

**Demographic and Clinical Characteristics of Patients Diagnosed with COVID-19 who  
Admitted to Provincial General Hospital, Kurunegala: A Retrospective Analysis**

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**Abstract**

Coronavirus disease 2019 (COVID-19) is a global pandemic. Its clinical manifestations can vary from asymptomatic to severe symptoms. Therefore, identifying the clinical characteristics of the disease is essential. A retrospective analysis was carried out to identify epidemiological and clinical factors and nursing documentation of patients diagnosed with COVID-19 admitted to the Provincial General Hospital Kurunegala (PGHK). This study included assessment of 780 bed head tickets, available at the medical record department of PGHK, of COVID-19 positive patients from 01<sup>st</sup> December 2020 to 31<sup>st</sup> May 2021. Socio-demographic data, clinical characteristics, and nursing chart documents were recorded. In data analysis, descriptive statistics were used. The results of the study revealed that the average time from admission to discharge was 1.4 days. The mean age of the patients was 45.92 (SD  $\pm$  19.34). The majority were males (64.2%), Sinhalese (90%), and had a contact history with a positive patient (32.8%). From the sample, 12.3% were asymptomatic. The common symptoms presented were fever (53.3%), sore throat (30.1%), cough (29.4%), shortness of breathing (23.8%), body ache (14.7%), cold (12.7%), headache (12.6%), myalgia (8.3%) and diarrhoea (2.8%). From the sample, 40.2% of participants reported co-morbidities such as diabetes mellitus (37.6%), hypertension (25.16%), ischemic heart disease (7.32%), bronchial asthma (8.92%), chronic kidney disease (10.19%), and dyslipidemia (11.15%). Patients have been transferred to 13 institutions, and the main institution was the District Hospital, Ambanpola (25.6%). From the sample, 2.43% were discharged, while 10% have died. The main reasons for death were pneumonia (49.8%), infections (17.5%), and other reasons (33.8%). Temperature charts (78.8%), Observation charts (13.1%), and fluid balance charts (12.6%) were the main nursing charts maintained. In conclusion, one out of eight patients is asymptomatic. The most typical symptoms of COVID-19 patients reported are fever, sore throat, and cough. Pneumonia is the main reason for COVID-19 related deaths. There is a need to reduce the time for diagnosis from admission. Limited nurses' documentation was identified: therefore, nursing documentation needs to be improved.

**Keywords:** COVID-19, clinical characteristics, demography, patients, Sri Lanka

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