

8.04 Prevalence of Fatigue and Sleepiness in a Post-Covid Clinic

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Since the emergence of the COVID19 pandemic, there has been the secondary recognition of a 'Post-COVID' or 'Long COVID' syndrome. Fatigue is one of the most common symptoms post Covid, but the incidence of sleepiness has not been evaluated. Furthermore, a clear link has emerged between severe COVID19 disease and co-morbid Obstructive Sleep Apnea (OSA). Therefore, it is possible that undiagnosed OSA may contribute to fatigue and sleepiness in a post-COVID population. In a Post-COVID clinic we assessed the incidence of fatigue and sleepiness via the Chalder Fatigue Scale (CFS), Epworth Sleepiness Scale (ESS), Pittsburgh Sleep Quality Index (PSQI) and Berlin Score. Patients with excessive daytime sleepiness were then referred for a Limited Sleep Study via the WatchPAT device. One hundred and nine patients completed at least one questionnaire, with 74 (68%) completing all four. The majority of patients were male (52%) and the mean age \pm SD was 57years \pm 14years. In evaluating the questionnaire data, Median (IQR) score was 18 (13-24) for CFS, 7 (3-12) for ESS and 10 (6-13) for PSQI. Of these patients, 40% had an elevated ESS consistent with excessive daytime sleepiness while 84% had an elevated PSQI consistent with significant sleep disturbance. Additionally, by the Berlin Score 27% of patients were deemed high risk for Obstructive Sleep Apnoea. To date 25 WatchPAT studies have been performed. Of these, 20 (80%) had some evidence of OSA; 8 (40%) mild, 3 (15%) moderate and 9 (45%) had severe. Excessive daytime sleepiness and fatigue are both common symptoms among patients after SARS-CoV-2 infection and may be indicative of undiagnosed Obstructive Sleep Apnoea.

Conflict of Interest: None to declare