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НАУКОВО-ПРАКТИЧНЕ ВИДАННЯ

УКРАЇНСЬКИЙ НАУКОВО-МЕДИЧНИЙ МОЛОДІЖНИЙ ЖУРНАЛ

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Секція «Акушерство та гінекологія»

PECULIARITIES OF THE PSYCHO-EMOTIONAL STATE OF PUERPERAS WHO HAD SARS COV-2 DURING PREGNANCY

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Actuality. Coronavirus infection caused by the SARS CoV-2 virus is currently one of the main topics discussed at all levels all around the world. For today, more than 132 million people became infected and over 2.8 million people have already died. Ukraine occupies the 16th place in the world ranking and the first place in mortality rate in Europe. National statistics declare that about 1.8 million people felt ill, and more the 35 thousand have died.

For today, it is known that pregnant women are not more susceptible to COVID-19 than the general population, but the course of the disease may have certain features, due to the physiological immunodeficiency and concomitant pathological conditions. Pregnant women are prone to the respiratory complications development because of viral infections as well as psycho-emotional ones development.

The purpose of work. To estimate the psycho-emotional state of puerperas suffered from mild and moderate SARS CoV-2 during pregnancy.

Research methods. An anonymous survey of 31 puerperas suffered from mild and moderate SARS CoV-2 during pregnancy was provided (the main group). And 27 women with physiological course of pregnancy, delivery and the postpartum period formed the control group. In order to estimate the psycho-emotional state BDI and EPDS questionnaires were used. The survey was conducted on the 5th and the 20th day of the postpartum period.

Results. During the primary survey on the 5th day of the postpartum period headache – 19 (61.3%), increased fatigue – 21 (67.7%), anosmia – 11 (35.4%) and recrudescence myalgia – 3 (9.7%) were registered.

According to the BDI scale the absence and mild degree of psycho-emotional disorders were noted in 6 (19.3%) and 8 (25.8%) women of the main group, respectively. Moderate psycho-emotional disorders were registered in 13 (41.9%) women of the main group (the control group – 2 (7.4%); $p < 0.05$). And 4 (12.9%) cases of severe psycho-emotional disorders in women of the main group were registered. The results of repeated survey on the 20th day showed a significant decrease in moderate psycho-emotional disorders cases – 9 (29.0%) ($p < 0.05$). The number of severe psycho-emotional disorders cases did not change essentially and amounted to 3 (9.7%) ($p > 0.05$).

According to the EPDS scale, 13 (41.9%) cases of moderate and 3 (9.7%) cases of severe psycho-emotional disorders were registered in women of the main group. The results according to the EPDS scale on the 20th day of postpartum period did not reveal significant differences compared to the BDI one.

Conclusions. The leading symptoms of SARS CoV-2 in the postpartum period were headache, increased fatigue and anosmia. These symptoms with high rate of probability can be the result of viral influence on CNS and cause psycho-emotional disorders development. According to the primary BDI and EPDS scales' results, a significantly higher number of moderate and severe cases of psycho-emotional disorders were registered in women of the main group.

The number of cases with no and mild psycho-emotional disorders in women of the main group were significantly lower compared to women of the control group.

Based on the results of the research we consider being appropriate to provide psycho-emotional correction before delivery in women who have suffered from SARS CoV-2 during pregnancy.