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Clinical presentation and duration of hospitalisation in 201 COVID-19 patients in Abuja, Nigeria's federal capital territory

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Statement of problem: The onset of the coronavirus disease 2019 (COVID-19) pandemic has exerted a substantial negative impact burden on the health and socio-economic well-being of people across the globe. Researches have shown that the rate of infection exceeds the healthcare capacity for COVID-19 infected patients in developing and most countries. Adequate implementation of a successful COVID-19 response requires a clear understanding of the profiles of the disease in various environments. This study aimed to describe patient demographic and clinical characteristics associated with symptomatic presentation and duration of hospitalisation in COVID-19 patients managed in Abuja Federal Capital Territory, Nigeria. **Methods:** This was a retrospective study of 201 laboratory confirmed SARS CoV 2 patients hospitalised in the Asokoro District Hospital COVID-19 Isolation and Treatment Centre between April 10th and July 31st, 2020. Demographic and clinical data were obtained, and outcome measures were the presence of symptoms and duration of hospitalisation. Statistical analysis was done using IBM SPSS Version 24, with $P < 0.05$ considered statistically significant. **Results:** The median age was 39.3 years (IQR: 26–52); male patients accounted for 65.7% and 33.8% were health workers. Up to 49.2% of patients were overweight or obese, 68.2% had a mild form of the disease at presentation, and the most common symptoms were cough (38.3%) and fever (33.8%). Hypertension (22.9%) and diabetes mellitus (7.5%) were the most common comorbidities. The median duration of hospitalisation was 14.4 days (IQR: 9.5–19). Individuals with secondary and tertiary education had higher odds of presenting with symptoms of COVID-19 ($P = 0.001$ and $P = 0.021$ respectively). History of regular alcohol intake revealed greater likelihood of hospitalisation for more than 14 days compared to no history of regular alcohol use. **Conclusion:** Public education on COVID-19 and lifestyle education are therefore critical to the presentation and outcomes of the disease.

Biography

Dr. Isaac Olubanjo Akerele is a Clinician with expertise in public health advocacies, infectious diseases, and pandemic preparedness. A well-presented, well-motivated, and confident medical Doctor with a strong interest and capacity to learn new things. A team player whose skills are highly valued in all the organizations he ever worked for. He has an avid passion for institutional growth, team building, and human capacity development. His interest in pandemic preparedness earned him recognition as a foremost caregiver and case manager during the on-going COVID-19 pandemic, whose immense contribution to re-designing and re-construction of existing structures to COVID-19 Isolation and Treatment Centres in Abuja, Nigeria, a model for low resource countries, was well recognized. His voracious appetite for research and publication led to the publication of many articles on COVID-19.