

## 10. POST-COVID-19 SEQUELAE



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**Introduction.** COVID-19 is a pandemic infection caused by the novel severe acute respiratory syndrome coronavirus-2, affecting millions of people worldwide and having devastating consequences on health systems, the economy, and human lives. While a significant portion of the infected population has fully recovered, others continue to experience persistent symptoms after overcoming the disease, termed post-COVID-19 sequelae or post-COVID-19 syndrome.

**Aim of study.** The aim of this research is to comprehensively investigate the long-term consequences, or sequelae, following COVID-19. The focus is on gaining insights into the impact of the virus on various physiological systems, exploring potential variations in outcomes, and contributing to a more nuanced understanding of post-COVID-19 health implications.

**Methods and materials.** In this literature review, I utilized the PubMed database to search for key terms such as "post-Covid consequences," "post-Covid-19 syndrome," and "post-Covid-19 complications." I identified over 4000 results, with all articles ranging from 2020 to 2023.

**Results.** According to existing literature, the analysis of the late consequences of COVID-19 reveals a broad range of implications in various systems and organs. Among them, pulmonary sequelae include: 1. Pulmonary Fibrosis - Studies have documented the progression of pulmonary fibrosis in patients recovered from COVID-19, with changes in lung tissue that can persist and cause chronic respiratory difficulties. 2. Post-COVID Dyspnea Syndrome - Dyspnea, including the sensation of suffocation, may remain a recurrent issue after recovery. 3. Permanent Pulmonary Lesions - In severe cases, COVID-19 can cause irreversible lung lesions, impacting pulmonary capacity.

**Conclusion.** This literature review illustrates the complexity and diversity of the late consequences of COVID-19, emphasizing the need for ongoing research and personalized care for patients with persistent symptoms. Current data suggest that COVID-19 can leave a significant and varied impact on long-term health, justifying the necessity of an interdisciplinary approach for the management and treatment of these patients.