

Assessing the Severity of Illness in Patients With Coronavirus Disease in Saudi Arabia: A Retrospective Descriptive Cross-Sectional Study

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Background

Coronavirus disease 2019 (COVID-19) is a new human disease. The rapid spread of this epidemic has led to increased morbidity, mortality, and economic loss worldwide. On March 9, 2020, the Saudi Ministry of Health (MOH) had declared 4 new patients infected with COVID-19 (10). On June 10, 2020, according to the Saudi MOH, there were 3,717 confirmed cases of COVID-19, with the total number of active cases standing at 33,515. There were 1,693 critical cases among the total active cases (11). Be that as it may, the distinction in clinical attributes between severe and nonsevere cases was not reported in Saudi Arabia.

Objective

We aimed to describe the epidemiological and clinical characteristics of patients with COVID-19 in Saudi Arabia in various severity groups.

Methods

Data for 485 patients were extracted from the medical records from the infectious disease center of Prince Mohammed bin Abdul Aziz Hospital in Riyadh. Patients' basic information, laboratory test results, signs and symptoms, medication prescribed, other comorbidities, and outcome data were collected and analyzed. Descriptive data were reported to examine the distribution of study variables between the severe and not severe groups.

Results

Of 458 included patients, 411 (89.7%) were classified as not severe, 47 (10.3%) as severe. Most (59.1%) patients were aged between 20 and 39 years. Patients with severe conditions were non-Saudi, with a chronic condition history, and tended to have more chronic conditions compared with those without severe disease. Diabetes, hypertension, and thyroid disease were significantly higher in patients with severe disease. Death was reported in only 4.26% of severe patients. Only 16 (34.04%) patients remained in the hospital in the severe group.

Conclusion

Severe cases were more likely to have more comorbidities, diabetes, hypertension, and thyroid disorders were most common compared with non-severe cases.

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