

Clinical characteristics and treatment outcomes of mild to moderate COVID-19 patients in Saudi Arabia: A single centre study

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Abstract

Background Since the severity of symptoms affects the treatment option for Coronavirus Disease 2019 (COVID-19) patients, the treatment pattern for mild to moderate non-ICU cases must be evaluated, particularly in the current scenario of mutation and variant strain for effective decision making. **Objectives** This retrospective study's objectives were to assess clinical and treatment outcomes in mild to moderate non-ICU COVID-19 patients in Saudi Arabia. **Methods** Non-ICU patients with COVID-19 with mild to moderate symptoms who were admitted to major tertiary care hospitals in Al Baha, Saudi Arabia, between April and August 2019 were studied retrospectively for clinical outcomes. **Results** A total of 811 people were admitted for COVID-19 treatment, with age ranging from 14 to 66, diabetes mellitus (31 %, n = 248) and hypertension (24%, n = 198) were the most common comorbid conditions. The majority of the patients (77 %, n = 621) had reported symptoms for COVID -19 infection. The hydroxychloroquine (HCQ) treated group (G1 n = 466) had an MD of 8 and an IQR of 5-13 for time in hospital with a 4.3 % mortality rate, while the non-HCQ group (G2 n = 345) had an MD of 6 and an IQR of 3-11 for time in hospital with a 3.2 % mortality rate. The mortality rate among non-HCQ treated patients varied, but a combination of antiviral and antibiotic treatment was found to be effective, other most frequent intervention was analgesics 85.7 %, anticoagulant 75 %, minerals (Zinc 83 % and Vit D3 82 %). **Conclusions** The COVID 19 therapy and clinical outcomes from the past will be the guiding factor to treat the mutant strain infection in the future. Patients treated HCQ had a higher mortality rate, whereas those who were given a non-HCQ combination had a greater clinical outcome profile.

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