

Prevalence and factors influencing long COVID among primary healthcare workers after epidemic control policy adjustment in Jiangsu, China

Bingwei Chen¹, Hualing Chen¹, Yongkang Qian¹, Beier Lu¹, Rongji Ma¹, Pengcheng Miao¹, Mingwang Fu¹, Haijian Guo², Ya Shen², Zhengkai Shen², Yan Li², Biyun Xu³, Yongjie Zhang², and Jinshui Xu²

¹Southeast University School of Public Health

²Jiangsu Provincial Center for Disease Control and Prevention

³Nanjing University Medical School Affiliated Nanjing Drum Tower Hospital

March 08, 2024

Abstract

Objective: This study aims to evaluate the prevalence of long COVID infections and their influencing factors among primary HCWs after epidemic control policy adjustment in Jiangsu. **Methods:** A self-designed questionnaire was administered through on-site surveys among primary HCWs in five counties and districts within Jiangsu Province from July 4 to July 20, 2023. **Results:** The prevalence of long COVID among primary HCWs stood at 12.61% (95% confidence interval (CI) of 11.67%-13.55%). The most common long COVID symptoms were hypomnesia (4.90%), sleep difficulties (2.73%), fatigue (2.35%), disturbances in the reproductive system (1.93%), hair loss (1.85%), and myalgia/arthritis (1.51%). Multivariate logistic regression revealed that older age groups (30-45 years (adjusted odds ratios (aOR) =1.93, 95%CI: 1.44-2.58), 45-60 years (aOR=2.82, 95%CI: 2.07-3.84)), females (aOR=1.26, 95%CI: 1.03-1.55), and higher work stress (high stress (aOR=1.52, 95%CI: 1.24-1.86), extremely high stress (aOR=1.37, 95%CI: 1.03-1.82)) were more prone to long COVID. Conversely, individuals with educational attainment below the bachelor's degree (aOR=0.67, 95%CI: 0.55-0.82) and those who received four or more doses of the COVID-19 vaccine (aOR=0.55, 95%CI: 0.33-0.92) were at a reduced risk. **Conclusion:** To mitigate the incidence of long COVID, healthcare providers and authorities should implement effective measures, including optimizing work-rest schedules and actively advocating for vaccination.

Hosted file

Manuscript.docx available at <https://authorea.com/users/635322/articles/723072-prevalence-and-factors-influencing-long-covid-among-primary-healthcare-workers-after-epidemic-control-policy-adjustment-in-jiangsu-china>