### COVID-19 Clinical Case Management

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#### **COVID-19 Hospital Training of Trainers**



# **Clinical Case Management**



### **COVID-19 World MAP**



# World Update

Coronavirus Cases: 33,08,901 Deaths: 2,34,139 Recovered: 10,42,995

# India Update Coronavirus Cases: 35,043 Deaths: 1154

Recovered: 9,068

### Overview

- Presumed Pathophysiolgy
- Clinical Presentation
- Radiological findings
- Treatment protocol
- Oxygen therapy
- Immunotherapy
- ICU Indications

### Presumed Pathophysiolgy





Figure: Occurrence and outcome of severe acute respiratory syndrome coronavirus 2 viral sepsis

#### \*Spike proteins

\*Binds to heme part of Hb

\*Hemolysis

\* Hypoxia

\*Acute kidney Injury

\*Myocarditis

\*Encephalopathy

\*Cytokine storm



## L and H types Pneumonia

#### L Type

- Low elastance
- High compliance
- Low VQ ratio
- Low lung weight
- Low lung recruitability

Transition from L to H type.....

#### H type

- High elastance
- Low compliance
- High Right to Left shunt
- High lung weight
- High lung recruitability

### **Clinical presentation**

### **Case Definition**

#### When to suspect

All symptomatic individuals who have undertaken international travel in the last 14 days

or

All symptomatic contacts of laboratory confirmed cases

#### <u>or</u>

All symptomatic healthcare personnel (HCP)

#### <u>or</u>

All hospitalized patients with severe acute respiratory illness (SARI) (fever AND cough and/or shortness of breath)

#### <u>or</u>

Asymptomatic direct and high risk contacts of a confirmed case (should be tested once between day 5 and day 14 after contact)

Symptomatic refers to fever/cough/shortness of breath.

**Direct and high-risk contacts** include those who live in the same household with a confirmed case and HCP who examined a confirmed case.

### **Confirmed case**

• A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms

#### Types of COVID dedicated facilities



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All these facilities will follow strict infection prevention and control practices

#### COVID Care Center (CCC) (For

#### Group 1 category of cases)

1. For cases clinically assigned as **mild / very mild cases / suspect cases** 

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 Facilities can be setup in hostels, hotels, schools, stadiums, lodges etc. (Functional

#### Hospitals as last resort)

- 3. Separate areas for suspect and confirmed cases is mandatory
- 4. Attempt to be made to provide individual rooms for suspect cases
- 5. Every such Facility must be mapped to one or more Dedicated COVID Health Center

(DCHC) or Dedicated COVID Hospital (DCH) for referral.

- 6. Basic Life Support Ambulance(BSLA) with sufficient oxygen support 24\*7 to be available
- 7. HR may be roped-in from AYUSH doctors. (Training protocols and trained pool available)

Dedicated COVID Health Center (DCHC) (For Group

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2 Category of cases)

- 1. For cases clinically assigned as moderate
- 2. Full hospital or a block of hospital
- 3. Private hospitals also can be designated
- 4. Hospital will have separate areas for suspect and confirmed cases
- 5. Hospital to have beds with assured oxygen support
- Every such facility to be mapped with one or more Dedicated COVID Hospital (DCH)
- Basic Life Support Ambulance(BLSA) with sufficient oxygen support for ensuring safe transport

#### Dedicated COVID Hospital (DCH)



(For Group 3 Category of cases)

- 1. For cases clinically assigned as **severe**
- 2. Full hospital or a separate block in hospital
- 3. Private hospitals also can be designated
- 4. Hospitals to have ICUs, ventilator and beds with oxygen
- 5. Hospitals will have separate areas for suspect and confirmed cases
- 6. These Facilities are referrals centers for CCCs and DCHCs

#### Categorization of Patients



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2. Moderate Cases

3. Severe Cases

#### Mild and very Mild Cases (CCC)

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- 1. Cases with Fever and upper respiratory tract illness
- 2. Patients will be accommodated in Dedicated COVID Care Centers (CCC)
- 3. Patients will be tested for COVID 19 and till that time, they remain in *'suspected cases' section*
- 4. Patients tested positive will be moved to *'confirmed cases' section*
- 5. If tests are negative, patient will be given symptomatic treatment and discharged with prescribed medication
- 6. If any patients qualifies as moderate or severe, will be sifted to Dedicated higher

facility (DCHC or DCH)

#### Moderate Cases (DCHC)



- 1. Pneumonia with no signs of severe disease(SpO2 90-94%)
- 2. Cases with above symptoms to be referred directly and admitted in the Dedicated

COVID Health Centers (DCHC)

- 3. Allopathic doctors in DCHCs will assess severity as per Protocols
- 4. Till test results are declared, suspect Cases will be kept in *'suspect case' section* of

DCHCs

- 5. Patients tested positive will be shifted to *'confirmed cases' section*
- 6. Patients tested negative will be shifted to non COVID hospital for further management.
- If any patient qualifies as severe, case will be shifted to Dedicated COVID Hospital (DCH)

#### Severe Cases (DCH)

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- Severe Pneumonia (respirator rate>30/min and SpO2< 90%) or ARDS or Septic shock
- 2. Cases with above symptoms to be referred directly and admitted in the

Dedicated COVID Hospitals (DCH) till test results are obtained

3. Patients tested positive will remain in ICU and receive

treatmentas per standard treatment protocol

# SIRS (Systemic Inflammatory Response Syndrome)

Two or more of: Temperature >38°C or <36°C Heart rate >90/min Respiratory rate >20/min or PaCO<sub>2</sub> <32 mm Hg (4.3 kPa) White blood cell count >12 000/mm<sup>3</sup> or <4000/mm<sup>3</sup> or >10% immature bands



Brain

- confusion, lethargy, coma
- Lungs
  - hypoxemia, acute respiratory distress syndrome
- Cardiovascular
  - hypotension, hypoperfusion, shock
- Kidney
  - oliguria, elevated creatinine, acute kidney injury
- Liver
  - transaminitis, elevated bilirubin
- Gastrointestinal
  - ileus
- Hematologic
  - coagulopathy, thrombocytopenia
- Lactic acidosis



### Algorithm for Isolation of Cases



### Radiological Findings



### Ashwini Hospitals Day 1 X-Ray

#### Day 4

#### X-Ray of COVID-19 patient at Cuttack











We can make out air bronchograms within this meaning this represents consolidation

There is similar opacity within the peripheral right mid zone

#### theRadiologist

It is now more important than ever to review the periphery of the lung



Bilateral peripheral consolidation should make you consider COVID-19 infection

Look at these small lucencies within the opacification these are 'air bronchograms'

This means we can definitely call this consolidation

### LEARNING POINTS

Carefully assess CXRs for peripheral consolidation during the COVID-19 pandemic

Remember COVID-19 can present as abdominal pain

theRadiologist





Diagnosis?

Swipe for explanation





Note the central lung is relatively spared (white arrow) compared with the outer lung (yellow arrow)


theRadiologist

# Bilateral peripheral consolidation should now make you consider COVID-19



there is bilateral peripheral ground-glass opacity characteristic of COVID-19





#### theRadiologist

# COVID-19 CXR Review Areas

Fubes and lines in place?

Check apices for pneumothorax and incidental tumour

Central consolidation?

Invert the film

Central consolidation?

Difference to previous films?

> Check behind the heart for consolidation

Pleural effusion?

**Check lung periphery** Caution with overlying soft tissue

> Can you see hemidiaphragms clearly?

Pleural effusion?

Check lung p

eri

hd

er

Caution with overlying soft tissue



### But below this there is increased opacity



















### Lung USG







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#### EDITORIAL

**Critical** Care

**Open Access** 

heck for



COVID-19 pneumonia: ARDS or not?

Luciano Gattinoni<sup>1\*</sup>, Davide Chiumello<sup>2</sup> and Sandra Rossi<sup>3</sup>

Fig. 1 In these 2 patients were recorded the following variables: type 1 lung weight (1192 g), gas volume (2774 ml), percentage of non-aerated tissue (8.4%), venous admixture (56%), P/F (68), and respiratory system compliance (80 ml/cmH<sub>2</sub>O); type 2 lung weight (1441 g), gas volume (1640 ml), percentage of non-aerated tissue (39%), venous admixture (49%), P/F (61), and respiratory system compliance (43 ml/cmH<sub>2</sub>O)

#### EDITORIAL

#### COVID-19 pneumonia: different respiratory treatments for different phenotypes?



Luciano Gattinoni<sup>1\*</sup>, Davide Chiumello<sup>2</sup>, Pietro Caironi<sup>3,4</sup>, Mattia Busana<sup>1</sup>, Federica Romitti<sup>1</sup>, Luca Brazzi<sup>5</sup> and Luigi Camporota<sup>6</sup>



**Fig. 1** a CT scan acquired during spontaneous breathing. The cumulative distribution of the CT number is shifted to the left (well-aerated compartments), being the 0 to -100 HU compartment, the non-aerated tissue virtually 0. Indeed, the total lung tissue weight was 1108 g, 7.8% of which was not aerated and the gas volume was 4228 ml. Patient receiving oxygen with venturi mask inspired oxygen fraction of 0.8. b CT acquired during mechanical ventilation at end-expiratory pressure at 5 cmH<sub>2</sub>O of PEEP. The cumulative distribution of the CT scan is shifted to the right (non-aerated compartments), while the left compartments are greatly reduced. Indeed, the total lung tissue weight was 2744 g, 54% of which was not aerated and the gas volume was 1360 ml. The patient was ventilated in volume controlled mode, 7.8 ml/kg of tidal volume, respiratory rate of 20 breaths per minute, inspired oxygen fraction of 0.7

## **Treatment Protocols**

# Drugs

- Hydroxychloroquine
- Azithromycin
- Anti virals
- Immuno modulators- Taclizumab
- Steroids
- Anti coagulation
- Vitamin C
- Plasma therapy
- Ulinastatin

### **Early Supportive Therapy and Monitoring**

### ANTIMICROBIALS

- Empiric administration covering like pathogens
- In sepsis introduce in first hour
- Consider CAP, HCAP, Sepsis
- > Local epidemiology, susceptibility data
- Can cover Neuraminidase inhibitor for influenza

### CONSERVATIVE FLUID MANAGEMENT IF NO SHOCK

### **Early Supportive Therapy and Monitoring**

### CORTICOSTEROIDS

- Not routinely advised
- > No survival benefits (SARS)
- > Adverse effects
  - Avascular necrosis,
  - Psychosis,
  - Diabetes and
  - Delayed vial clearance.

# Hydroxychloroquine

- Prophylactic 400mg BD on day 1 followed by 400mg once a week for 6 weeks
- \*Therapeutic- 400mg BD followed by 200mg BD for 5 -7 days. Evolving evidence .
- ICMR, USA

Frie and Gbinigie, CEBM, 2020; Yao et al., Clin Infect Dis, 2020; Liu et al., Nature, 2020; Wang et al., Cell Res, 2020; Gautret et al., mediterranee-infection, 2020; Lane at al., medRxiv, 2020

#### Hydroxychloroquine and chloroquine () in vitro and in vivo



# Azithromycin

- Being used
- Atypical Pneumonias
- Combination with HCQ is an issue
- QT prolongation with arrythmias
- Quinolones and Doxycycline .....

# Anti virals

- Lopinavir, Ritonavir, Oseltamivir
- Being used



### Dexamethasone treatment for the acute respiratory distress syndrome: a multicentre, randomised controlled trial



Jesús Villar, Carlos Ferrando, Domingo Martínez, Alfonso Ambrós, Tomás Muñoz, Juan A Soler, Gerardo Aguilar, Francisco Alba, Elena González-Higueras, Luís A Conesa, Carmen Martín-Rodríguez, Francisco J Díaz-Domínguez, Pablo Serna-Grande, Rosana Rivas, José Ferreres, Javier Belda, Lucía Capilla, Alec Tallet, José M Añón, Rosa L Fernández, Jesús M González-Martín for the dexamethasone in ARDS network\*

	Dexamethasone group (n=139)	Control group (n=138)	Between-group difference (95% Cl)	p value
Ventilator-free days at 28 days	12-3 (9-9)	7.5 (9.0)	4·8 (2·57 to 7·03)	<0.0001
All-cause mortality at day 60	29 (21%)	50 (36%)	-15·3% (-25·9 to-4·9)	0.0047
ICU mortality	26 (19%)	43 (31%)	-12·5% (-22·4 to -2·3)	0.0166
Hospital mortality	33 (24%)	50 (36%)	-12·5% (-22·9 to -1·7)	0.0235
Actual duration of mechanical ventilation in ICU survivors, days	14-2 (13-2)	19·5 (13·2)	-5·3 (-8·4 to -2·2)	0.0009
Actual duration of mechanical ventilation in survivors at day 60, days	14-3 (13-3)	20.2 (14.0)	-5·9 (-9·1to-2·7)	0.0004
Adverse events and complications*				
Hyperglycaemia in ICU	105 (76%)	97 (70%)	5·2% (-5·2 to 15·6)	0.33
New infections in ICU	33 (24%)	35 (25%)	1.6% (-8.5 to 11.7)	0.75
Barotrauma	14 (10%)	10 (7%)	2.8% (-4.0 to 9.8)	0.41

Data are n (%) or mean (SD). ICU=intensive care unit. \*Data included the period from randomisation to day 10 (for hyperglycaemia) and from randomisation to ICU discharge (for new infections and barotrauma).

Table 2: Outcomes, adverse events, and complications

Russell et al., The Lancet, 2020; Villar et al., The Lancet, 2020

#### Corticosteroids SARS-CoV and ARDS

In patients with SARS, no clinical data exist to indicate a benefit, but potential for increased risk of harm From ARDS, low dose dexamethasone may reduce mortality and requirement for mechanical ventilation \*Moderate to Severe ARDS got 20mg IV Dexa for D1-5, 10mg OD for D6-10.

Reduced ventilator free days and all cause mortality

What do we do ?

# Anti coagulation

- Prothrombotic state
- Incidences of thrombo-embolic phenomenon more
- Pulmonary embolism and thrombotic events in nervous system
- More with cytokine surge
- D dimer and deranged PT, aPTT, INR ,platelet count
- Anticoagulation with LMWH and unfractionated heparin



### **Specific Therapy**

#### **Specific therapy**

- NO SPECIFIC ANTIVIRALS have been proven to be effective as per currently available data. However, based on the available information (uncontrolled clinical trials), the following drugs may be considered as an off – label indication in patients with severe disease and requiring ICU management:
- Hydroxychloroquine (Dose 400mg BD for 1 day followed by 200mg BD for 4 days) in combination with Azithromycin (500 mg OD for 5 days) under close monitoring including QTc interval.
- The above medication is presently not recommended for children less than 12 years, pregnant and lactating women.
- These guidelines are based on currently available information and would be reviewed from time to time as new evidence emerges.

# Oxygen Therapy

# Oxygen therapy

- Target Spo2 85-92%
- Pao2 >= 55 mmHg
- Oxygen by nasal canula / mask/ venturi mask/ Reservoir mask

High Flow nasal canula

### CPAP/ BIPAP/ NIV

#### Oxygen Therapy



Oxygen Canula (1-4litresO2/min)



Oxygen Reservoir Mask -8-15 L/min



Face Mask – O2 4-8Lires/min

Nasal Canula ( o2)	FiO2
1 L	25%
2L	29%
3L	33%
4L	37%





Disadvantage -

Increased generation of aerosols Patient co operation Non availability in many centres

# Immuno Therapy

#### **Convalescent Plasma Therapy**

Transfuse sera of patients who have recovered

Presumed to have antibodies which may help

Evidence yet to evolve

Expert opinions . USA , UK, Kerala

Hematology support

## Immuno Modulators

Aldoning et al., ChinaAlv, 2020; Oritel et al., meukalv, 2020



HLH syndrome – Histiocytic Hemo phagolytic Syndrome

Profound marrow suppression

# Vaccination

# Management of Septic Shock

# **Septic Shock**

- Adults: persisting hypotension despite volume resuscitation, requiring vasopressors to maintain MAP ≥65 mmHg and serum lactate level >2 mmol/L
- Children: any hypotension (SBP <5th centile or >2 SD below normal for age) or 2-3 of the following: altered mental state; tachycardia or bradycardia (HR <90 bpm or >160 bpm in infants and HR <70 bpm or >150 bpmin children); prolonged capillary refill (>2 sec) or warm vasodilation with bounding pulses; tachypnea; mottled skin or petechial or purpuric rash; increased lactate; oliguria; hyperthermia or hypothermia

Shock in COVID-19 – what we know so far..



- Shock in COVID
  - 1-5% patients
  - 20-35% of ICU patients
- Type of shock !
  - Septic/cardiogenic
  - Cardiac injury 7-23% patients

(China, JAMA 2020)

Shock (?myocarditis) as cause of death in 40%
patients in ICU (China, Int Care Med 2020)

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### Management of Septic shock

- □ Recognize septic shock in adults when infection is suspected or confirmed AND vasopressors are needed to maintain mean arterial pressure (MAP) ≥65 mmHg AND lactate is < 2 mmol/L, in absence of hypovolemia.
- Fluid resuscitation : Adult : 30ml /kg.
- Isotonic crystalloids (NS / RL) <3hrs.</p>
- Don't use hypotonic crystalloids (Hydroxy ethyl starch)
- Avoid volume overload
- Administer central venous catheter & measure central venous pressure
#### Management of Septic shock

- Judicious use of norepinephrine, epinephrine, vasopressin, dopamine.
- Reserved dopamine for selected patients with low risk of tachyarrhythmia or bradycardia.
- Monitor : MAP, Urine output >0.5ml/ kg. per hour.

Skin mottling, consciousness,

lactate.

#### **Management of Septic shock**

Other therapeutic measures : to decrease the body's inflammatory response, glucocorticoids can be used for a short period of time (3 to 5 days) dose should not exceed the equivalent of methylprednisolone 1 – 2mg/kg/day larger dose of glucocorticoid will delay the removal of coronavirus due to immunosuppressive effects

#### Volume status - IVC







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# Early supportive therapy and monitoring

- Use **conservative fluid management** in patients with SARI when there is no evidence of shock
- Patients with SARI should be treated cautiously with intravenous fluids, because aggressive fluid resuscitation may worsen oxygenation, especially in settings where there is limited availability of mechanical ventilation

## Early supportive therapy and monitoring

- Closely monitor patients with SARI for signs of clinical deterioration, such as rapidly progressive respiratory failure and sepsis, and apply supportive care interventions immediately
- Application of timely, effective, and safe supportive therapies is the cornerstone of therapy for patients that develop severe manifestations of nCoV

# Early supportive therapy and monitoring

- Understand the patient's co-morbid condition(s) to tailor the management of critical illness and appreciate the prognosis
- During intensive care management of SARI, determine which chronic therapies should be continued and which therapies should be stopped temporarily
- Communicate early with patient and family
- Communicate **proactively** with patients and families and provide support and prognostic information
- Understand the patient's values and preferences regarding lifesustaining interventions

#### Admit in Hospital when..

- Tachypnea (RR>24/min)
- $\text{SpO}_2 < 94\%$  on room air ( $\text{PaO}_2/\text{FiO}_2 < 300$ )
- Signs of hypoperfusion
  Low BP, altered mentation
- Risk of severe disease
  - Age >60
  - DM, HTN, immunocompromised
  - Chronic lung/cardiac/renal/hepatic disease



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### Who gets admitted to ICU?

- Tachypnea/ Resp distress
- Requiring oxygen
- Low BP
- Altered sensorium
- Other organ dysfucntion- Acute kidney Injury, Hepatitis, coagulopathy.

### **Unique features**

- Cytokine storm
- Flooding of the lungs with bilateral peripheral opacities
- Necrotic lungs
- Profound vasodilatation
- Leukopenia
- High Ferritin and CRP
- High D dimer ... in order of thousands
- AKI

### Prognosis :

- Case Fatality Rate
- Maximum Death Age Group
- Maximum Death Comorbidity

- : 2.3%
- : >60 years
- : Hypertension 6% Diabetes 6% CVD 10% Cancer 5% COPD 6% : 2.8 to 1.7%

• M – F mortality SARS (10%) MERS (37%)

### Poor prognostic marker :

- Bacterial and Fungal co-infection
- Old age, Obesity & presence of comorbidity
- MuLBSTA score >12 predictor of mortality
  - Multilobar infiltration : 5 points
  - Lymphophenia (lymphocytes) <0.8 x 109) : 4 points
  - Bacterial co-infection: 4 points
  - Smoking History : Acute smoker : 3 points
    - Quit smoker : 2 points

• Hypertension

- : 2 points
- Age >60 years
- : 2 points

### Cause of mortality

- Cytokine storm
- Secondary Sepsis
- Co morbidities
- Immunosuppressed
- Lack of timely intervention







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# Thank you

