

# Perception of not returning to full health common after COVID-19

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More than 60 percent of patients with COVID-19 feel that they have not

returned to full health at a median 75 days after diagnosis, according to a study published online Jan. 8 in the *Annals of the American Thoracic Society*.

Liam Townsend, M.B., B.Ch., Ph.D., from St. James's Hospital in Dublin, and colleagues describe respiratory recovery and self-reported health following infection at the time of outpatient attendance among [patients](#) with COVID-19. A total of 487 patients were offered an outpatient appointment, of whom 31 percent (153 participants) attended for assessment at a median 75 days after diagnosis. During [acute infection](#), 48 percent of these patients had required hospital admission.

The researchers found that 4 percent of the participants had persistently abnormal chest X-rays. The median six-minute walk test distance covered was 460 m; there was a correlation for reduced distance covered with frailty and length of inpatient stay. Overall, 62 percent of participants felt that they had not returned to full health; the definition for fatigue was met by 47 percent. An increased perception of exertion was seen in association with ongoing ill [health](#) and fatigue. There was no association observed between any of the measures of persistent respiratory disease and initial disease severity.

"These findings have implications for [clinical care](#), in that they demonstrate the importance of following up with all patients who were diagnosed with COVID-19, irrespective of severity of initial [infection](#)," Townsend said in a statement. "It is not possible to predict who will have ongoing symptoms."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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