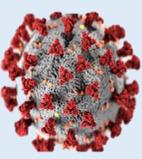




# Impact Of “Covid-19-Related Restrictions” On Overall Health



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## Introduction

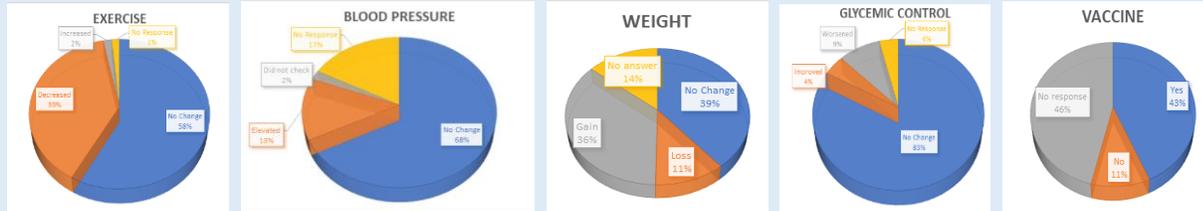
- While public health measures play a vital role in mitigating the COVID-19 pandemic, they also produce unintended health consequences.
- Primary care providers are in a unique position to take proactive measures to mitigate such negative effects.

## Study design

- A survey of 151 consecutive patients during primary care visits.
- The following aspects were addressed: changes in dietary practices, level of physical activity, impact on physical & behavioral health, view on quality of tele-medicine & willingness to receive a potential COVID-19 vaccine.

## Results

- Nearly 1/3 of participants reported decreased in their average exercise duration & 35.8% of experienced weight gain with an average of 8.3 lbs. & a median of 15 lbs. On the other hand, 11.3% did report weight reduction with an average of 7.3 lbs. & a median of 6 lbs.



- 9.27% reported elevated blood pressure while 2.65% reported worsened glycemic control
- The main barrier to a accepting a COVID-19 vaccine is concern over the adequacy of safety studies. The majority were still receiving other kinds of vaccines. A small number of patients were against all forms of vaccines.

## Limitation

- Survey conducted at one office visits: high completion rate, but variable time from the onset of the pandemic
- Responses were not anonymous, consider Hawthorne effect as a potential bias.

## Future work

- Expand the survey to other practices serving different demographics.
- Add questions related to substance use.
- Repeat a follow up survey to assess long term impact.

## Discussion

- Areas most negatively impacted by COVID-19-related restrictions are weight management & blood pressure control.
- A sizable portion is hesitant to receive a vaccine, however, after a brief intervention by the PCP almost half became open to receiving a COVID-19 vaccine.
- PCPs should be proactive in promoting adherence to healthy lifestyle and increasing exercise indoor and outdoor activities in open areas. Patients with diabetes and hypertension should be advised to monitor their conditions very closely.
- Public health officials should dedicate resources to clear misconceptions about vaccines.