

Post Covid 19 Syndrome management

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Abstract

This is a report of 3 cases of post covid-19 syndrome with different presenting symptoms and their uniform main management.

Keywords: *Management of Post Covid 19 Syndrome; Anti-Inflammatory Effect of Paracetamol on Post Covid 19 Syndrome Patients*

Introduction

After getting out from quarantine many patients still exhibited continued symptoms.

Post-viral syndromes was described by: Ray Perrin, Lisa Riste and Adrian Heald at their article at ncbi.nlm.nih.gov (the looking glass post viral syndrome covid 19) [1].

They described the syndrome as chronic fatigue syndrome and myalgic encephalomyelitis, they described improvement on physiotherapy and graded exercise therapy.

However, this article address post covid syndrome as a chronic inflammatory process requiring long term anti-inflammatory.

Case Reports

Case 1

A 35 Years old female following resolve of main symptoms and signs of severe covid-19 had a frequent visit to internal medicine clinic with main symptom fatigue, muscle pain and proximal muscle weakness. All laboratory results within normal range Except moderate elevation of ESR "erythrocyte sedimentation rate".

With all laboratory results coming within normal range, patient was prescribed paracetamol 1g per required dose with significant improvement of muscle pain but little improvement of muscle weakness, patient was prescribed paracetamol 1g 6 hourly with follow up visit at 2 weeks showing even improvement of muscle power and fatigue.

Case 2

A 28 years old female after resolution of her severe covid-19 syndrome symptoms and signs still suffering sensory seizure at her left arm followed by weakness of the affected arm(proposed to be due to post viral encephalomyelitis), attacks were frequent that required carbamazepine 400 mg twice daily.

Paracetamol 1 gm 6 hourly was added to her regimen, A progressive decline at the frequency of attacks at 3 months was noted without increasing carbamazepine dose.

Case 3

A 33 years old male patient after resolving of his main signs and symptoms of covid-19 still complains of post exercise palpitation and dyspnea despite having clear pulmonary Computerized tomography chest, normal oxygen saturation and Electrocardiogram but mildly elevated Troponins suggested myocarditis as a cause.

There was slight improvement on bisoprolol even after adding ivabradine. But after adding paracetamol 6 hourly for 2 weeks palpitations resolved with drop of serum Troponins.

Conclusion

Post-covid 19 syndrome is a chronic inflammatory process “either viral or cytokine-related” that requires long term safe anti-inflammatory as a treatment of main etiology.

Bibliography

1. Ray Perrin., *et al.* “Into the looking glass: Post-viral syndrome post COVID-19”. *Medical Hypotheses* 144 (2020): 110055.

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