

Malattie muscolo-scheletriche e pandemia da SARS-CoV-2



CATANIA

24 - 25 settembre 2021

GISMO

Gruppo Italiano Studio
Malattie Metabolismo Osseo
organizzazione di volontariato

- Osteoporosi
- Malattie Muscolo-Scheletriche
- Malattie Metaboliche
- Dolore
- Nutrizione

LE CONSEGUENZE NEURO-PSICOLOGICHE DA COVID-19

Eugenio Aguglia & Laura Fusar Poli

U.O.C. Psichiatria – Policlinico G. Rodolico

Dipartimento di Medicina Clinica e Sperimentale

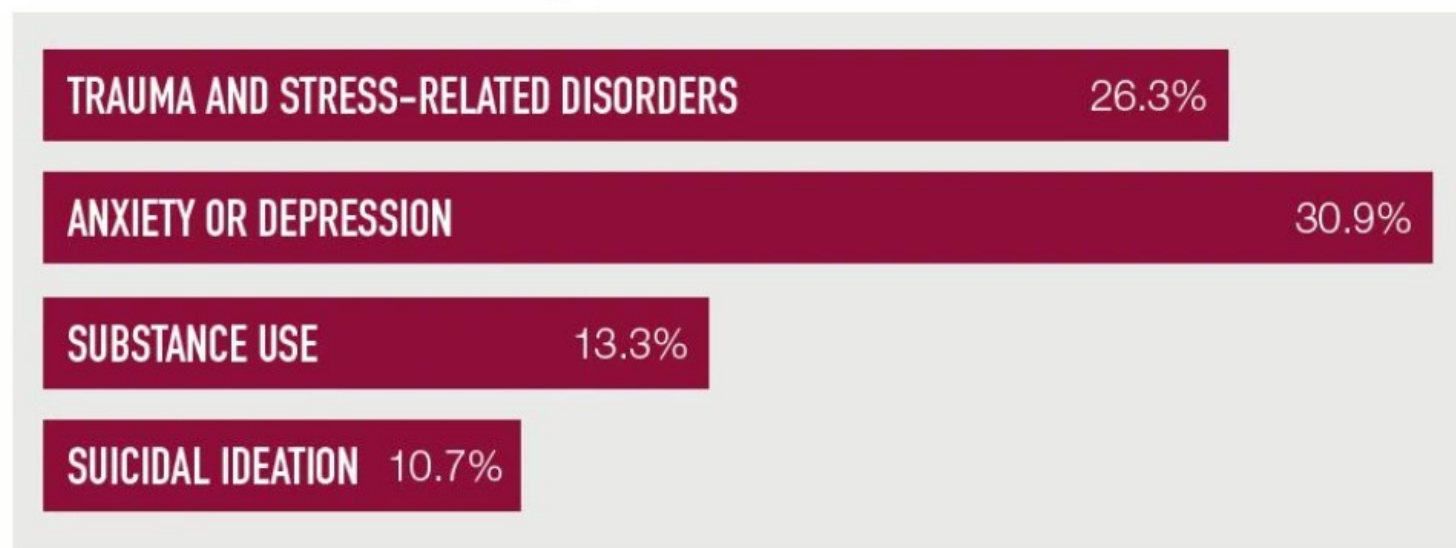
Università degli Studi di Catania

La pandemia come trauma collettivo



Post-Covid stress disorder

Table. CDC Survey on Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic¹⁰



Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep.* 2020;69:1049–1057.

I sintomi del PTSD includono

- Presenza di **sintomi intrusivi** come:
 - Esperienze ricorrenti e memorie intrusive sul trauma
 - **Incubi o flashback sul trauma**
- **Evitamento del ricordo** dell'evento traumatico, come:
 - Evitare ricordi relativi al trauma
 - Evitare luoghi o persone associate al trauma
- Effetti negative sull'**umore**, come:
 - Sentimenti di colpa, rabbia, o vergogna
 - Perdita di interesse in tutte le attività piacevoli
- **Iperarousal**, come:
 - **Difficoltà a dormire**
 - **Ipervigilanza**



Prevalenza di disturbi del sonno

1. Prevalenza globale = 35.7%
2. Pazienti affetti da COVID-19 = 74.8%
3. Operatori sanitari = 36%
4. Popolazione generale = 32.3%

Sleep problems during the COVID-19 pandemic by population: a systematic review and meta-analysis

Haitham Jahrami, PhD^{1,2}; Ahmed S. BaHammam, MD^{3,4}; Nicola Luigi Bragazzi, MD⁵; Zahra Saif, MSc¹; MoezAllIslam Faris, PhD⁶; Michael V. Vitiello, PhD⁷

Il sonno durante il lockdown

- Alterazione del ritmo sonno-veglia: fase del sonno ritardata
- Ridotte differenze tra giorni lavorativi e non lavorativi
- Aumento del tempo trascorso a letto
- Aumento della latenza di addormentamento
- Peggior qualità del sonno



Changes in sleep timing and subjective sleep quality during the COVID-19 lockdown in Italy and Belgium: age, gender and working status as modulating factors

Nicola Cellini ^{a, b, c, d, *}, Francesca Conte ^e, Oreste De Rosa ^e, Fiorenza Giganti ^f,
Serena Malloggi ^f, Mathilde Reyt ^{g, h}, Camille Guillemin ^{g, h}, Christina Schmidt ^{g, h},
Vincenzo Muto ^{g, h, 1}, Gianluca Ficca ^{e, 1}

Sleep Medicine 77 (2021) 112–119

The New York Times

Why Am I Having Weird Dreams Lately?

Il **12 aprile 2020** le ricerche su Google della domanda “**Perchè ultimamente sto facendo sogni strani?**” erano quadruplicate rispetto alla settimana precedente



Sogni a contenuto negativo



Disturbi
dell'umore



Disturbi
del sonno
REM



Sogni a
contenuto
negativo

The Functional Role of Dreaming in Emotional Processes

Serena Scarpelli, Chiara Bartolacci, Aurora D'Atri, Maurizio Gorgoni and Luigi De Gennaro*

Front. Psychol., 15 March 2019

Fattori di stress

FATTORI DI STRESS GENERALE

- Contatto con COVID-19/quarantena
- Isolamento sociale
- Perdita del lavoro/cassa integrazione
- Dover effettuare decisioni mediche difficili
- Dispositivi di protezione individuale inadeguati

FATTORI DI STRESS TRAUMATICO

- Malattia severa
- Ospedalizzazione
- Assistere ad una morte per COVID
- Morte di un familiare

Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep.* 2020;69:1049–1057.

Fattori protettivi

FATTORI PROTETTIVI

- Supporto sociale
- Stabilità finanziaria/lavoro
- Risorse del sistema sanitario
- Sicurezza sul luogo di lavoro
- Adeguati dispositivi di protezione individuale
- Test COVID-19 quando necessario

Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep.* 2020;69:1049–1057.

Diverse conseguenze in diverse popolazioni

Popolazione
generale

Bambini e
adolescenti

Operatori
sanitari

Caregiver
familiari

Persone che si
sono ammalate
di Covid-19

Bambini e adolescenti: una popolazione a rischio



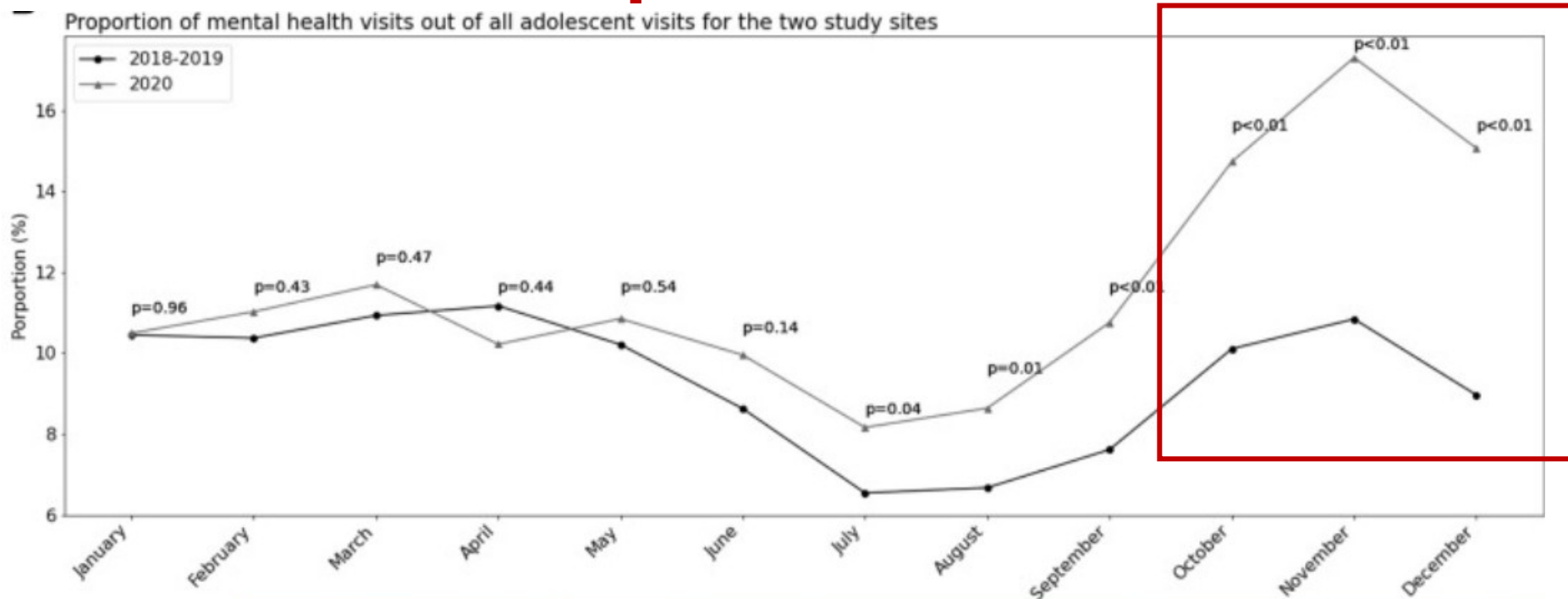
Pandemia di Covid e disagio mentale: raddoppiati i tentativi di suicidio tra adolescenti

di Silvia Turin

La mancanza di relazioni non virtuali, l'assenza dalla scuola e una situazione di stress prolungato hanno inciso pesantemente su un equilibrio psicologico che, per alcuni, era precario. Nel secondo lockdown i ragazzi sono stati spesso soli, più che nel primo. Il ruolo dei genitori

Corriere della Sera,
16 settembre 2021

Visite psichiatriche in adolescenti: Confronto prima e dopo la pandemia



Mental Health–Related Emergency Department Visits in Adolescents Before and During the COVID-19 Pandemic: A Multicentric Retrospective Study

Nicholas Chadi, M.D.C.M., M.P.H.^a, Cesare Spinosa-Di Piano^b, Esli Osmanliu, M.D.C.M.^c, Jocelyn Gravel, M.D., M.Sc.^d, and Olivier Drouin, M.D.C.M., M.Sc., M.P.H.^{c,*}

Journal of Adolescent Health, 2021

Autolesionismo in adolescenti

Frequency and percentage of lifetime prevalence of NSSI in high school adolescents from three time points during 2011-2021

	Sample 1 2011 N (%)	Sample 2 2014 N (%)	Sample 3 2020-2021 N (%)
Total sample size	3,060	5,743	3,258
Girls	1,537* (50.2)	3,153† (54.9)	1,787 (54.8)
Boys	1,509* (49.3)	2,536† (44.2)	1,445 (44.4)
Non-binary	NA	53† (0.9)	26 (0.8)
Age (M, SD)	16.46 (.62)	17.96 (.63)□	18.19 (.61)□
NSSI in total sample	525 (17.2)	1015 (17.7)□	898 (27.6)□
NSSI in girls	402 (26.4)	778 (24.7)□	649 (36.3)□
NSSI in boys	120 (8.0)	222 (8.8)□	231 (16.0)□
NSSI in non-binary	NA	15 (28.3)□	18 (69.2)□

Note. NSSI = nonsuicidal self-injury; * = gender missing for 14 participants; † = gender missing for 1 participant; NA = not applicable; □ $p < .001$



A potential increase in adolescent nonsuicidal self-injury during covid-19: A comparison of data from three different time points during 2011 – 2021

Maria Zetterqvist^{a,b,*}, Linda S Jonsson^c, Åsa Landberg^{c,d}, Carl Göran Svedin^c

^a Department of Child and Adolescent Psychiatry in Linköping, Region Östergötland, Sweden

^b Department of Biomedical and Clinical Sciences, Center for Social and Affective Neuroscience, Linköping university, Linköping, Sweden

^c Department of Social Sciences, Ersta Sköndal Bräcke University College, Stockholm, Sweden

^d Children's Welfare Foundation, Stockholm, Sweden

Psychiatry Research, 2021

Cause di distress nella popolazione adolescenziale

- Mancanza di contatti tra pari
- Didattica a distanza (DaD)
- Riduzione delle opportunità per la regolazione dello stress, come le attività extra-scolastiche



Debate: COVID-19 and psychological well-being
of children and adolescents in Italy

Ernesto Caffo, Francesca Scandroglio & Lisa Asta

Department of Biomedical, Metabolic and Neural Sciences, University of Modena and Reggio Emilia

Child and Adolescent
Mental Health

Child and Adolescent Mental Health 25, No. 3, 2020, pp. 167-168

Conseguenze

- (1) Salute fisica
- (2) Dipendenza da videogiochi e binge watching (eccedente il limite di esposizione agli schermi indicati dalle linee guida pediatriche)
- (3) Alterazione dei ritmi circadiani
- (4) Aumentato rischio di violenza domestica fisica o verbale
- (5) Peggioramento delle performance accademiche, soprattutto in famiglie con basso status socio-economico

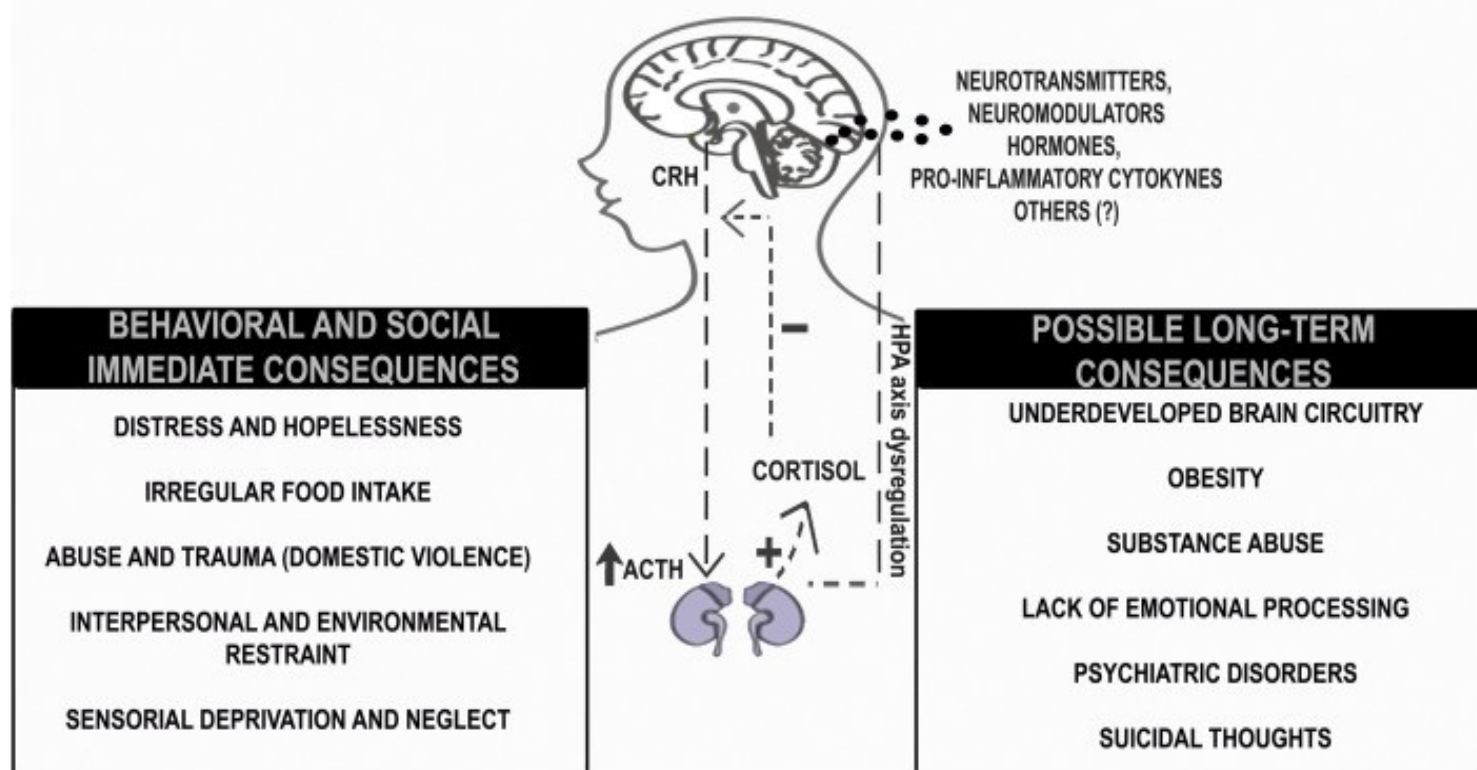


**Coronavirus Disease 2019 and Effects of
School Closure for Children and Their Families**

JAMA Pediatrics, 2021

Conseguenze a breve e lungo termine

COVID-19 PANDEMIC IMPACTS ON CHILDREN AND ADOLESCENTS



COVID-19 pandemic impact on children and adolescents' mental health:
Biological, environmental, and social factors

I caregiver familiari

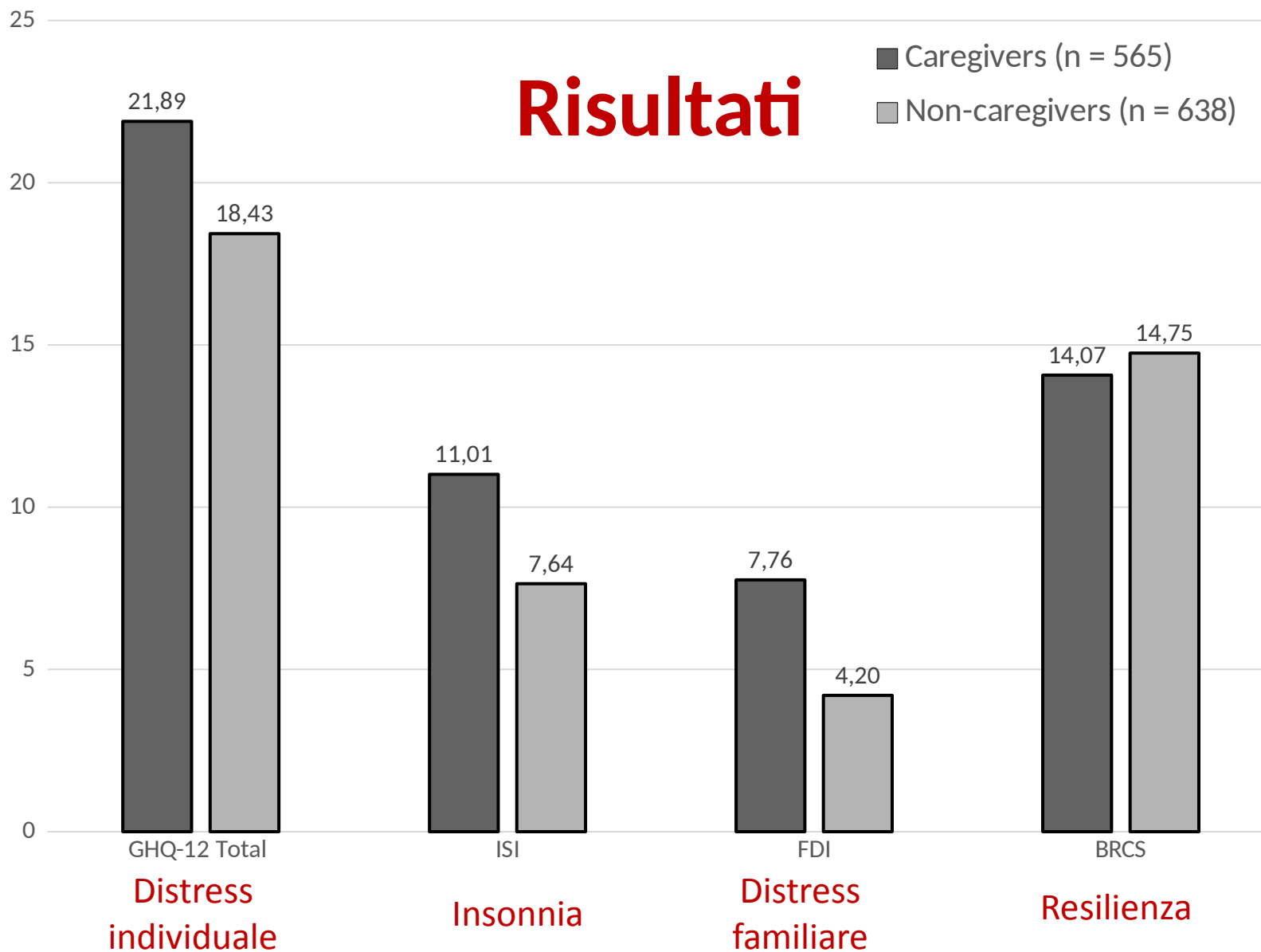
- “Una persona che si prende cura, gratuitamente ed in maniera continuativa, di un familiare.” (Legge 27 Dicembre 2017, n. 205, art.1, comma 255)
- Più di 7 milioni di persone in Italia (circa il 15% della popolazione) sono coinvolti nell’attività di caregiver nei confronti di un familiare. La maggior parte sono donne ultracinquantenni, il 20% sono ultrasessantenni. (ISTAT, 2018)
- I caregiver sono maggiormente a rischio di soffrire di patologie psichiatriche o problemi di salute rispetto alla popolazione generale. (Pinquart and Sörensen 2003)

L'obiettivo del nostro studio

Confrontare i livelli di distress, di insonnia e di carico familiare dei caregivers di persone affette da disabilità fisiche, relazionali e/o mentali rispetto alla popolazione generale durante la quarantena forzata da COVID-19 in Italia.



Risultati



Risultati



- Lo stress individuale non **viene peggiorato** dal tipo di disabilità, ma **dal livello di indipendenza** (misurato attraverso l'ADL) del paziente
- Il distress è maggiore nel **Centro e Sud Italia**: scarse risorse per implementare i servizi di telemedicina
- Stress familiare **più alto nelle famiglie di pazienti psichiatrici**: i pazienti psichiatrici sono routinariamente visitati una volta al mese (sensazione di abbandono)
- **La RESILIENZA è una variabile chiave!**

Conseguenze psicologiche della pandemia sugli operatori sanitari: un problema globale

PubMed.gov

"healthcare workers" covid "mental health"



Search

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Cite Joshi M, Shah A, Thivedi B, Patel V, Thivedi J, Parghi D, Thakkar M, Barot K, Jadawala V.
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- 2 High levels of psychosocial distress among **Australian** frontline healthcare workers during the COVID-19 pandemic: a cross-sectional survey.
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- 3 Psychological Problems in a Sample of **Romanian** Healthcare Workers Involved in Caring for Patients With COVID-19: A Cross-Sectional Study.
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- 4 The Prevalence of Psychological Symptoms in Pregnant Healthcare Workers (HCWs) and Prevalent Non-HCWs During the Early Stage of COVID-19 Pandemic in Chongqing, **China**.
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- 6 Depression, Anxiety and Stress among **Nepali** Health Care Workers during the Coronavirus Disease 2019 Pandemic: A Cross-sectional Study.
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Share PMID: 34508398 Free PMC article.
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- 9 Mental Wellbeing during the Lockdown Period following the COVID-19 Pandemic in **Nepal**: A Descriptive Cross-sectional Study.
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- 10 The **German** translation of the Stress and Anxiety to Viral Epidemics-9 (SAVE-9) Scale: Results from Healthcare Workers during the Second Wave of COVID-19.
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- 12 Letter to editor: Emerging public health challenge in **UK**: perception and belief on increased COVID19 death among BAME healthcare workers.
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- 16 Correlates and Predictors of PTSD Symptoms Among Healthcare Workers During the COVID-19 Pandemic: Results of the ePan-VOICE Study.
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Share PMID: 34483536 Free PMC article.



Prevalenza di sintomatologia psichiatrica negli operatori sanitari

20 studi / 10886 operatori sanitari

- Depressione = 24.1%
 - Ansia = 28.6%
 - Insonnia = 44.1%
 - PTSD = 25.6%
 - Fobia = 35%
 - Sintomi ossessivo-compulsivi = 16.2%
 - Somatizzazioni = 10.7%
-
- Donne e infermieri più ad alto rischio per ansia e depressione
 - Operatori in prima linea: maggiore ansia e minore depressione rispetto a quelli in seconda linea
 - Sintomi depressivi più severi negli operatori in prima linea



Prevalence and Risk Factors of Mental Health Problems Among Healthcare Workers During the COVID-19 Pandemic: A Systematic Review and Meta-Analysis

Qinjian Hao^{1*}, Dahai Wang^{2*}, Min Xie³, Yiguo Tang³, Yikai Dou³, Ling Zhu³, Yulu Wu³, Minhan Dai³, Hongmei Wu^{3*} and Qiang Wang^{3*}

 **frontiers**
in Psychiatry

2021

gismo.net

Assenze per malattia degli operatori sanitari durante la pandemia in UK (2019 vs 2020)

Assenze per problemi di salute mentale:

- Fino a 7 giorni: **+ 5.3%**
- Superiori a 7 giorni: **+ 45.9%**

Changing patterns of sickness absence among healthcare workers in England during the COVID-19 pandemic

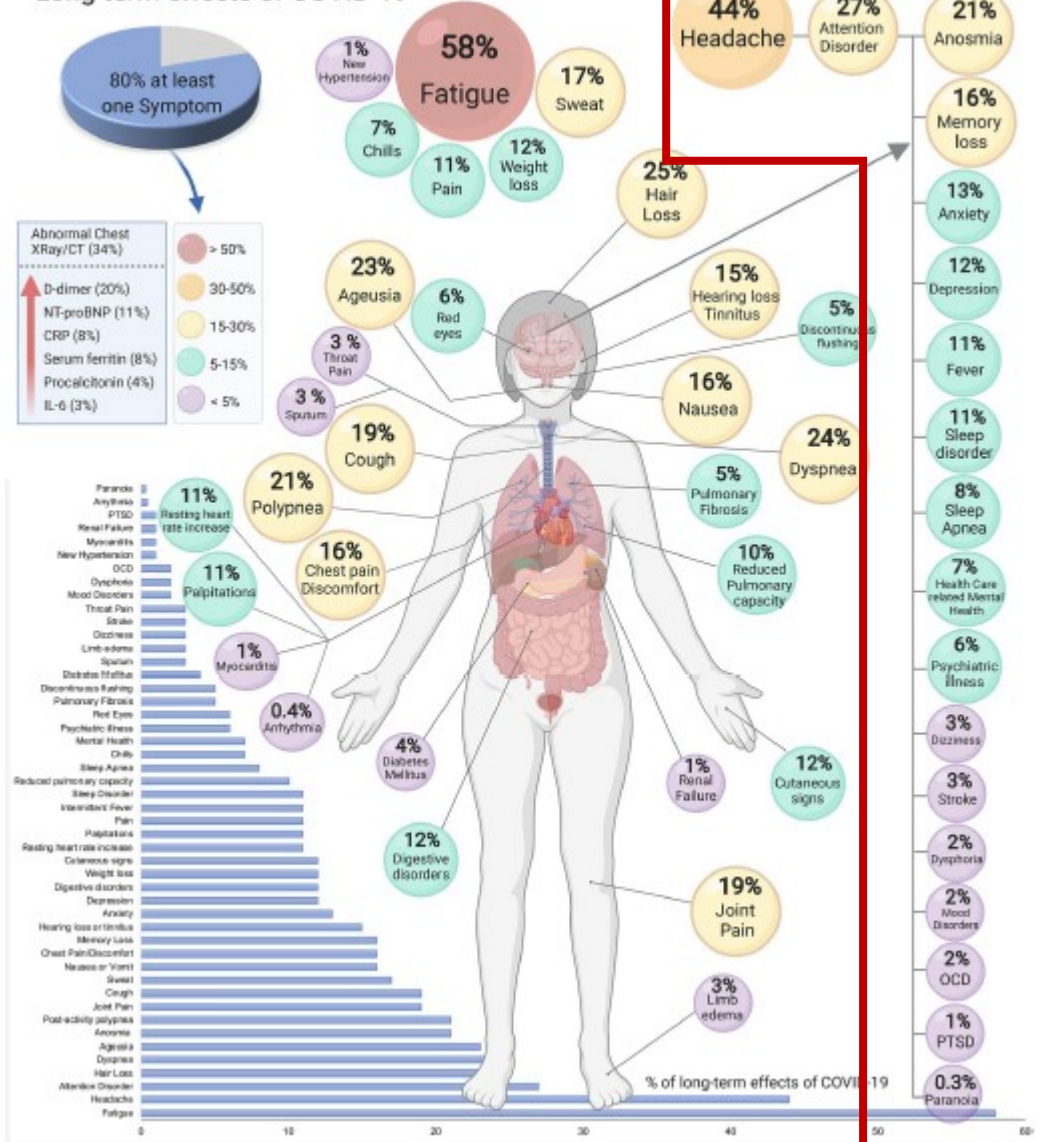
Rhiannon Edge¹, Diana A. van der Plaats², Vaughan Parsons^{3,4}, David Coggon⁵, Martie van Tongeren⁶, Rupert Muir³, Ira Madan^{3,4}, Paul Cullinan²

Journal of Public Health, 2021



Long-COVID

Long-term effects of COVID-19



More than 50 long-term effects of COVID-19: a systematic review and meta-analysis

Sandra Lopez-Leon¹, Talia Wegman-Ostrosky², Carol Perelman³,
 Rosalinda Sepulveda⁴, Paulina A. Rebolledo^{5,6}, Angelica Cuapio⁷ & Sonia Villapol^{8,9,10}

6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records

Maxime Taquet, John R Geddes, Masud Husain, Sierra Luciano, Paul J Harrison

Lancet Psychiatry 2021;
8: 416–27

	All patients	Patients without hospitalisation	Patients with hospitalisation	Patients with ITU admission	Patients with encephalopathy
Mood, anxiety, or psychotic disorder (any)	23.98% (23.58–24.38)	23.59% (23.12–24.07)	24.50% (23.76–25.26)	27.78% (26.33–29.29)	36.25% (34.16–38.43)
Mood, anxiety, or psychotic disorder (first)	8.63% (8.28–8.98)	8.15% (7.75–8.57)	8.85% (8.22–9.52)	12.68% (11.28–14.24)	12.96% (11.13–15.07)
Mood disorder (any)	13.66% (13.35–13.99)	13.10% (12.73–13.47)	14.69% (14.09–15.32)	15.43% (14.27–16.68)	22.52% (20.71–24.47)
Mood disorder (first)	4.22% (3.99–4.47)	3.86% (3.60–4.14)	4.49% (4.05–4.99)	5.82% (4.86–6.97)	8.07% (6.56–9.90)
Anxiety disorder (any)	17.39% (17.04–17.74)	17.51% (17.09–17.93)	16.40% (15.76–17.06)	19.15% (17.90–20.48)	22.43% (20.65–24.34)
Anxiety disorder (first)	7.11% (6.82–7.41)	6.81% (6.47–7.16)	6.91% (6.38–7.47)	9.79% (8.65–11.06)	9.24% (7.70–11.07)
Psychotic disorder (any)	1.40% (1.30–1.51)	0.93% (0.83–1.04)	2.89% (2.62–3.18)	2.77% (2.31–3.33)	7.00% (6.01–8.14)
Psychotic disorder (first)	0.42% (0.36–0.49)	0.25% (0.19–0.33)	0.89% (0.72–1.09)	0.70% (0.46–1.06)	2.12% (1.53–2.94)
Substance use disorder (any)	6.58% (6.36–6.80)	5.87% (5.63–6.13)	8.56% (8.10–9.04)	10.14% (9.25–11.10)	11.85% (10.55–13.31)
Substance use disorder (first)	1.92% (1.77–2.07)	1.74% (1.58–1.91)	2.09% (1.82–2.40)	3.15% (2.60–3.82)	2.58% (1.91–3.47)
Insomnia (any)	5.42% (5.20–5.64)	5.16% (4.91–5.42)	5.95% (5.53–6.39)	7.50% (6.66–8.44)	9.82% (8.57–11.24)
Insomnia (first)	2.53% (2.37–2.71)	2.23% (2.05–2.43)	3.14% (2.81–3.51)	4.24% (3.55–5.07)	5.05% (4.10–6.20)

Prevalenza di
sintomatologia
psichiatrica in pazienti
che hanno sofferto di
malattia da Covid-19:
outcome a 6 mesi

Il ruolo della neuroinfiammazione

402 adulti sopravvissuti a Covid-19

Sintomatologia self-report:

- 28% PTSD
- 31% depressione
- 42% ansia
- 20% sintomi ossessivo-compulsivi
- 40% insonnia
- 56% rientravano nel range patologico in almeno una dimensione clinica

Gli indici immuno-infiammatori sistemici al baseline erano positivamente associati ai punteggi di ansia e depressione al follow-up

- Linfociti
- Neutrofili
- Piastrine

Anxiety and depression in COVID-19 survivors: Role of inflammatory and clinical predictors

Mario Gennaro Mazza^{a,b,*}, Rebecca De Lorenzo^{b,c}, Caterina Conte^{b,c}, Sara Poletti^{a,b}, Benedetta Vai^{a,b}, Irene Bollettini^{a,b}, Elisa Maria Teresa Melloni^{a,b}, Roberto Furlan^{b,d}, Fabio Ciceri^{b,c}, Patrizia Rovere-Querini^{b,c}, and the COVID-19 BioB Outpatient Clinic Study group, Francesco Benedetti^{a,b}

6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records

Maxime Taquet, John R Geddes, Masud Husain, Sierra Luciano, Paul J Harrison

Lancet Psychiatry 2021;
8: 416–27

	All patients	Patients without hospitalisation	Patients with hospitalisation	Patients with ITU admission	Patients with encephalopathy
Intracranial haemorrhage (any)	0.56% (0.50–0.63)	0.31% (0.25–0.39)	1.31% (1.14–1.52)	2.66% (2.24–3.16)	3.61% (2.97–4.39)
Intracranial haemorrhage (first)	0.28% (0.23–0.33)	0.14% (0.10–0.20)	0.63% (0.50–0.80)	1.05% (0.79–1.40)	1.19% (0.82–1.70)
Ischaemic stroke (any)	2.10% (1.97–2.23)	1.33% (1.22–1.46)	4.38% (4.05–4.74)	6.92% (6.17–7.76)	9.35% (8.23–10.62)
Ischaemic stroke (first)	0.76% (0.68–0.85)	0.43% (0.36–0.52)	1.60% (1.37–1.86)	2.82% (2.29–3.47)	3.28% (2.51–4.27)
Parkinsonism	0.11% (0.08–0.14)	0.07% (0.05–0.12)	0.20% (0.15–0.28)	0.26% (0.15–0.45)	0.46% (0.28–0.78)
Guillain-Barré syndrome	0.08% (0.06–0.11)	0.05% (0.03–0.07)	0.22% (0.15–0.32)	0.33% (0.21–0.54)	0.48% (0.20–1.14)
Nerve, nerve root, or plexus disorders	2.85% (2.69–3.03)	2.69% (2.51–2.89)	3.35% (3.02–3.72)	4.24% (3.58–5.03)	4.69% (3.81–5.77)
Myoneural junction or muscle disease	0.45% (0.40–0.52)	0.16% (0.12–0.20)	1.24% (1.05–1.46)	3.35% (2.76–4.05)	3.27% (2.54–4.21)
Encephalitis	0.10% (0.08–0.13)	0.05% (0.03–0.08)	0.24% (0.17–0.33)	0.35% (0.19–0.64)	0.64% (0.39–1.07)
Dementia	0.67% (0.59–0.75)	0.35% (0.29–0.43)	1.46% (1.26–1.71)	1.74% (1.31–2.30)	4.72% (3.80–5.85)

Prevalenza di
sintomatologia
neurologica in
pazienti che hanno
sofferto di malattia da
Covid-19: outcome a
6 mesi

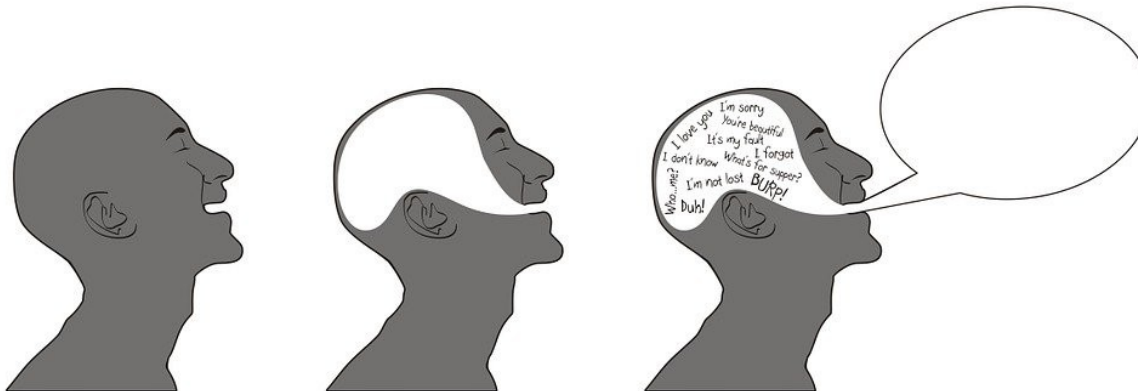
Deficit cognitivi a lungo termine



Domini cognitivi colpiti

- Cognitività globale
- Memoria
- Attenzione
- Funzioni esecutive
- Fluenza verbale

Importante effettuare una
attenta valutazione
cognitiva in pazienti che
hanno avuto una recente
infezione da Covid-19



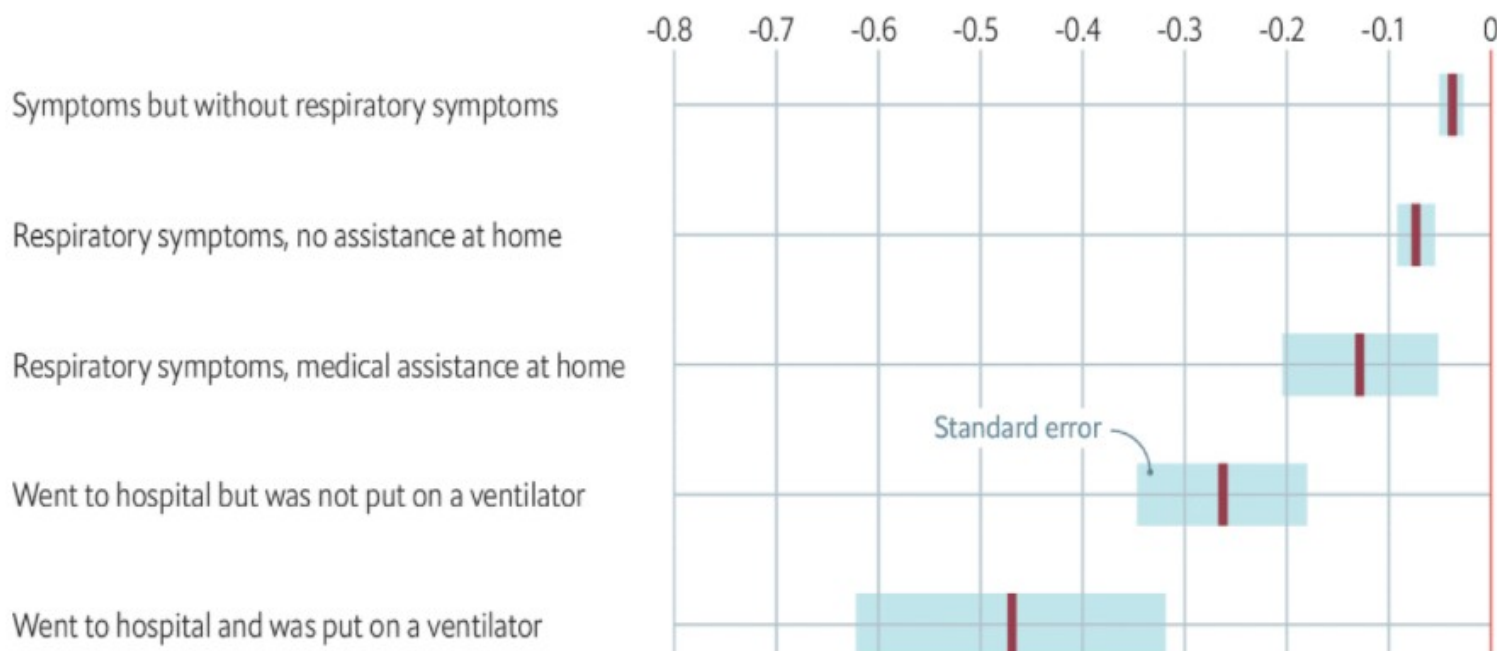
Cognitive Impairment After COVID-19—A Review on Objective Test Data

Rania Daroische^{1*}, Mathilde S. Hemminghyth^{1,2}, Thomas H. Eilertsen¹,
Monica H. Breivte^{1,2,3} and Luiza J. Chwyszczuk^{2,3}

Frontiers in Neurology, 2021

Deficit cognitivi a lungo termine in pazienti con malattia da Covid severa

Difference in global cognitive score relative to people who had not had covid-19, standard deviation units



Source: "Cognitive deficits in people who have recovered from COVID-19", by A. Hampshire et al., EClinicalMedicine, 2021

The long term mental health impact of Covid-19 must not be ignored

The logo for The BMJ, featuring the text "thebmj" in white lowercase letters on a blue rectangular background.

“There will be no vaccine for these mental health impacts of the Covid-19 pandemic. We need to resist the ever-increasing, opportunistic, commercial influence for miraculous cures in the form of pills, or unevaluated apps, and pursue systems that prioritise good health for all and “Building Back Better” in collaboration with national governments, local governments, funders, and global organisations.”

GRAZIE PER L'ATTENZIONE

