Survey the Impact of COVID-19 Mandatory Lockdown on
Clinical Condition of Patients with Chronic Pulmonary Diseases

Farrokh F Moghaddam, Mahnaz Amini , Milad Bahrami , Fariba Rezaeetalab , Negar G Shamkani, Mahdi Rafiee ,
Mahnaz Mozdourian\*

\*- Lung Diseases Research Center, Mashhad University of Medical Science, Mashhad, Iran

**Abstract**Introduction: The coronavirus disease of 2019 (COVID-19) pandemic has prompted lockdown regulations and extreme societal restrictions
worldwide. The current study intended to assess the impact of the COVID-19 mandatory lockdown on the clinical condition of patients with
chronic pulmonary diseases.
**Materials and methods**: A telephone survey was carried out on patients with chronic pulmonary diseases who were referred to Imam Reza
Hospital in Mashhad, Iran, from March 2019 to June 2020. The collected information included the subjects’ demographic characteristics, their
compliance with lockdown mandates, the feasibility of access to medical care and medications, exacerbation of their underlying chronic
pulmonary diseases and in case of COVID-19 development, their clinical presentations, and length of hospital stay (if hospitalized).
**Results**: A total of 500 patients, including 291 males (58.2%) and 209 females (41.8%), participated in the present study. According to the
findings of interviews, 93.6% of participants strictly followed the lockdown rules, and 44.4% had a face-to-face or phone consultation with a
pulmonologist. Additionally, 35.7% of patients were diagnosed with COVID-19, of whom 70.4% were hospitalized, and 15.6% died. Dyspnea,
fever, cough, headache, and fatigue were the most prevalent symptoms reported by COVID-19 patients.
**Conclusion**: The government lockdown policies have hindered access to health services, especially for those suffering from chronic pulmonary
diseases. Under this condition, COVID-19 disease can further place patients with chronic pulmonary diseases at risk as infection in these patients
progresses more rapidly. Therefore, in the current crisis, patients with chronic pulmonary diseases need to be supervised by specialist consultants
and receive adequate medical care constantly.
**Keywords**: Coronavirus 2019, Chronic Obstructive Pulmonary Disease, Interstitial Lung Disease, Asthma, Quarantine