

What Comes After Covid in Pediatrics

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General symptoms

Low immunity and repeated infections.

Some children after recovering from Covid-19 infection, even if it was a mild one, experienced a period of low immunity and repeated upper air way or ear infections, with the sequences of this, in the form of school absences, poor appetite and weight loss.

Also, many experienced physical fatigue, this usually improves over time, but if not, it is worth a visit to a physical therapist.

Neurological and psychiatric symptoms

- Problems in the concentration
- Headaches
- Insomnia
- Dizziness
- Depression or anxiety
- Stroke or encephalitis
- Changes in attention, speech, school work, movement and mood
- Mental fatigue
- Stress.

There is an increased rate of psychiatric visits by the adolescents after Covid-19.

This can improve by getting enough sleep, drinking plenty of water, eating regular healthy meals, if not, some medications might be advised.

Respiratory symptoms

In the form of chest pain, repeated cough episodes, dyspnea on exertion, mostly for the 3 months following Covid-19 infection, if it persists for a longer time, lung function tests should be done, for a better evaluation.

Cardiovascular symptoms

Some children and adolescents experienced myocarditis after Covid-19, regardless of the severity of the infection they had. Myocarditis can present in the form of chest pain, shortness of breath or fatigue. Children and teens who had moderate or severe symptoms should get a cardiac assessment, before returning to sports activities.

Smell and taste

An estimated rate of 1 out of 4 children and teens who had COVID-19, developed changes to their sense of smell and taste, this definitely affected their eating habits negatively, most of them recovered within several weeks.

Multisystem inflammatory syndrome in children (MIS-C)

Multisystem inflammatory syndrome in children (MIS-C) is a rare complication that can happen 2 to 6 weeks after Covid-19 infection, vaccination against Covid can prevent getting this complication after having the infection, most of the kids who got severe MIS-C patients were unvaccinated. It usually presents as fever without an obvious cause after having COVID-19, usually children with this condition deteriorate quickly and need hospitalization, mostly in the intensive care unit.

Endocrine symptoms

Symptoms resemble diabetes mellitus are encountered after Covid-19 infection, in the form of frequent urination, increased thirst, increased hunger, fatigue, weight loss, abdominal pain, nausea or vomiting.

Conclusion

Many not fully understandable complications were encountered in children and adolescents after Covid-19 infection, most of them recover on their own, just with rest, hydration and healthy diet, a few of them require hospitalization or medical treatment.

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