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EFFECT OF COVID-19 PANDEMIC ON SLEEP DISORDERS IN PATIENTS WITH INFLAMMATORY ARTHRITIS

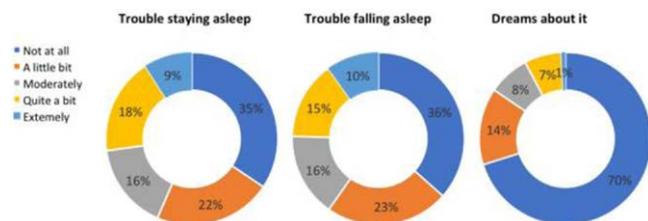
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Background: A decrease in physical activity, exposure to daylight and a decline in psychological wellbeing due to COVID19 pandemic have led to increased incidence of sleep disorders such as difficulties falling asleep, sleep disruption, insomnia, nightmares and daytime sleepiness (1). Patients with inflammatory arthritis are more vulnerable to pain, depression, anxiety and sleep disorders. These complaints are linked in a cyclical pattern that may negatively affect daily-life activities (2-4). To our knowledge, the impact of pandemic on sleep disturbances in patients with inflammatory arthritis has not been evaluated yet.

Objectives: The aim of this study is to establish the COVID-19 related impact on sleep disturbances among patients with inflammatory arthritis who experienced the COVID-19 quarantine in Italy.

Methods: Data about chronic inflammatory arthritis (rheumatoid arthritis [RA], psoriatic arthritis [PsA] and ankylosing spondylitis [AS]) were retrieved from a large nationwide online survey involving patients affected by different rheumatic diseases. From May to September 2020, eleven patients' associations sent a call to rheumatic patients asking them to complete an anonymous online survey with specific questions also about sleep disturbances and pre- and post-lockdown self-reported use of psychopharmacotherapy. Data were analysed by a binary logistic regression model having the presence of sleep disturbances during COVID 19 pandemic as dependent variable.

Results: 375 of 507 (74%) of patients had inflammatory arthritis: 249 RA, 77 PsA and 49 AS. 291 (77.6%) were females with a median (IQR) age of 54 (44-63) years. There was an increase in the use of psychiatric compounds after quarantine period (59 [15,7%] vs 65 [17,3%]), especially for sleep medications (23 [6,1%] vs 28 [7,5%]) and anxiolytics (15 [4%] vs 18 [4,8%]). 246 (65.6%) of patients had trouble staying asleep, 238 (63.5%) had trouble falling asleep, and 112 (29.9%) had dreams about pandemic (Figure 1 below).



The binary logistic regression suggests that older age (OR= 1.038, p = .040), assumption of medication for psychiatric symptoms before COVID-19 (OR = 25.819, CI 11.465-58.143) and presence of COVID infection (OR = 2.783, CI 1.215-6.372) were predictive of insomnia during pandemic.

Conclusion: These results confirm that sleep disturbances have been a relevant concern in patients with inflammatory arthritis after COVID-19 national lockdown. Changes in daily life related to confinement have influenced psychological distress leading to a significant impact on sleep difficulties such as inability to fall early asleep or to maintain adequate sleep. Furthermore, older patients who had coronavirus infection and were previously treated for psychiatric disorders were at higher risk developing sleep disorders.

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None declared., Roberto Caporali Speakers bureau: Abbvie, Amgen, BMS, Celltrion, Galapagos, Gilead, Lilly, Pfizer, Roche, UCB, Sanofi, Fresenius Kabi, Samsung bioepis, MSD, Consultant of: Galapagos, Gilead, Lilly, Janssen, MSD.

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IMPACT OF THE SARS-CoV-2 PANDEMIC IN A POPULATION OF PATIENTS FOLLOWED IN A RHEUMATOLOGY DEPARTMENT

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Background: The COVID-19 pandemic had various impacts on patients' realities. It had many physical but also psychological repercussions. It led to the onset of general stress, anxiety and depression affecting different age groups. In this study, we report the frequency of anxiety in patients followed in the department of rheumatology during the COVID-19 outbreak.

Objectives: To assess the impact of the COVID-19 pandemic in patients followed for inflammatory rheumatic disorders (IRD) or degenerative diseases in the Department of Rheumatology during the period of breakdown and health restrictions.

Methods: This is a cross-sectional study conducted in the department of rheumatology over a 5-month period from August 2020 to December 2020. Included patients were followed for IRD or degenerative pathology in the department. A pre-established questionnaire collected the symptoms and results of COVID-19 tests, the possible deterioration of the general condition since breakdown, as well as the increase of the disease activity of the rheumatism, pain, fatigue, anxiety, and the onset of signs of depression or sleep disturbances. The impact of the decrease in physical activity and the cessation of basic treatments of rheumatism with the different causes was also collected.

Results: 159 patients were included: 27 with Rheumatoid arthritis, 58 with Spondyloarthropathies, 32 with chondrocalcinosis, 9 with gouty arthropathies, and 33 with osteoarthritis. Of these, 15% had symptoms consistent with COVID-19. 25 patients performed the PCR test, of which 17 were positive and only 3 required hospitalization. None were put on oxygen. 32% reported a worsening of their rheumatism since the beginning of the epidemic, of which 35.9% reported increased pain and 21 noted a decrease in physical activity. 27.1% felt more stressed and irritated, and 14% felt more depressed. 54% had more sleep disturbance, 22.2% had more fatigue compared to their state before the epidemic. 41.2% were afraid to come for consultation or hospitalization. 11.8% had stopped the basic treatment of their rheumatism, either for a shortage of the product in the pharmacy, or for the inability to obtain a travel authorization from the authorities

Conclusion: The physical and mental impact of the COVID-19 pandemic affected approximately one-third of our population. Patients described worsening rheumatism and pain, as well as impaired sleep, fatigue and anxiety [1]. Decreased physical activity was associated with increased rheumatism activity and pain. More than 50% of the patients presented a deterioration in their physical and mental health linked to the health situation [2]. Our results are consistent with the literature. It is classically admitted that rheumatic pathologies are disabling and therefore lead to a withdrawal into oneself, generating an anxious state. It is essential to assess the psychological status of patients followed for rheumatism in order to develop preventive treatments and prevent its worsening linked to the impact of the pandemic [3].

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COMPARING METHODS FOR DETERMINING ANTIBODIES TO SARS-COV-2 USING A RAPID TEST AND ENZYME-LINKED IMMUNOSORBENT ASSAY

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