

INTRODUCTION

“Long COVID” or the long-term symptom(s) present after an acute COVID-19 infection is a significant issue in healthcare. As many as 87% of patients experience symptoms after COVID infection, one of the most common being chest pain.

OBJECTIVES

- Identify possible risk factors of chronic chest discomfort after COVID.
- Identify possible treatment options or chronic chest discomfort after COVID.
- Explore the outcomes of patients who experienced chest discomfort after COVID.

METHODS

A Retrospective Chart Review of patients at Mayo enterprise, experiencing chest discomfort three to six months after COVID.

RESULTS

- 520 charts were screened, yielding a final sample of 104 patients.
- We found no standardized method of pain treatment or management, as displayed in figure 2.
- 18 patients were clinically overweight and 56 were classified as obese at the time of one or more of their infections.
- 30 patients were referred to one or more subspecialties within the Pain Medicine department.
- 23 patients in our cohort were hospitalized for one or more of their COVID illnesses, and 9 were admitted to the ICU or critical care.
- So far, of the 53 patients went to the ER one or more times after COVID because of chest discomfort, 6 were admitted for over 24 hours.

FIGURE 1: PATIENT INFORMATION

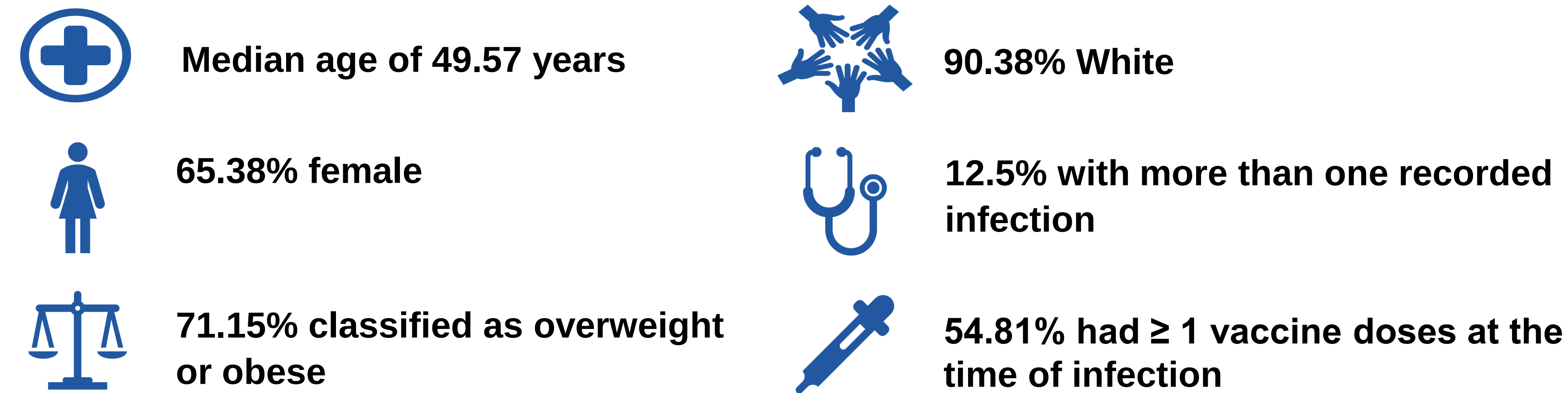
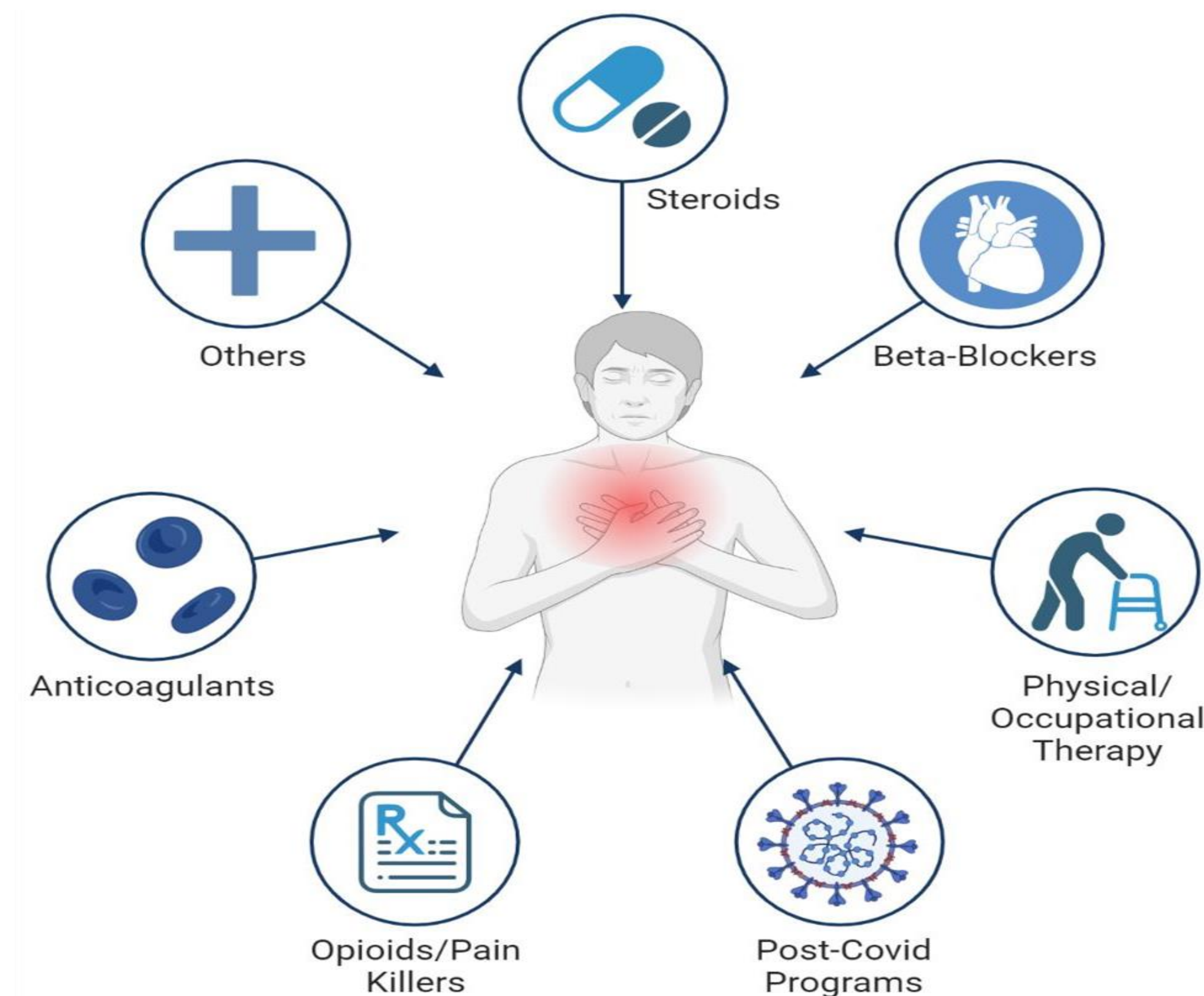


FIGURE 2: PRESCRIBED TREATMENTS



DISCUSSION

- Chest pain was experienced as intermittent discomfort, not constant.
- Patients had various comorbidities that may complicate determining the origin of their chest pain, as well as possibly contributing to the variety of treatments prescribed.
- Chest pain was rarely an isolated symptom of Long COVID, shortness of breath being the most common associated symptoms.
- Our current analysis indicates that chest pain continues for years in many individuals, suggesting that COVID related chest pain may be resistant to treatment.

CONCLUSIONS

- Based on the observed heterogeneity of treatments and outcomes of patients experiencing long-term chest discomfort after COVID, future studies of reliable treatments and management of pain among this population is warranted.
- This project is currently in the phase of data analysis. Moving forward, a written manuscript will be prepared.

REFERENCES

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