

The Besrouer Centre for Global Family Medicine

Dr. Patrick Chege Memorial Research Award Poster Presentation

## **Post COVID-19 infection's Post-Traumatic Stress Disorder among healthcare workers of Abderrahman Mami Hospital in Ariana, Tunisia**

**Authorship:** Maram Mosbah\* (resident), Latifa Ben Afia (resident), Selma Smida (resident), Sihem Ayari (general practitioner), Imen Magroun (lecturer and chief of occupational medicine department)

Faculty of medicine of TUNIS, El Manar University, TUNISIA

**Context:** Mental health in the general population still remains of a great concern of psychological researchers. The psychic impact of the COVID-19 pandemic has been of greater concern among healthcare workers (HCW) who are exposed continuously to infectious risks, and strict professional requirements. Post-traumatic stress disorder (PTSD) have a significant prevalence among HCW.

**Objective:** The objective of this study was to determine the individual and socio-occupational factors of post-traumatic stress after COVID-19 infection among healthcare workers at Abderrahmane Mami Hospital.

**Design:** Analytical cross-sectional study.

**Participants:** HCW at Abderrahmane Mami Hospital (referral COVID-19 hospital of the country) who had a positive RT-PCR test of SARS-Cov-2 on a nasopharyngeal swab over the 10-month period from January to October 2021.

**Methods:** Data collection was performed three months after the resumption of professional activity. The PCL-5 questionnaire was used as a diagnostic tool for PTSD and a score above 33 points was considered positive for PTSD. The questionnaire was administered during the medical check up. The comparison of qualitative variables was analyzed by the Pearson test with a degree of significance of 5%.

**Results:** Total subjects of the study was 76. PTSD prevalence was 30%. PTSD was statistically correlated with chronic affections (OR=3.47, CI 95% [1.17-10.28]), concentration disorder (OR=8.18, CI 95% [2.14-31.25]), memory disorder (OR=4.94, CI 95% [1.46-16.76]), mood disorder (OR=5.62, CI 95% [1.84-17.15]), sleep disorder (OR=9.78, CI 95% [2.54-37.72]). Socially, the disruption of all social relationship had a significant impact on PTSD (OR=4.22, CI 95% [1.43-12.44]), also the disrupted relationship with the family (OR=4.33, CI 95% [0.39-13.51]), with friends (OR=6.42, CI 95% [1.42-29.1]) and with colleagues (OR=5.73, CI 95% [1.58-20.77]). The overall difficulties of work tasks had a significant relationship with PTSD ( $p=0.012$ , OR 3.79, CI 95% [1.3-11.07]) communication problems in general (OR=5.87, CI 95% [1.99-23.02]), communication problems with the superior (OR=12.8, CI 95% [1.32-123.4])

were also found as associated with PTSD. The reduction of working time had a protective effect on PTSD (OR=0.25, CI 95% [0.16-0.38]).

**Conclusion:** A significant rate of PTSD has been detected among HCW who have experienced SARS-Cov-2 infection. Ensuring the well-being of those workers, by installing early and adequate prevention tools of PTSD can be the route to ensure good quality and efficiency of health services.