

*Publication, based on an Interview with Longfonds Director, Michael Rutgers*

## **Dutch Lung foundation: Health of Corona patients at home in alarmingly poor health even after months.**

The health of many Corona patients who have not been admitted to hospital is still 'frighteningly poor' after months. That's what Longfonds director Michael Rutgers says. Many home patients even have problems walking.

Fatigue, shortness of breath, chest pressure, headaches, muscle aches: almost three months after the first symptoms typical for the virus, part of the Corona patients who were sick at home still have serious complaints. This was the conclusion of a survey carried out by the Dutch Lung Foundation together with the treatment and knowledge centre CIRO and Maastricht University among more than 1600 people with Corona type complaints. No less than 95 percent of those surveyed indicated that they had problems with simple daily activities. Longfonds director Michael Rutgers. „We're really shocked by this. More than six in ten even have problems walking."

Of the people who participated in the study, 91 percent have never been in hospital because of Corona, and 43 percent have not been diagnosed by a doctor. "This is the first time that this large patient group has been identified. These people really need to be seen, heard and helped," says Rutgers. „We need to prevent this group of patients from ending up invisible after corona."

The average age of participants in the study is 53 years. By far the largest group (85 percent) says that their health was good before the Corona infection; now only 6 percent experience good health. Nearly half of them said that they were no longer able to exercise after the corona infection. The health of corona patients who have experienced the disease at home is frighteningly poor," explains the Longfonds director. Until now, the focus has been - rightly so - on the people who have ended up in the hospital or even on the ICU. But we shouldn't forget this group of home-based Corona patients."

Patients with lung problems after Corona can visit an online platform 'Coronalongplein' of the Lung Fund and the Lung Alliance Netherlands (LAN). There is also a 12,000 member Facebook group with Corona experiences and long-term complaints. Rutgers: "That thousands to tens of thousands of people still have complaints is certain; the question is whether that will remain so in the long run."

Veterinarian Marcel de Kruijff is one of those patients: "The RIVM says that you can go back into the wide world if you are free of complaints for 24 hours, but that's not how it works. Everyone will think: this guy has to get a kick in the ass and then he'll be fine. But it really doesn't work."

Top 10 most frequently mentioned complaints, almost three months after the first symptoms

Fatigue (87.8%)

Shortness of breath or tightness of breath (74.2%)

Chest pressure (45.4%)

Headache (39.8%)

Muscle pain (36.2%)

Pain between shoulder blades (35.2%)

Palpitations (32.7%)

Increased resting heart rate (30.1%)

Dizziness (28.6%)

Coughing (28.3%)

Source: Lung Fund Survey, treatment and knowledge centre CIRO and Maastricht University

*Translated from Dutch:*

<https://www.ad.nl/binnenland/longfonds-gezondheid-thuiszittende-coronapatienten-schrikbarend-slecht~a45346fe/>