

Frecuencia de estrés postraumático en el personal de salud, a raíz de la emergencia sanitaria por COVID-19 en Colombia durante el periodo de confinamiento de abril a julio 2020

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RESUMEN

En Diciembre del 2019 en China se informó sobre un grupo de casos de neumonía de evolución agresiva confirmándose el agente etiológico como 2019-nCoV según la OMS y SARS-CoV-2 según el Comité Internacional de Taxonomía de Virus, denominándose luego la enfermedad como COVID – 19. El espectro clínico varía desde formas asintomáticas o paucisintomáticas hasta afecciones clínicas severas con manifestaciones multiorgánicas en términos de sepsis, shock séptico y síndrome de disfunción orgánica múltiple (MODS) que requieren apoyo en unidad de cuidados intensivos. El trastorno de estrés postraumático (TEPT) es una enfermedad mental caracterizada por exposición a evento(s) traumático(s) asociado a síntomas intrusivos, conductas evitativas, alteraciones negativas cognitivas y del estado de ánimo e hiperexcitación fisiológica asociadas al suceso. Previamente se ha evaluado su prevalencia en población susceptible durante epidemias previas, por esto es importante medir la frecuencia de esto en el curso de la pandemia actual de COVID-19.

Objetivo: Determinar los casos de TEPT en el personal de salud con una medición basal y otra posterior a 3 meses de la primera, durante la emergencia sanitaria por COVID-19 en Colombia.

Materiales y Métodos: Estudio cuasiexperimental. Personal de la salud fueron invitados por redes sociales a diligenciar un formulario Google Docs con preguntas sobre COVID – 19 y las herramientas: PCL-5. Se utilizó la prueba de McNemar para comparar las proporciones pareadas.

Resultados: participaron 417 personas. El 73,4% femenino, edad promedio 35,32 años. El diagnóstico de TEPT se presentó en el 48,2% del personal de salud en la primera encuesta y en el 51,8% en la segunda encuesta. No hubo diferencias estadísticamente significativas.

Conclusiones: Un poco más de la mitad de la población tiene una probabilidad de que los síntomas experimentados correspondiera a TEPT.

Palabras clave: Enfermedad por Coronavirus, COVID – 19; estrés; TEPT ; personal sanitario; trabajadores de salud.

ABSTRACT

In December 2019 in China, a group of cases of pneumonia with aggressive evolution was reported, confirming the etiological agent as 2019-nCoV according to the WHO and SARS-CoV-2 according to the International Committee on Taxonomy of Viruses, later calling the disease COVID - 19. The clinical spectrum varies from asymptomatic or paucisymptomatic forms to severe clinical conditions with multi-organ manifestations in terms of sepsis, septic shock and multiple organ dysfunction syndrome (MODS) that require support in the intensive care unit. Post-traumatic stress disorder (PTSD) is a mental illness characterized by exposure to traumatic event (s) associated with intrusive symptoms, avoidance behaviors, negative cognitive and mood disturbances, and physiological hyperarousal associated with the event. Its prevalence in a susceptible population during previous epidemics has previously been evaluated, so it is important to measure the frequency of this in the course of the current COVID-19 pandemic.

Objective: Decide the cases of PTSD in health personnel with a baseline measurement and another after 3 months of the first, during the health emergency due to COVID-19 in Colombia.

Materials and Methods: Quasi-experimental study. Health personnel were invited by social networks to fill out a Google Docs form with questions about COVID - 19 and the tools: PCL-5. McNemar's test was used to compare the paired proportions.

Results: 417 people participated. 73.4% female, average age 35.32 years. The diagnosis of PTSD was presented in 48.2% of the health personnel in the first survey and in 51.8% in the second survey. There were no statistically significant differences.

Conclusions: A little more than half of the population has a probability that the symptoms experienced correspond to PTSD.

KeyWords: coronavirus disease, COVID – 19; stress; PTSD; health personnel

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