

Neuro-Cognitive Effects of Covid

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The recent outbreak of the novel coronavirus, SARS-CoV-2, has led to the global pandemic of Covid-19, affecting millions of people across the world. It has been well documented that the virus has caused severe physical effects, but the neuro-cognitive effects of Covid-19 have been less explored.

Neuro-cognitive effects refer to changes in mental functioning due to neurological processes, such as memory, language, attention, and executive functioning. These effects can manifest in a variety of ways, including difficulty concentrating, memory loss, confusion, and disorientation.

Covid-19 has been linked to a variety of neuro-cognitive effects, ranging from mild to severe. One of the most commonly reported effects is delirium, which is a state of confusion characterised by disorientation and disorganised thinking. Delirium is often seen in hospitalised Covid-19 patients and can have a significant impact on the patient's ability to think, reason, and interact with others.

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Additionally, Covid-19 has been linked to cognitive impairment, which can include difficulty concentrating and focusing, as well as difficulty learning and remembering new information.

Covid-19 has also been associated with mental health issues, such as depression and anxiety. Studies have found that people with Covid-19 are more likely to experience depression and anxiety, especially if they have been hospitalised. Anxiety symptoms can include difficulty sleeping, difficulty concentrating, and difficulty making decisions.

Additionally, people with Covid-19 may experience psychosis, which is characterised by hallucinations and delusions. Lastly, Covid-19 has been linked to an increase in the risk of developing dementia and other neurological disorders.

Studies have found that Covid-19 can cause inflammation in the brain, which can lead to long-term changes in brain structure and function. This can lead to changes in cognition, memory, and behaviour.

Additionally, people with Covid-19 have an increased risk of developing stroke, which can also lead to long-term cognitive problems.

The neuro-cognitive effects of Covid-19 can be severe and have long-lasting implications. It is important to recognise these effects and to provide appropriate support and treatment to those affected. This can include psychological therapies to help manage anxiety and depression, as well as treatments to manage cognitive impairment. Additionally, it is important to take steps to reduce the spread of the virus, such as social distancing, wearing a mask, and frequent hand-washing. By taking these steps, we can reduce the risk of developing long-term neurological effects of Covid-19.

Reference

<https://www.who.int/emergencies/diseases/novelcoronavirus-2019>



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