes were revealed in their statements. These are a) Fear b) Psychosomatic reaction c) Knowledge after COVID-19. Furthermore, each super-ordinate theme is divided into sub- themes.

COVID-19 experiences who have recovered from COVID-19. Participants/ patients changed their attitude towards the disease and the way their lives and have been affected due to COVID-19. They have experienced many physical and psychological problems. Many of the participants/ patients have the fear of reinfection and then they will use many precautions measures to reduce the chances reinfection of COVID-19.

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