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SMELL AND TASTE DISORDERS IN PATIENTS WITH COVID-19 (RETROSPECTIVE STUDY)

Relevance. Since late 2019, the all world's attention has been focused on the disease caused by SARS-CoV-2. Hyposmia, anosmia, and hypogeusia have long been considered among the pathognomonic symptoms of this disease. Up to the present time, no large retrospective studies on the evaluation of olfactory disorders in patients with COVID-19 and their influence on quality of life have been conducted in the Republic of Belarus.

Research objectives. To analyze the clinical and epidemiological features of olfactory and taste disorders in patients with moderate and severe forms of COVID-19.

Research methods. The study included 232 patients with moderate to severe forms of COVID-19 who received inpatient treatment in the conditions of the 6th City Clinical Hospital of Minsk.

Females prevailed in the study group – 61.2%, men were 38.8%. The patients' age varied from 18 to 86 years. The mean age was 54.7 (52.8; 56.6). In all patients COVID-associated pneumonia was verified by computer tomography of the chest organs and by PCR. The moderate form of the disease was diagnosed in 97.8% of cases, the severe form in 2.2%.

To further study chemosensory disorders in the above group of patients, we developed a questionnaire consisting of 3 blocks of questions. Questionnaire (Part 1, 2) describes symptoms of the disease and anamnesis in general, part 3 reflects the impact of dysosmia on patients' quality of life.

Statistical analysis of the results was performed using the application "Analysis Package" Microsoft Excel.

Results and its discussion. Retrospectively, 232 questionnaires with completed parts 1 and 2 were analyzed.

Reduced sense of smell at the onset of illness was noted in 163 patients (70.3%), of which complete absence of smell in 67.5%, significant reduction in 24.5%, slight reduction in 8.0%. 21.5% patients reported

olfactory impairment as the only symptom at the onset of the disease. We also had mentioned taste disorder in 49.6% of patients, with the majority 59.1% of them noting the appearance of taste disturbance simultaneously with olfactory loss. Taste disturbances in patients with dysosmia are explained by the so-called retronasal mechanism of olfaction, which is realized during the act of swallowing and reflex exhalation, due to which odorous substances penetrate into the olfactory slot through the nasopharynx. Among the patients surveyed, the majority had never smoked (70.7%), had quit smoking 25%, smoked less than 1 pack a day 2.6%, and only 1.7% smoked more than one pack. The duration of olfactory loss from the onset of the disease ranged from 1 to 10 days. The recovery of sense of smell was noted by 110 respondents, of whom 84.5% fully recovered and 15.5% partially. The median of partial recovery of the sense of smell was 8.7 days. The median of recovery of the sense of smell was 8.4 days. According to the literature, the recovery of olfactory function occurs spontaneously within 1 month against the background of treatment for the underlying disease, about 60–70% of patients note improvement of sense of smell on the 8th–9th day of the disease, and only 10–15% of patients have the absence of sense of smell for more than 20 days.

To evaluate part 3 of the questionnaire, 155 responses were received. A score of 9 or less corresponds to a complete loss of olfactory function – anosmia. Of the 155 questionnaires answered, 47.1% showed a total score of 9 or less. This means that in almost half of the respondents, the degree of olfactory impairment was pronounced and impaired social and daily activities.

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КЛИНИЧЕСКИЙ СЛУЧАЙ РАЗВИТИЯ ДИСКИНЕЗИЙ НА ФОНЕ ДЛИТЕЛЬНОГО ПРИЕМА МАДОПАРА

Актуальность. Наиболее действенным средством лечения болезни Паркинсона являются леводопа-содержащие препараты. По эффективности они превосходят любые другие противопаркинсонические препараты, обеспечивая лучший эффект и вызывая улучшение