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ABSTRACT BOOK

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SMELL AND TASTE DISORDERS AND LIFE QUALITY ASSESSMENT IN PATIENTS WITH COVID-19 DISEASE

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Introduction: During the pandemic, scientists around the world conducted an in-depth study of COVID-19 disease, the etiology of which is the SARS-CoV-2 virus, and noted that odor and taste disorders are one of the leading symptoms of this disease. Our study is dedicated to the study of the specific course of coronavirus disease in the population of Tashkent, Uzbekistan, the frequency and degree of odor and taste disorders, the impact of the disease on quality of life.

The purpose of the study: to study the frequency, severity, and impact of quality of life on the incidence of dysosmia and dyspepsia in patients with COVID-19.

Materials and Methods: The study was conducted in a total of 50 patients with COVID-19, randomly selected, aged 18 to 60 years (mean age-38.3); of these, 28 (56%) were male and 22 (44%) were female. The Uzbek version of the Questionnaire of olfactory disorders – negative statements of patient (QOD-NS) questionnaire provided by the American Academy of Otolaryngologists was used to examine odor and taste disorders in patients. The 3-stage EQ-5D-3L scale proposed by EuroQol Group was used to assess the quality of life of patients. This scale consists of 2 parts: the EQ-5D description system and the visual analog scale EQ (EQ-VAS).

Results: Dysosmia / dysgeus among men in a total of 18 (64.3%) - 10 (55.5%) patients with isolated olfactory disorders, 1 (5.5%) patients with isolated olfactory disorders and 7 (38.9%) patients had a concomitant onset of these symptoms; among women, 15 (68.2%) - 3 (27.3%) patients had isolated olfactory disorders, 3 (27.3%) patients had isolated taste disorders and 5 (45.5%) in one patient. By type of dysosmia: anosmia in men - 5 (27.8%), hyposmia - 10 (55.5%), only the absence of pungent odors - 3 (16.7%); in women, anosmia - 4

(36.4%), hyposmia - 6 (54.5%), only the absence of pungent odors - 1 (9.1%) patients. According to the severity of dysosmia: mild in men (duration of olfactory disorders 2-5 days) - 4 (22.2%), moderate (duration of olfactory disorders 6-10 days) - 9 (50%) and levels of severity (duration of olfactory disorders 11 days and above) - 5 (27.8%); in women, mild - 6 (54.5%), moderate - 4 (36.4%) and severe - 1 (0.1%) patients. In COVID-19, odor perception was impaired on the 4th day of the average disease in men and on the 3rd day in women. In addition, the following symptoms were observed in patients: cough - 19 in men (67.9%), 12 in women (54.5%); shortness of breath - 7 in men (25%), 3 in women (13.6%); increase in body temperature - 24 in men (85.7%), 14 in women (63.6%); weakness, impotence - 19 in men (67.9%), 19 in women (86.4%); sore throat, hoarseness - in 18 (64.3%) men and 16 (72.7%) women. The majority of patients with smoking habits were men - less than 1 pack per day - 11 (39.3%), more than 1 pack and the total number of non-smokers - 2 (7.14%), non-smokers - 13 (46.4%); among women, the number of former smokers was 3 (13.6%), and the total number of non-smokers was 19 (86.4%).

Patients' quality of life was assessed on the EQ-5D-3L scale, with an average score of 8-9 in Part 1 and 75-85 in Part 2.

Conclusions: According to the results of the survey, among patients with COVID-19, isolated olfactory disorders are more common in men, taste disorders and their co-occurrence are more common in women. Anosmia was relatively prevalent in men and hyposmia in women. The degree of dysosmia was moderate in men and mild in women. This may be related to the prevalence of smoking in men. A slight decrease in quality of life was observed in the examined patients due to anxiety and depression.