

POSTCOVID SYNDROME: A NEUROLOGIST'S VIEW OF ASTHENIA AND COGNITIVE IMPAIRMENT

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Abstract

Postcovid syndrome can develop in all patients who have had COVID-19, regardless of the severity of the disease. The clinical picture of postcovid syndrome is very diverse, but the most common are asthenic disorders, anxiety-depressive disorders (TDD) and cognitive impairment (CN).

Keywords: COVID-19; postcovid syndrome; cognitive impairment; depression; anxiety.

The aim of the study was to evaluate the efficacy and safety of therapy of asthenic disorders, TDR and CN in patients who had undergone COVID-19 with the use of Cholitylin (choline alfoscerate) and the combined drug MEXIV 6.

Patients and Methods

The study included 100 patients aged 22 to 71 years who underwent COVID-19 on an outpatient basis an average of 5.4 months ago. The inclusion criterion was the presence of complaints of cognitive impairment, fatigue and emotional disorders. The examination included a study of neurological status, the Montreal Cognitive Function Assessment Scale (MoSA), Frontal Dysfunction Battery (FAB), 10-word Memorization Test, Subjective Asthenia Assessment Scale (MFI-20), Hospital Anxiety and Depression Scale (HADS) were used. All patients were divided into two groups. Patients with a predominance of TDR (anxiety/depression score by HADS ≥ 8 points; $n=50$) were prescribed MEXIV 6 1 tablet 3 times a day. Patients with CN (total MoHS score < 25 ; $n =50$) were prescribed choline alfoscerate in the mode of 2 capsules (800 mg) in the morning and 1 capsule (400 mg) in the afternoon. The total duration of observation was 60 days.

Results and Discussion

According to the MOS, a decrease in cognitive functions was detected in 58% of patients, while in 28% of cases, the subjects did not notice the presence of CN earlier. TDR was detected in 51% of the patient, asthenic disorders – in 100% of the examined. Against the background

of therapy with MEXIV 6, a statistically significant decrease in all symptoms of asthenia was obtained (from 62.42 ± 7.18 to 52.32 ± 16.36 points; $p < 0.001$)).

Conclusion

Patients who have undergone COVID-19, regardless of the severity of the disease, often have asthenic disorders, TDR and CN, the drugs of choice for the therapy of which may be MEXIV 6 and Cholitolin.

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