

Non COVID Symptoms and its Impact on Quality of Life among the Professionals Residing at Pune City

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Abstract

Introduction: COVID-19 has made all of us understandably too much cautious to visit the physician's. We have rescheduled the appointments and trying to manage our care viva virtual visits, Also trying to stay safe by restricting movements. It's important to keep taking precautions like handwashing, avoid touching face area and also wearing the masks in public. Hence it's very important for all of us to know when to seek medical help.

Objectives of the study: 1.To assess the Non COVID Symptoms among working professionals in Pune City 2.To assess the impact of Non Covid symptoms on quality of life among working professionals in Pune City 3.To associate the selected Demographic variable with the Non COVID Symptoms among working professionals in Pune City

Methodology: Survey study was conducted among 265 working professionals in Pune City. Non probability convenience sampling technique was used to select the samples. Informed consent was obtained from all participants, and made them aware that the information gathered is used only for research purpose. Structured questionnaires were prepared to elicit information from the participants.

Result: The study result says that are various Non Covid symptoms which the general population is facing in the current scenario which are being identified in the study result and also the Non Covid symptoms are being associated with the various selected demographic variable the result pertaining to that shows that there is significant association between working profession and monthly family income with Non COVID Symptoms as the P value is less than 0.05. In this current situation the investigator wanted to recommended further studies to find out the various other Non covid symptoms faced by the general population an should be paid attention and treated on time.

Key Words: Non COVID, Symptoms, Impact, Quality of life, Professionals.

Introduction

COVID-19 has made us prudent to visit the hospital in any means. Individuals are trying hard to manage their care at home by avoiding visits to the clinics so as to avoid getting exposed to Covid virus. This has made everyone to take measures that promotes health and wellbeing of ourselves. Certain hygienic measures needs to be taken by each and every one to avoid falling prey to Covid. This includes washing hands thoroughly for 20 seconds, maintaining respiratory hygiene, following social distancing practice. Recently all are following the guidelines given by WHO but it is important for all of us to know when to seek medical

help. It is necessary for us to know and understand the non covid symptoms so as to deal with it optimist. The non covid symptoms include headache, eye irritation, fatigue, loss of tired, irregularity of bowel, weight alteration, mood swings, fear, skin irritation, body ache. (1,2,3)

Statement Of The Problem

An exploratory study to assess the Non COVID Symptoms its impact on quality of life among the professionals residing at Pune City

Objectives:

1. To assess the Non COVID Symptoms among working professionals in Pune City
2. To assess the impact of Non Covid symptoms on quality of life among working professionals in Pune City
3. To associate the selected Demographic variable with the Non COVID Symptoms among working professionals in Pune City

Methodology

RESEARCH APPROACH

Quantitative research approach was adopted for this study to accomplish the objectives of the study.

RESEARCH DESIGN

In this study, Non-experimental Exploratory survey design was used.

VARIABLES.

Independent Variables:

The independent variable for the study was Non COVID Symptoms.

Dependent Variables:

The dependent variables of the study was Quality of life.

SETTING OF THE STUDY

The investigator conducted the study in urban area of Pune City.

POPULATION OF THE STUDY

SAMPLE AND SAMPLE SIZE

In the present study, the professionals residing in the selected area of Pune City. Who fulfilled the inclusive criteria were the samples.

SAMPLE SIZE

The sample size was 265.

SAMPLING TECHNIQUES

Non probability convenience sampling technique was used to select the samples.

DEVELOPMENT AND DESCRIPTION OF THE TOOL

The instrument was developed and compiled by the investigator with the guidance of experts and review of literature. The data collection questionnaire used in the present study had the following components:

Section A: Assessment of background variables

- Demographic variables of the mother:

This included study participants age, religion, type of family, monthly income in rupees, educational status

Section B: Structured Question on Non Covid Symptoms.

Section C: Structured Checklist on Impact on Quality of Life.

CONTENT VALIDITY

Content validity of instrument was done by the panel of experts in the fields of Nursing Research and Statistics. The experts' suggestions were incorporated in designing the final tool for this study.

RELIABILITY

Reliability of the tool was measured using Karl's Pearson coefficient of correlation' test retest method for Non Covid symptoms structured questionnaires and inter rater method for perceived practice.

The reliability r value were 0.78. These values were very high thus making it a reliable tool for assessing the "Non COVID Symptoms and its impact on quality of life among the professionals residing at Pune City".

DATA ANALYSIS AND INTERPRETATION

DEMOGRAPHIC DATA

Table 1: Description of Demographic data in terms of Frequency and percentage distribution**N=265**

SR	Demographic variable		Freq	%
1	Age	20 – 22 years	70	26.4
		22 – 24 years	85	32.1
		24 – 26 years	50	18.9
		26 and above	60	22.6
2	Gender	Male	112	42.3
		Female	153	57.7
3	Family	Nuclear family	160	60.4
		Joint family	96	36.2
4	Profession	Government	90	34.0
		Private	66	24.9
		Unemployed	99	38.7
5	Religion	Hindu	155	60.5
		Muslim	51	19.9
		Sikh	20	7.8
		Christian	10	3.9
		Other	20	7.8
6	Monthly family income in rupees	10-30 k/Month	60	23.4
		above 30 K/month	40	15.6
		Below 30 K/Month	155	60.5
7	Educational Status	Graduate or post graduate	50	19.5
		Intermediate or post high school diploma	70	27.3
		High school certificate	80	31.3
		Middle school certificate	25	9.8
		Primary school certificate	30	11.7

Table 2: Description of Non COVID Symptoms among the professionals residing at Pune City**N= 265**

	Item Freq	Never Happens to me		Sometimes Happens to me		Always Happens to me		SD
		%	Freq	%	Freq	%		
1	Do you feel headache on regular basis	40	15.09	85	32.08	140	52.83	50.0833
2	Do your eyes had irritation or discharge	30	11.32	105	39.62	130	49.057	52.0417
3	Do you feel fatigue and tired	30	11.32	115	43.40	120	45.283	50.58
4	Do you feel loss of appetite	20	7.55	115	43.40	130	49.057	59.6518
5	Do have a complain of irregularity of bowel	15	5.66	165	62.26	90	33.962	75
6	Do you have sleep disturbance	25	9.43	130	49.06	110	41.509	55.7524
7	Did you noticed and recorded weight alteration	35	13.21	100	37.74	130	49.057	48.5627
8	Do you get mood swings	40	15.09	85	32.08	140	52.83	50.0833
9	Do you feel fear of uncertainty	26	9.81	139	52.45	100	37.736	57.3963
10	Have of experienced panic	29	10.94	159	60.00	80	30.189	65.5006
11	Did you notice any skin irritation or changes?	89	33.58	126	47.55	50	18.868	38.0044
12	Did you had complain of body ache	16	6.04	156	58.87	140	52.83	76.629

Above table no 2 Describes the Non Covid symptoms in selected professionals of Pune City.

The various symptoms which were identified in the current study are headache, eyes irritation, fatigue and tired, loss of appetite, bowel irregularity, sleep disturbance, weight alteration, mood swings, fear of uncertainty, panic, skin irritation, body ache. The results regarding headache includes 52.83% professionals experience headache more frequently whereas 32.08% professionals experience it less frequently and 15.09% professionals never experienced headache. The eyes irritation and discharge results suggests that 49.057% experience it more frequently whereas 39.62%

professionals experience it less frequently and 11.32% professionals have never experienced it. The results regarding feeling tired and fatigue includes 45.283% professionals experience it more frequently whereas 43.40% professionals experience it less frequently and 7.55% professionals have never experienced tiredness and fatigue. The loss of appetite results include 49.057% professionals experience it more frequently whereas 43.40% professionals experience it less frequently and 7.55% professionals have never experienced it. The results regarding the irregularity of bowel include

33.962% professionals experience it more frequently whereas 62.26% professionals experience bowel irregularity less frequently and 5.66% professionals have never experienced bowel irregularity. The sleep disturbance results include 41.509% professionals experience sleep disturbance more frequently; whereas 49.06% professionals experience it less frequently and 9.43% professionals have never experienced sleep disturbances. The weight alteration result includes 49.057% professionals experience it more frequently; whereas 37.74% professionals experience it less frequently and 13.21% professionals have never experienced it. The mood swing results exhibits 52.83% professionals experience mood swings more frequently; whereas 32.08% professionals experience mood swings less frequently and 15.09% never experienced mood swings. The results regarding feeling fear of uncertainty

revealed that 37.736% professionals experience it more frequently whereas 52.45% professionals experience it less frequently and very few 9.81% have never experienced fear of uncertainty. The panic experience includes 30.189% get panic more frequently; whereas 60% professionals experience panic less frequently and 10.94% professionals never feel panic. The Skin irritation changes results interpret that 18.868% professionals have more frequently experienced skin irritation, majority 47.55% professionals have experienced it less frequently whereas 33.58% professionals have never experienced skin irritation and changes. The result regarding the feel of bodyache on regular basis showed that 52.83 % of the professionals had more frequently; whereas 58.87% of the professionals had less frequently experienced bodyache and 6.04% professionals have never experienced bodyache.

Table 3. Description of impact of the Non COVID Symptoms on Quality of life

No=265

QOL	Never Happens to me		Sometimes Happens to me		Always happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-7		08 to 14		15 to 21		
1	Physical	60	23.44	76	29.69	120	46.88
QOL	Never Happens to me		Sometimes Happens to me		Always happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-9		10to 18		19 to 27		
2	Mental/ Psychology	19	7.42188	85	33.20313	150	58.5938
QOL	Never Happens to me		Sometimes Happens to me		Always happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-6		7 to 12		13-18		
3	Social	56	21.875	70	27.3438	130	50.7813

Cont... Table 3. Description of impact of the Non COVID Symptoms on Quality of life

No=265

QOL	Never Happens to me		Sometimes Happens to me		Always happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-2		3 to 4		5 to 6		
4	Finance	26	10.1563	40	15.625	190	74.2188
QOL	Never Happens to me		Sometimes Happens to me		Allways happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-3		4 o 6		7 to 9		
5	Level of Independence	75	29.2969	70	27.3438	111	43.3594
QOL	Never Happens to me		Sometimes Happens to me		Allways happens to me		
	Very Good		Good		Poor		
	Freq	%	Freq	%	Freq	%	
	0-5		6 to 10		11 to 15		
6	Environment	76	29.6875	100	39.0625	80	31.25

Considering the physical factor, 46.88% professionals more frequently experience that the non covid symptoms have affected their physical wellbeing whereas 29.69% professional has experienced less frequent effect of non covid symptoms on their physical wellbeing and 23.44% professionals never experienced any impact on their physical wellbeing

The mental/psychological factor suggests, 58.5938% professionals more frequently experience that the non covid symptoms have affected their mental wellbeing whereas 33.20313% professional has experienced less frequent effect of non covid symptoms on their mental wellbeing and 7.42188% professionals never experienced any impact on their mental wellbeing

The social factor reveals, 50.7813% professionals more frequently experience that the non covid symptoms have affected their social wellbeing whereas 27.3438% professional has experienced less frequent effect of non covid symptoms on their social wellbeing and 21.875% professionals never experienced any impact on their

social wellbeing

The financial factor displays, 43.3594% professionals more frequently experience that the non covid symptoms have affected their financial wellbeing whereas 15.625% professional has experienced less frequent effect of non covid symptoms on their financial wellbeing and 10.1563% professionals never experienced any impact on their financial wellbeing

The level of independence mounts that, 74.2188% professionals more frequently experience that the non covid symptoms have affected their level of independence whereas 27.3438% professional has experienced less frequent effect of non covid symptoms on their level of independence and 29.2969% professionals never experienced any impact on their level of independence

Considering the environmental factor, 31.25% professionals more frequently experience that the non covid symptoms have affected their level of independence whereas 39.0625% professional has experienced less

frequent effect of non covid symptoms on their level of independence and 29.6875% professionals never experienced any impact on their level of independence

Description of the association of selected demographic variables with Non COVID Symptoms among the selected professionals.

In proceeding To find out the association of demographic data with Non COVID Symptoms data was analyzed and found that there is significant association between working profession and monthly family income with Non COVID Symptoms as the P value is less than 0.05.

Conclusion

The above study result says that are various Non Covid symptoms which the general population is facing in the current scenario which are being identified in the study result and also the Non Covid symptoms are being associated with the various selected demographic variable the result pertaining to that shows that there is significant association between working profession and monthly family income with Non COVID Symptoms as the P value is less than 0.05. In this current situation the investigator wanted to recommended further studies to find out the various other Non covid symptoms faced by the general population an should be paid attention and treated on time.

Implications

The findings of the study has implications in different branches of nursing profession, i.e. urning practice, nursing service, nursing education, nursing administration and nursing research.

Nursing practice.

- The nurse role is to care for the patients according to their health condition to improve their quality of life.
- The nurse practitioners can utilize the assessment toll and identify the symptoms are related to COVID or Non Covid in the client to improve their quality of life..
- The nurse can educate the population to reduce their anxiety raised due to Non Covid symptoms and to improve their quality of life.

Nursing education

- Conference, workshops and seminars can be planned and executed for nurses to impart update their knowledge and positive practice towards care of Non Covid Symptoms and quality of life.
- Nursing educator to update their knowledge and skills of providing care for patients with Non Covid symptoms and quality of life.

Nursing administration

- Nursing personal should be prepared to take a leadership role in educating the population around her to take care and differentiate the Covid ,Non Covid Symptoms and points to improve quality of life.
- The administrator can encourage the nurse for conducting research in various aspects regarding the Non Covid Symptoms and quality of life in the general population.

- The administrator can organize conference, workshop and seminar for nurses regarding the Non Covid Symptoms and quality of life in the general population.
- The administrator should support the staff to conduct programme on various Non Covid Symptoms and quality of life.

Nursing Research

- There should be more scope for the research in this area to improve the care for clients having Non Covid Symptoms and to improve their quality of life.
- Knowledge on importance quality of life and Non Covid symptoms is important for the general population to know. There is a need for extensive research regarding education on Non Covid Symptoms and to improve their quality of life.
- The study will be useful for further reference.
- The results of the study encourage the nursing personnel's for conducting research in various aspects regarding importance to know various Non Covid Symptoms and quality of life.

Recommendations

The study recommends the following

- A similar study may be conducted with large number of sample and population in various settings.
- A similar study may be conducted with large number of sample and population in various settings.
- A comparative study can be conducted between rural and urban population.
- A true experimental study with experimental and control group can be conducted.

Conflict of Interest – Nil

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Ethical Clearance – Ethical approval of the study taken from Symbiosis College of nursing ethical committee. Informed consent was taken from the professional included in the study. Informed the responders regarding the data collection procedure. The collected data was used only for research purpose and kept confidential

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