Clinical outcomes of SARS-CoV-2 infected people with diabetes who developed Severe Acute Respiratory Syndrome in Brazil

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ABSTRACT

Objective: Compare the clinical outcomes of people with and without Type 2 Diabetes Mellitus (DM2), infected by SARS-CoV-2, who developed Severe Acute Respiratory Syndrome (SARS) in Brazil. **Methodology:** This is a cross-sectional study. The research was carried out by analyzing the compulsory notification form Severe Acute Respiratory Syndrome of hospitalized patients, obtained from DATASUS. Type 2 diabetic and non-diabetic men and women infected with SARS-CoV-2 and notified as SARS in the period February 2020 to May 2021 were analyzed. The outcomes were identified as: hospitalization, Intensive Care Unit (ICU) admission, and death. The percentage of each outcome among diabetic patients was compared with that of the infected non-diabetic patients in the same period using the Chi-square test, with a 95% confidence interval. **Results:** From a total of 384,805 patients, 111,046 were diabetic and 273,759 non-diabetic. Among the diabetic patients, 98.2% were hospitalized, 43.7% were admitted to the ICU, and 44.6% died. While among non-diabetics, 97.3% required hospitalization, 37.2% were admitted to the ICU, and 35.7% died. After the analysis with the Chi-square test, a statistically significant difference was found between the groups (p<0.001). **Conclusion:** The presence of DM2 was associated with a worse prognosis for COVID-19 compared to people without DM2, in the Brazilian population. However, further studies are needed to establish causality and elucidate the pathophysiology of this association.

Keywords: COVID-19, Diabetes Mellitus/complications, SARS-CoV-2.

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INTRODUCTION

Diabetes mellitus (DM) is a long-term (or chronic) metabolic disorder characterized by persistent hyperglycemia, resulting from deficient insulin production or difficulty in the action of insulin production, or in both mechanisms¹. It has reached epidemic proportions, with an estimated 463 million people with DM worldwide². The persistent hyperglycemic state has been associated with chronic micro and macrovascular complications, reduced quality of life, and increased morbidity and mortality. The most common type of DM, the object of study of this research, type 2 diabetes mellitus (DM2) covers people with relative insulin deficiency and peripheral insulin resistance, corresponding to 90-95% of all DM cases. It is a polygenic disease involving genetic and environmental components, including dietary habits and physical inactivity, which contribute to obesity¹. DM2 is widely cited in the medical literature as a risk factor for complications and/or genesis of other pathological states: those with cardiac, vascular, renal, and peripheral nervous system origin stand out. Likewise, it can also be an aggravator in infectious states, such as infection with the new coronavirus (SARS CoV-2).

COVID-19 is caused by SARS CoV-2 and first emerged in December 2019, when a group of patients with pneumonia of unknown cause was recognized in Wuhan, China. In just a few months, more than 200 countries were affected, resulting in millions of identified cases with more than half a million confirmed deaths. SARS-CoV-2 belongs to the family of coronaviruses that are RNA, enveloped, single-stranded viruses found in humans and other mammals. They commonly cause respiratory, gastrointestinal, and neurological diseases. SARS-CoV-2 is the third coronavirus to spread globally in the last two decades (SARS-CoV, 2002-2003; MERS, 2012), causing severe disease in humans³. The clinical presentation of SARS-CoV-2 infection is diverse, ranging from asymptomatic, symptomatic, or even fatal. Among symptomatic patients with COVID-19, cough, myalgias, and headache are the most commonly reported symptoms. Pneumonia is the most frequent severe manifestation of infection, characterized mainly by fever, cough, dyspnea, and bilateral infiltrates on chest images.

The main, potentially fatal complications include Acute Respiratory Distress Syndrome, cardiac and/ or cardiovascular distress, and thromboembolic, neurological, and inflammatory issues⁴.

According to an update from the Center for Disease Control and Prevention (CDC), DM2 represents one of the risk factors for severe COVID-19⁵. Furthermore, evidence has shown that the risk of a fatal outcome from COVID-19 is up to 50% higher in patients with diabetes than in those without⁶. However, the literature still lacks data that elucidate this correlation, which is a relevant topic for research since clarifying this relationship and the influence of other factors can lead to better clinical management of these patients.

Therefore, the objective of this study was to compare the clinical outcomes of people with and without DM2, infected by SARS-CoV-2, who developed Severe Acute Respiratory Syndrome in Brazil to understand the clinical evolution of COVID-19.

MATERIALS AND METHODS

This is an observational, cross-sectional, and documentary research carried out based on data from the compulsory notification forms of Severe Acute Respiratory Syndrome collected on the DATASUS platform, a Brazilian national database of the Ministry of Health.

The sample consisted of men and women with and without DM2, over 40 years of age, from all over the country, who were infected with SARS-CoV-2 in the period between February 22, 2020, and May 17, 2021, and evolved to the condition called Severe Acute Respiratory Syndrome (SARS) (person of any age, with flu-like syndrome and who has dyspnea or the following signs of severity: SpO2 saturation <95% in ambient air; Signs of respiratory distress or increase in respiratory rate assessed according to age; Worsening in the clinical conditions of the underlying disease; Hypotension in relation to the patient's usual blood pressure; or a person of any age with acute respiratory failure). Patients whose records did not contain the minimum necessary information were excluded from this research. The sample of people with DM2 consisted of 111,046 patients, and the sample of non-diabetic people was composed of 273,759 patients.

In the SARS compulsory notification form, the following variables were analyzed: Sex; Age (in years); Brazilian state of notification; Presence of diabetes; Test result for COVID-19; Need for hospital admission; Need for ICU admission; Case evolution (ignored, cured, and death). Regardless of the test result for COVID-19, those with a positive result in the molecular biology test for SARS-CoV-2 and/or antigenic test were considered positive.

After obtaining data, the following variables were categorized: sex: male or female; 'age: from 40 to 49 years old, 50 to 59 years old, 60 to 69 years old, 70 to 79 years old, 80 to 89 years old, 90 to 99 years old, and 100 years or over; Need for hospital admission: yes or no, and Need for ICU admission: yes or no; finally, the variable 'evolution' was categorized according to the filling in the notification form, divided into ignored, cured, and death.

The following variables 'hospitalization,' 'ICU admission,' and 'death' were considered the primary outcome. Forms with outcomes 'ignored' or did not contain information about the outcome were not considered for statistical analysis.

In addition to diabetes mellitus, comorbidities considered in the notification form were included in the analysis, namely: heart disease, hematologic disease, Down syndrome, liver disease, asthma, neurological disorders, pneumopathy, immunodepression, kidney disease, obesity, and others, to verify the influence of these comorbidities on the outcomes analyzed.

After the collection, the data were categorized in Excel ® and submitted to statistical analysis by the Biostat ® software. An ANOVA test showed that the data were non-parametric, and the Chi-Square Test for statistical inference compared the primary outcomes between the groups analyzed with a confidence interval of 95%.

RESULTS

From a total of 384,805 patients, 111,046 were people with DM2 and 273,759 without this disease. In the first group, the mean age was 67 years, and 52.7% were male. While for people without DM2, the average age was 63.9 years, and

57.3% were male. The other characteristics of each analyzed variable are shown in Table 1.

During the analyzed period, there were 369,735 hospitalizations, 135,344 ICU admissions, and 139,729 deaths, 96.0%, 35.1%, and 36.3%, respectively. Considering that the same patient could be hospitalized and admitted to the ICU, the data were considered as an absolute value, which includes the patient in more than one of the analyzed outcomes. The division between the diabetic and non-diabetic groups is shown in Table 1.

Hospitalizations in the group of people with DM2 were 108,063 (98.2%), slightly higher than the group of non-diabetics, which were 261,672 (97.3%). During the data analysis, 7,202 missing data regarding this outcome were recorded. The Chi-Square test found a statistically significant difference (p<0.0001) between the groups. Data regarding hospitalization in each group are shown in Table 2 and Graph 1.

The ICU admission found in the group of people with DM2 was 45,694 (43.7%), higher than that found in the non-diabetic group, 89,650 (37.3%). During the analysis of hospitalized patients, 36,166 missing data regarding ICU admission were recorded. The Chi-Square test found a statistically significant difference (p<0.001) between the groups. Data regarding ICU admission in each group are shown in Table 2 and Graph 1.

Deaths of diabetic patients were 47,188 (44.6%), higher than those of non-diabetics, which were 92,541 (35.7%). During the data analysis, 19,943 missing data regarding this outcome were recorded, 5,306 (4.7%) were diabetic, and 14,637 (5.3%) were non-diabetic. The Chi-Square test found a statistically significant difference (p<0.001) between the groups. Data regarding deaths in each group are shown in Table 2 and Graph 1.

In addition to diabetes, other comorbidities that may contribute to the outcome were considered, such as heart disease; hematologic disease; Down syndrome; liver disease; asthma; neurological disease; pneumopathy; immunodepression; kidney disease; obesity. These are listed in Table 1. The most prevalent in the groups analyzed were heart disease and obesity, among people with DM2 59.1% and 8.8%, and without DM2 31.8% and 5.0%, respectively.

	People with DM2	People without DM2
Total	111,046	273,759
Female	52,503 (47.3%)	117,072 (42.7%)
Male	58,543 (52.7%)	156,687 (57.3%)
Age: Average	67	63.97
40-49 years	9820 (8.8%)	52918 (19.3%)
50-59 years	21104 (19%)	60760 (22.1%)
60-69 years	32549 (29.3%)	61560 (22.4%)
70-79 years	29130 (26.2%)	51872 (18.9%)
80-89 years	15409 (13.9%)	35841 (13%)
90-99 years	2945 (2.6%)	10293 (3.7%)
More than 100 years	89 (0.0%)	515 (0.1%)
Primary outcomes		
Death	47188 (44.5%)	92541 (35.7%)
Hospitalization	108063 (98.2%)	261672 (97.3%)
ICU admission	45694 (43.7%)	89650 (37.2%)
Comorbidities		
Heart disease	65691 (59.1%)	87000 (31.8%)
Hematologic	943 (0.8%)	2032 (0.7%)
Down syndrome	72 (0.3%)	508 (0.1%)
Liver disease	1418 (1.3%)	2314 (0.8%)
Asthma	2878 (2.6%)	6717 (2.4%)
Neurological disease	5173 (4.66%)	11842 (4.3%)
Pneumopathy	5299 (4.77%)	11502 (4.2%)
Immunodepression	2864 (2.6%)	7594 (2.7%)
Kidney disease	8343 (7.5%)	9182 (3.3%)
Obesity	9764 (8.8%)	13900 (5.0%)
Other Comorbidities	39759 (35.8%)	73649 (26.9%)

Table 1. Sample baseline characteristics divided into their respective groups.

*The percentages presented refer to the total information, disregarding missing data.

DISCUSSION

This study showed that among people with and without DM2 infected with SARS-CoV-2, who developed SARS in the analyzed period, people with DM2 had a higher incidence of hospitalization, with 98.2% to 97.3%, ICU admission, 43.7% for 37.2%, and death, 44.5% for 35.7%. These results suggest that people with DM2 have a worse prognosis when compared to those without this disease, who had a similar clinical presentation.

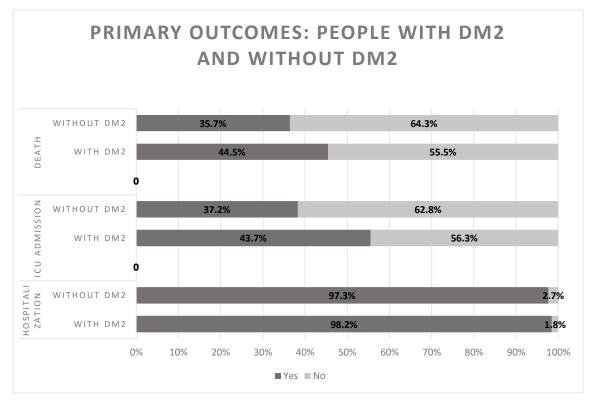
This finding is in line with what is established in the literature. DM2 is a risk factor for complications

and/or genesis of pathological states, especially those with an infectious cause with an associated inflammatory process. DM2 is associated with a chronic inflammatory state, with increased and constant production and release of pro-inflammatory cytokines. In addition, insulin resistance, the pathophysiological basis of DM2, is associated with a 50-60% higher risk of pulmonary infection^{7,8}. The literature also suggests that when added to the inflammatory process caused by SARS-CoV-2, this condition triggers a severe clinical condition, consequently resulting in worse prognoses⁸.

ulabeles mellitus.				
	With DM2	without DM2	Chi-Square	P-value
Hospitalization				
Yes	108063 (97.3%)	261672 (95.5%)	281.350	
No	1617 (1.4%)	6251 (2.2%)		< 0.001
Ignored	260 (0.2%)	947 (0.3%)		< 0.001
Missing data	1108 (0.9%)	4890 (1.7%)		
ICU admission				
Yes	45694 (41.1%)	89650 (32.7%)	1426.066	
No	36569 (32.9%)	144266 (52.6%)		< 0.001
Ignored	2156 (1.9%)	6579 (2.4%)		
Missing data	6583 (5.95)	33266 (12.1%)		
Deaths				
Yes	47188 (42.4%)	92541 (33.8%)	2526.523	< 0.001
No	56644 (51.0%)	161587 (59.0%)		< 0.001
Missing data	5183 (4.6%)	14637 (5.3%)		

Table 2. Primary outcomes (Hospitalization, ICU admission, and Death), divided according to the presence of type 2diabetes mellitus.

*The percentages presented refer to the total value of each group. For statistical analysis, just the 'yes' and 'no' answers for each outcome were considered.



Graph 1. Comparison between the percentages of the primary outcome within the groups with and without DM2. Only 'yes' and 'no' answers were considered.

The results observed in this study are in line with those presented in epidemiological studies of regions affected by COVID-19. A Swedish retrospective cohort, which analyzed severe cases of COVID-19 in people with DM2, observed a 2-fold greater chance for each separate outcome: hospitalization, ICU admission, and death, compared to the non-diabetic Swedish population⁹. Another retrospective cohort, carried out in Wuhan, China, with 258 patients hospitalized with COVID-19, similar to this study, predominantly male with a mean age of 64 years, showed that people with DM2 are more likely to develop a more severe clinical outcome from COVID-19, with more complications, higher rate of need for respiratory support, whether invasive or non-invasive, progressing to death, compared to non-diabetic patients (11.1% vs. 4.1%)¹⁰. A singlecenter, retrospective, observational study carried out at Tongji Hospital, the main reference for the treatment of COVID-19, in Wuhan, China, evaluated 193 hospitalized patients with severe COVID-19, with a mean age of 64 years and a predominance of male patients (59.1%), found that there was greater admission to the ICU of people with DM2 than nondiabetics (66.7% vs. 41.4%), and higher mortality (81.3% vs. 47.6%)¹¹.

The conclusions regarding the results have a limited scope since studies suggest that the severity of COVID-19 is related to glycemic and metabolic control, measured by Glycated Hemoglobin (HbA1c), and the database used for this research did not have this information available^{12,13}. In addition, another factor that influences the severity of COVID-19 includes the presence of other comorbidities. Due to the use of secondary data, information on adjacent comorbidities was inadequate¹³. Furthermore, it was difficult to analyze the document used to obtain data. The data requested by the notification form (Annex A) were incomplete since the document should be constantly updated according to the evolution of the patient's condition, the admission data referring to adjacent comorbidities contained much missing information, which is relevant to assess the probability of a worse prognosis. Due to the limitations presented, the results of this study should not be extrapolated to the entire DM2 population, considering its heterogeneity.

CONCLUSION

Despite the limitations presented, the results indicate that the risk for a worse prognosis in people with DM2, who have developed SARS due to COVID-19, is significant in Brazil. This finding indicates that such patients should receive special attention from health services, from health promotion to secondary prevention measures, including adequate treatment for DM2, with consequent metabolic control, improvement in quality of life, and reduction of risk of complications from diabetes. Moreover, further studies are needed to objectively demonstrate the real pathophysiological correlation between DM2 and SARS-CoV-2 to propose specific measures to prevent fatal outcomes in patients with this comorbidity who may develop COVID-19. It is also extremely important to develop a more objective document that provides information relevant to the patient's assessment and facilitates the proper completion of the requested data.

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Annex A

	Nº						
	SVIP Gripe - SSTEMA DEINFORMAÇÃO DE VIGLÂNCIA IPIDEMIOLÓGICA DA GRIPE						
_	MINISTÉRO DA SAÚDE SECRETARIA DE VIGIÁNCIA EM SAÚDE FICHA DE REGISTRO INDIVIDUAL - CASOS DE SÍNDROME RESPIRATÓRIA. AGUDA GRAVE HOSPITAUZADO- 27,07/2020						
disp colo seg ou (Par	O DE SÍNDROME RESPIRATÓRIA AGUDA GRAVE (SRAG-HOSPITALIZADO): Indivíduo com *SG que apresente: oneia/desconforto respiratório OU pressão pensistente no tórax OU saturação de O2 menor que 95% em ar ambiente OU oração azulada dos lábios ou rosto. (*SG: Indivíduo com quadro respiratório a gudo, cara cteriza do por pelo menos dois {2} dos uintes sinais es intomas : febre (mes mo que referida), calafrios, dor de garganta, dor de cabeça, toss e, coriza, dis túrbios ol fativos gustativos). a efeito de notificação no Sivep-Gripe, devem ser considerados os casos de SRAG hospitalizados ou os óbitos por SRAG ependente de hospitalização.						
1	Data do pre enchimento da ficha de notificação: 2 Data de 1ºs sintomas						
_							
3	3 UF: 4 Município: Código(IBGE):						
5	Unidade de Saúde: Código (CNES):						
	6 CPF do cidadão:						
E I	7 Nome: 8 Sexo: 1-Masc. 2- Fem. 9- Ign 9 Data de nascimento: 10 (Ou) Idade: 11 Gestante:						
S.	1-Dia 2-Més 3-Ano 1-1ª Trimestre 2-2ª Trimestre 3-3ª						
Dados do Paciente	12 Raça/Cor: 1-Branca 2-Preta 3-Amarela 4-Parda 5-Indigena 9-Ignorado 4-Ida de Gestadonal Ignorada 5-Não						
8	13 Se indígena, qual etnia?6+Não se a plica 9-ignora do						
Dad	14 Escolaridade: 0-Sem escolaridade/Analfabeto 1-Fundamental 1º ciclo (1º a 5º série) 2-Fundamental 2º ciclo (6º a 9º série) 3-Médio (1º ao 3º ano) 4-Superior 5-Não se a plica 9-Ignora do						
1	15 Ocupação: 16 Nome da mãe:						
	17 CEP:						
uci.	18 UF: 19 Município: Código (IBGE): I						
sidé	20 Bairro: 21 Logradouro (Rua, Avenida, etc.): 22 Nº:						
1 2							
l S	23 Complemento (apto, casa, etc): 24 (DDD) Telefone:						
Dados de residência	25 Zona: >-Utana 2-Runal 3-Perturbana 9-ignorado 26 País: (se residente fora do Brasil						
-	25 Zona:						
1	28 Se sim:Qual país? 29 Em qual local?						
1	30 Data da viagem: 31 Data do retorno:						
1	32 É caso proveniente de surto de SG que evoluiu para SRAG? 1-Sim 2-Não 9-Ignora do						
	33 Trata-se de caso noso comial (infecção adquirida no hospital)? 1-Sim 2-Não 9-ignorado						
	34 Paciente trabalha ou tem contato direto com aves, suínos, ou outro animal? [] 1-Sim 2-Não []3- Ou tro, qual 9-ignorado						
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_	Perda do olfato Perda do paladar Outros 36 Possui fatore s de risco/comorbidades? 1.4im 2-Não 9-Ignorado Se sim, qual(is)? (MarcarX)						
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ŝ,	Diabetes mellitus Doença Neurológica Crônica Outra Pneumopatia Crônica Imunodeficiência/Imunodepressão Doença Renal Crônica Obesidade, IMC						
1	Outros						
Dados Clínicos	37 Recebeu vacinacontra Gripe na última campanha? 38 Data da vacinação:						
1	1-Sim 2-Não 9-Ignorado						
	Se <6 meses: a mãe recebeu a vacina?						
	a mãe amamenta a criança? 1.5im 2-Não 9-ignorado						
	Se >= 6 mes es e <= 8 an os: Data da dose única 1/1: (dose única para crianças vacinadas em campanhas de anosanteriores) Data da 1ª dose: (1ª dose para crianças vacinadas pela primeira vez)						
	Data da 2ª dos e:						

	39	Usou antiviral para gripe? 1-Sim 2-Não 9-Ignorado	· - ·	40 Qual anti Zanamivir 3-Out			-Ose Itar	mivir 4	1	Data início do tratamento	
	42	42 Houve intemação?		2-Zanamivir 3-Outro, especifique: 43 Da ta da interna ção por SRAG :			4	44	UF de internação:		
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At	50						52 Data do Raio X:				
sde	1-Sim, invasivo 2-Sim, não invasivo			1-Normal 2-Infitrado intersticial 3-Consolit			Consciidação	·			
- Be		3-Não 9-Ignorado	4-Misto 5-Outro: 6-Não realizado 9-Ignorado			0					
õ	53 Aspecto Tomografia 1-Tipico COVID-19 2-Indeterminado COVID-19				-19	54		Data da tomografia:			
	3- Atipico COVID-19 4-Negativo para Pneumonia 54 5-Outro6-Não realizado 9-ignorado										
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	58					Tipo de	test	e nara ne	para pesquisa de antígenos virais:		
		Nº Requisição do GAL:			59					2-Teste rá pido antigênico	
	60	Data do resultado da peso	quisade an	itígenos:	61					nico: 1-positivo2-Negativo	
				-		3- Incon	clusi vo (4-Não realiza	ido 5-/	Aguardan do resultado 9-1 gnorado	
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	64 Resultado da RT-PCR/outro método por Data do resultado RT-PCR/outro método por Biologia										
		Biologia Molecular: Molecular:									
Liei:		1-Detectável 2-Não Detectável realizado 5-Aguardando resultado		/o 4-Não							
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	67	Laboratório que realizou R	RT-PCR/ou	itro método	porB	iologia N	Nolec	ular:	-	Código(CNES):	
	68								Data da coleta:		
		2-Outra, quai?			9-Igno						
	70	70 Tipo de Sorologia para SARS-Cov-2: 1-Teste rápido 2-Elisa 3-Químilumine solncia 71 Data do resultado:									
		Resultado do Teste Sorológico para SARS-CoV-2: IgG IgM IgA									
			Positivo 2-Negativo 3- Inconclusivo 4-Não realiza do 5-Agua rearesultado 9 Igno rado								
_		Classificação final do caso 1-SRAG por influenza 2-SR/		vírus respiratório			73	73 Critério de l 1- Labora torial		2- Clínico Epidemiológico	
Isão	12	3-SRAG por outro agente etiológico, qual						3-Clínico 4-Clínico-Imagem			
Conclusão	74	4-SRAG não especificado 5-SRAG por COVID-19 74 Evolução do Caso: 1-cura 75 Data da alta ou 76					76	Data do Encerramento:			
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Contributions

- Substantial contribution to the study design or data interpretation; Andrade CM, Geumaro EA, Borges FA, Jacomossi ACF.

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