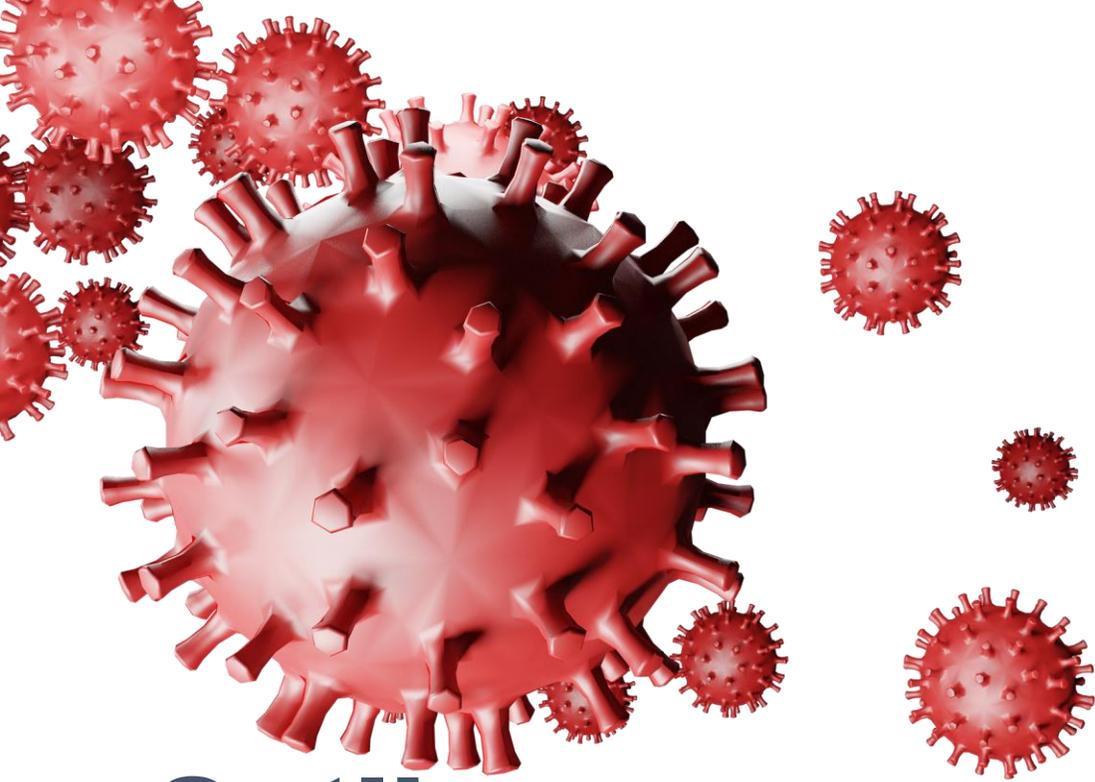


**TRC**  
**EIDCC**  
Thai Red Cross  
Emerging Infectious Diseases  
Clinical Center

# **Management of COVID-19: Diagnosis and Treatment**

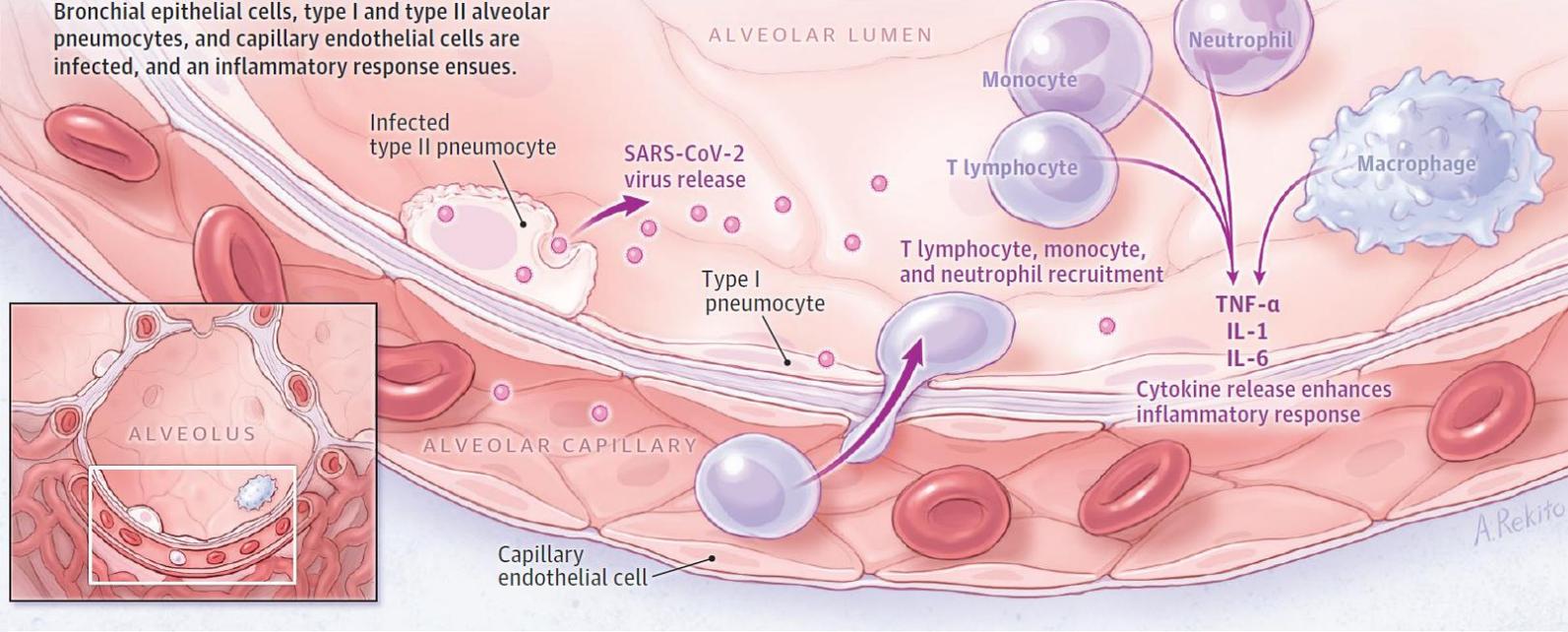
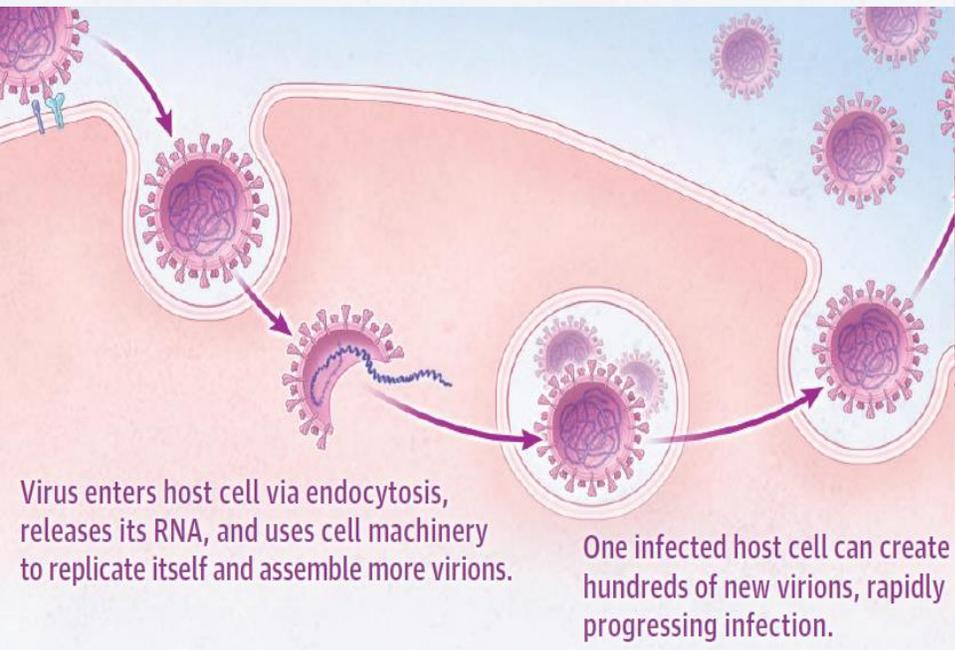
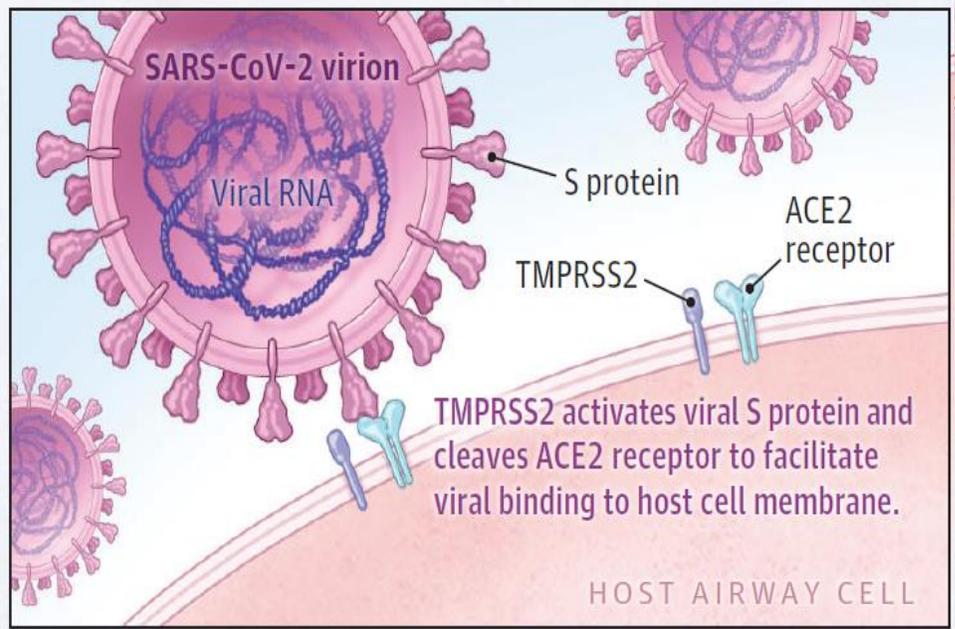
**OPASS PUTCHAROEN M.D.**



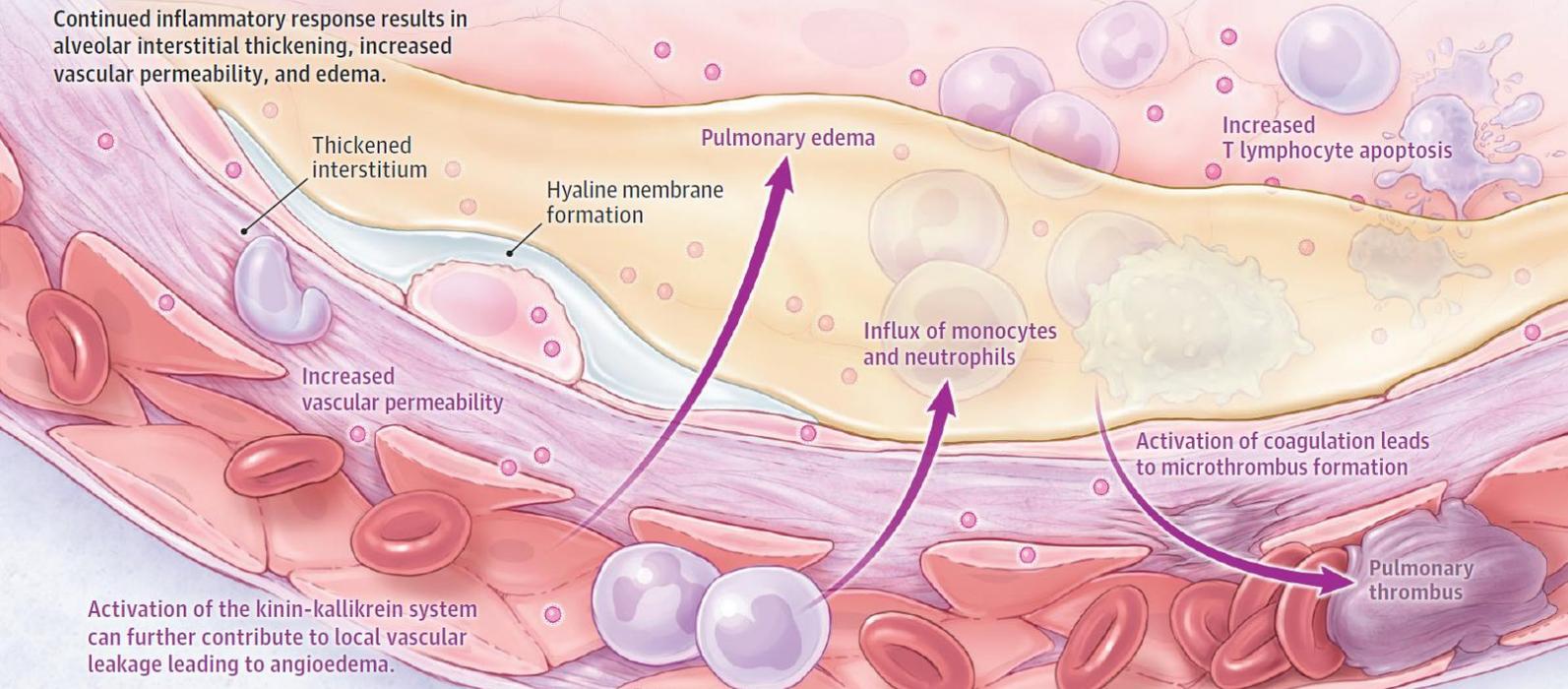
## **Outline:**

- Diagnosis**
- Review of treatment**
- Pharmacologic options**

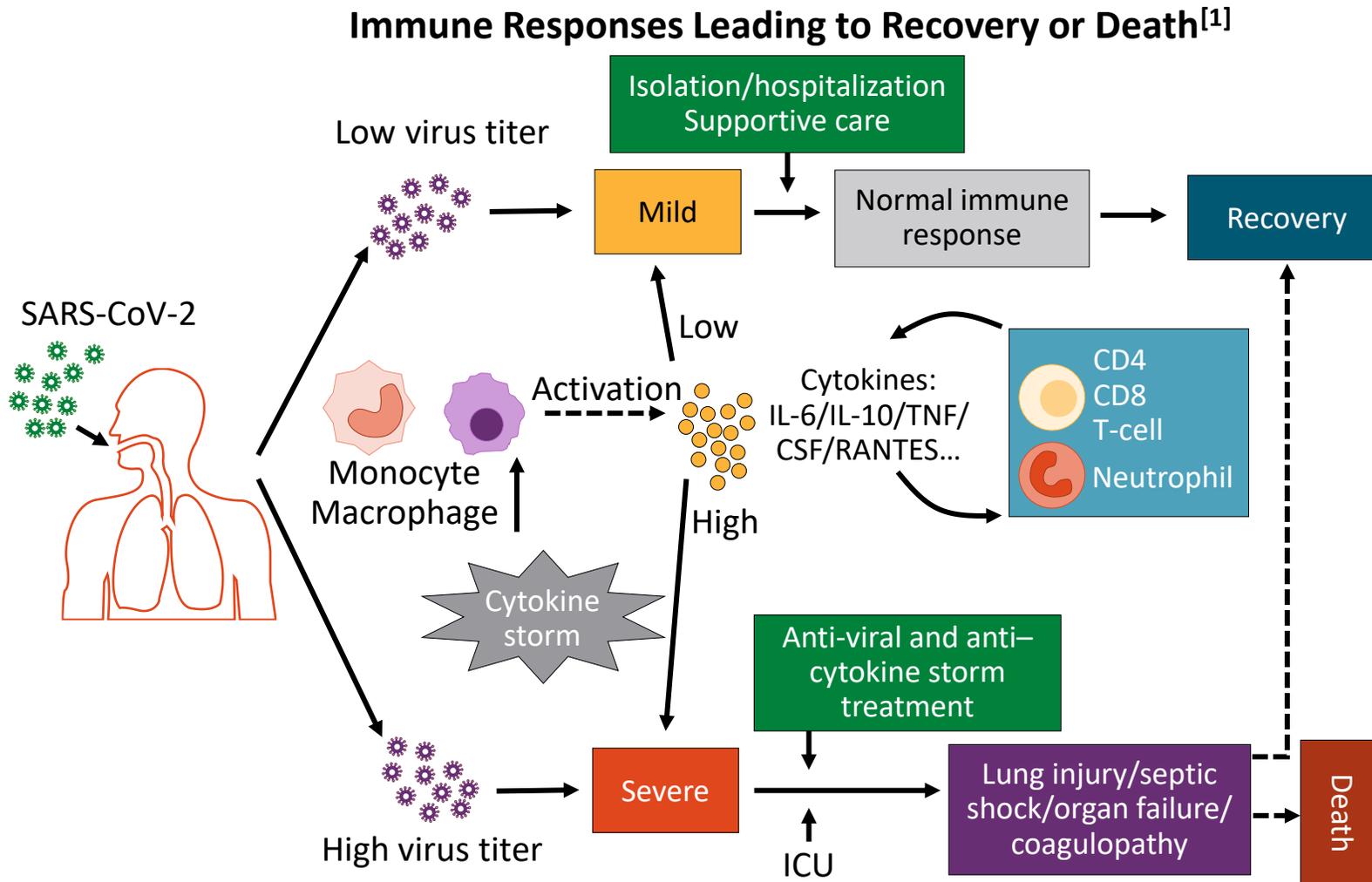
**A** SARS-CoV-2 viral infection of host airway cells



**C** Late-stage COVID-19



# COVID-19: infection and immunity



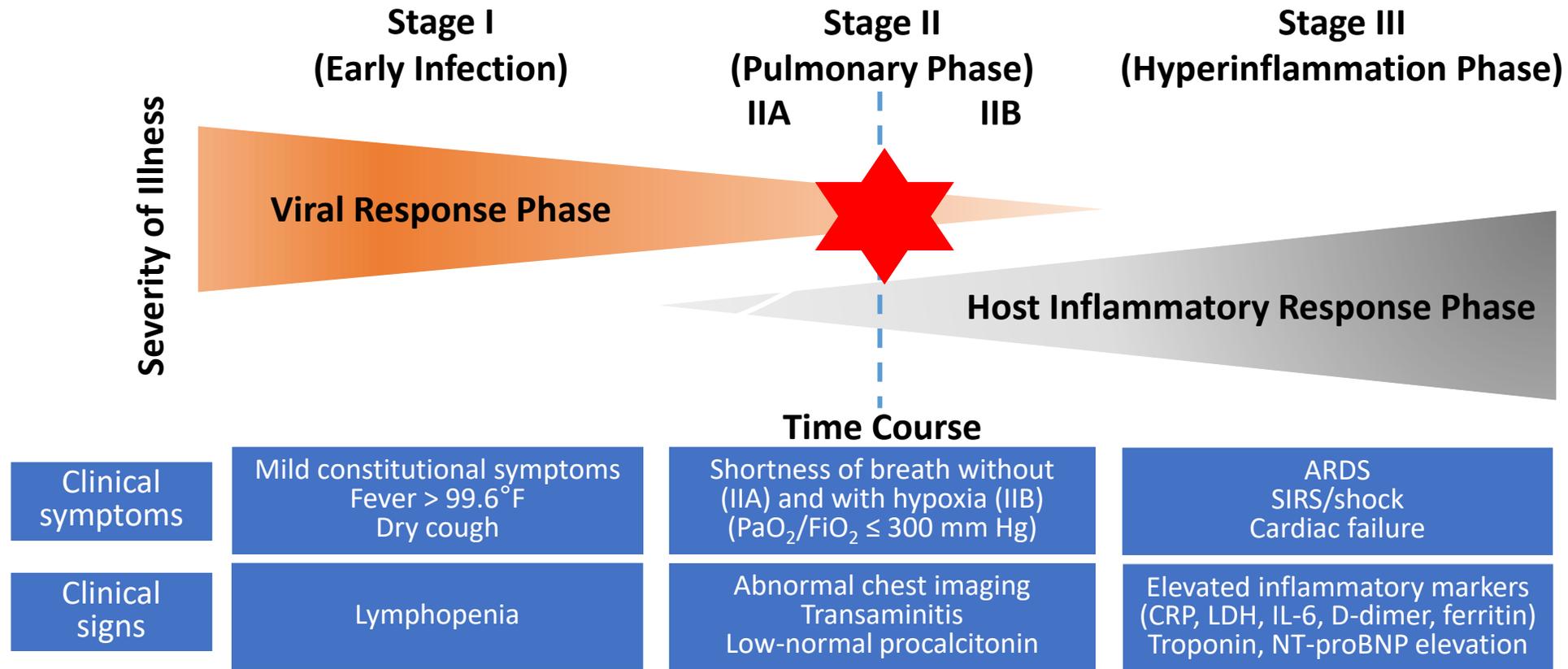
## Adequate immune responses<sup>[2]</sup>

- Timely innate/adaptive responses
- **Quick type 1 IFN response**
- Activation of efficient antiviral response (clearance by macrophages)
- Activation of Th1 cells and B-cells for production of neutralizing antibodies

## Inadequate immune responses<sup>[2]</sup>

- Delayed/limited type 1 IFN
- Endothelial cell death
- Epithelial/endothelial leakage
- Overactivation/exhaustion T-cells and NK cells
- Accumulation of activated macrophages → cytokine storm

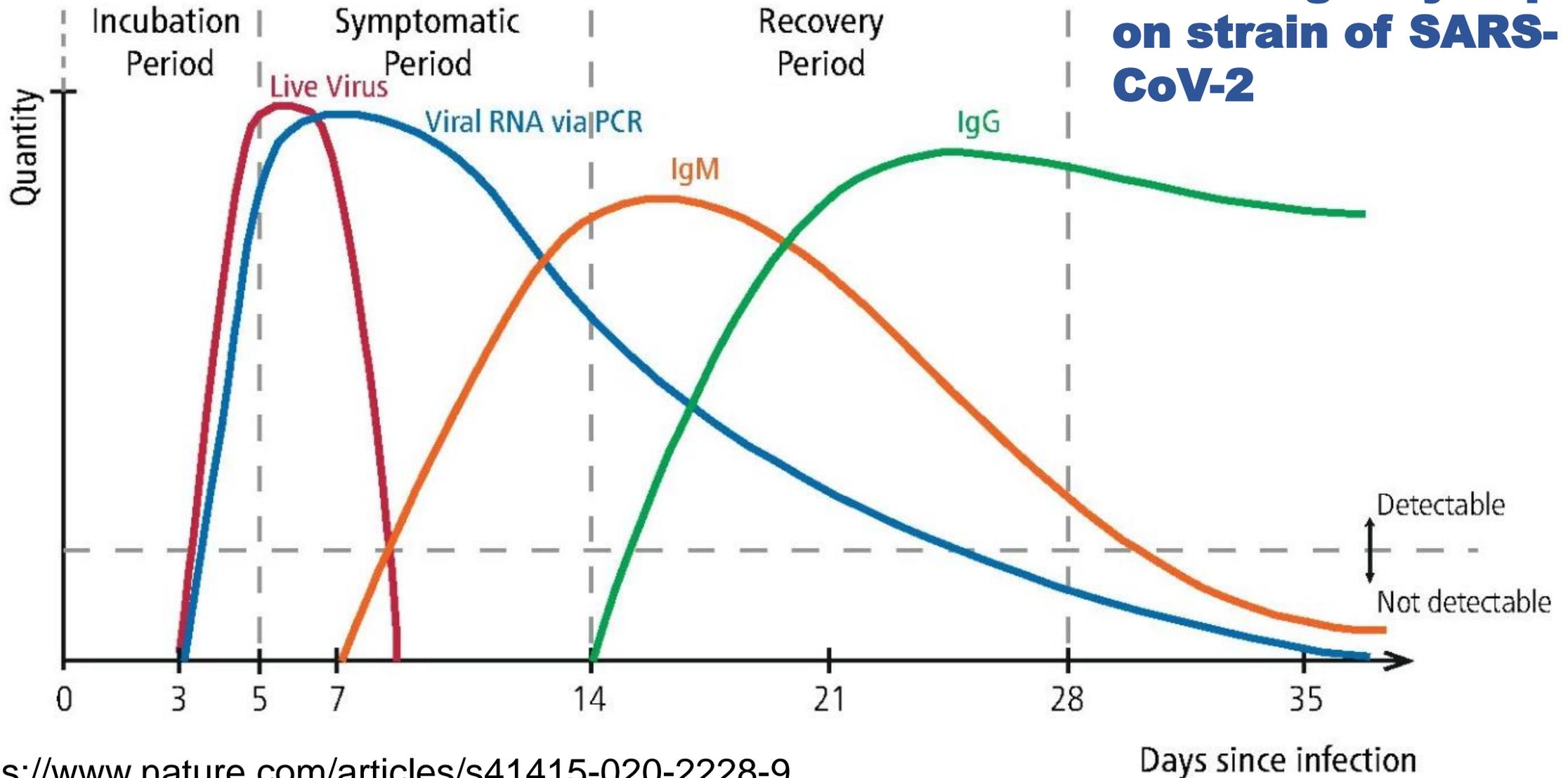
# COVID-19 at Different Stages



# Diagnosis

**\*\*Duration of viral shedding may depend on strain of SARS-CoV-2**

## What Test



# Diagnosis

## What Test

- **Nucleic acid amplification testing (NAAT)**, most commonly with a **reverse-transcription polymerase chain reaction (RT-PCR) assay**, to detect SARS-CoV-2 RNA from the upper respiratory tract is the preferred initial diagnostic test for COVID-19
- **Preferred types of specimens**
  - Nasopharyngeal swab specimen
  - Oropharyngeal swab specimen
  - Saliva specimen
  - Sputum

## Consideration:

- High analytic sensitivity and specificity in ideal settings.
- Clinical performance depends on the type and quality of the specimen and the duration of illness at the time of testing.
- Reported false-negative rate ranges from <5 to 40%, depending on the test used

# Diagnosis

## Nucleic acid amplification testing (NAAT)-RT-PCR

### Consideration: Test sensitivity

- **Type of specimen:** Lower respiratory tract specimens may have higher viral loads and be more likely to yield positive tests than upper respiratory tract specimens
- **Duration of illness:** Too early infection may cause false negative
- **NAAT assays:** There are differences in the limit of detection among **the major commercial** and retesting samples on different platforms may yield conflicting results

### **Cautions:**

**Negative RT-PCR may be false negative --**

**In patient with high suspicion of COVID-19, repeated test is recommended**

# Diagnosis

## Nucleic acid amplification testing (NAAT)

### Cycle threshold — The cycle threshold (Ct)

- Refers to the number of cycles in an RT-PCR assay needed to amplify viral RNA to reach a detectable level.

**The Ct value can thus indicate the relative viral RNA level in a specimen (with lower Ct values reflective of higher viral levels)**

- Laboratories generally do not provide the Ct value with the qualitative NAAT result, although it can be obtained upon request for some testing platforms.

# Diagnosis

## Serology

- Serologic tests detect antibodies to SARS-CoV-2 in the blood, and those that have been adequately validated can help **identify patients who previously had SARS-CoV-2 infection as well as patients with current infection who have had symptoms for three to four weeks**
- Detectable antibodies generally take several days to weeks to develop; **IgG usually develops by 14 days after onset of symptoms**
- **They have very limited utility for diagnosis in the acute setting**
- Individual results should be interpreted with caution in settings of low seroprevalence; serologic tests that have high specificity still have a low positive predictive value

# Diagnosis

## Antigen testing as an alternative to NAAT

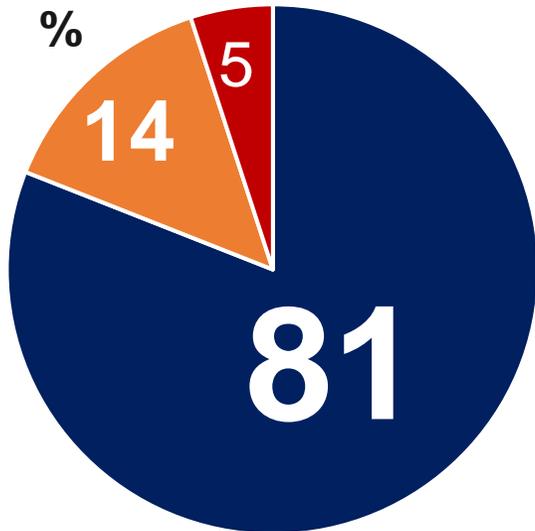
- Tests that detect SARS-CoV-2 antigen can be performed rapidly and at the point of care and thus may be more accessible with a faster time to results than some NAATs.
- Antigen tests are typically **less sensitive than NAATs**
- Antigen tests may be useful **alternatives to NAAT** for diagnosis of SARS-CoV-2 symptomatic individuals who are thought to be in the early stages of infection
- Other situations: Asymptomatic individual with exposure or serial screening in congregate settings

# Practical points on diagnosis

- Do not use serology for identification of acute infection
- **Negative test from RT-PCR or antigen test does not mean no infection**
- **Repeated test may be needed on some individuals**
- Previous infection of SARS-CoV-2 may cause persistent positive RT-PCR for weeks
- **Symptomatic/severe COVID-19 may cause prolonged shedding with high probability of transmission**

# Clinical Management: Clinical parameters for prediction of severe COVID-19

■ Mild ■ Severe ■ Critical



## Who is at risk for severe COVID-19

- Elderly
- **chronic health conditions** such as cardiovascular disease, DM, immunosuppression and obesity
- Men >> Women
- Some racial and ethnic groups such as Black and Hispanic

**The mortality in the critically ill group was 49%.**

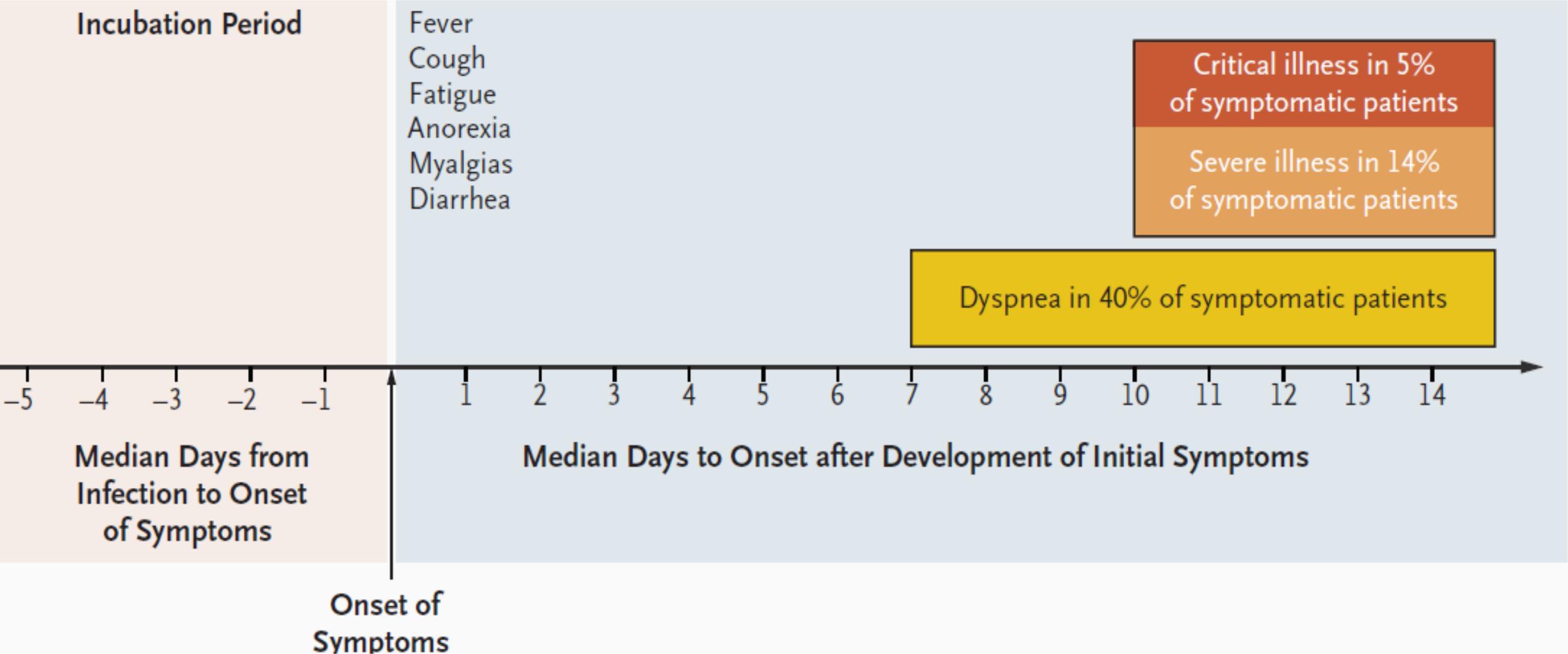
## Definition of severe COVID-19

- RR of 30 or more breaths per minute
- Blood oxygen saturation of 93% or less
- A ratio of the partial pressure of arterial oxygen to the fraction of inspired oxygen (Pao<sub>2</sub>:Fio<sub>2</sub>) of less than 300 mm Hg
- Pulmonary infiltrates in more than 50%

# Key clinical manifestations of COVID-19

- **Pathogenesis: infection and inflammation (early and late phase)**
- **Asymptomatic and presymptomatic transmission**
- **Most cases: asymptomatic and mild symptomatic infection**
- **Clinical course is dynamic with progression to severe disease in high-risk group**
- **Most of severe disease occurs after 1<sup>st</sup> week after symptoms**

# When the patient progress to severe COVID



# Management in severe COVID



## Respiratory

- Oxygen supplement therapy
- Mechanical ventilation



## Pharmacologic treatment

- Antivirals
- Anti-inflammatory agents

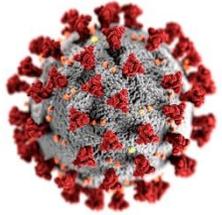


## Supportive care

- Adequate fluid management
- Renal replacement therapy
- Thromboprophylactic therapy



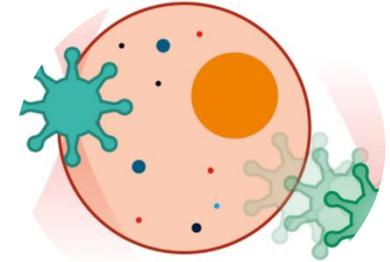
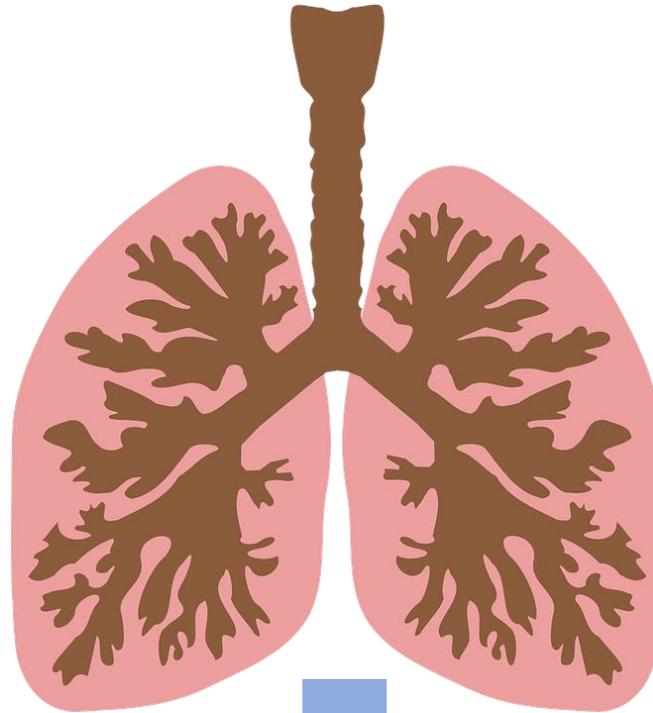
# Management of COVID-19 pneumonia:



**Virus**

## Antiviral agents:

- **Remdesivir**
- **Favipiravir**
- **HCQ&CQ**
- **IVIG**
- **Protease inhibitors**
- **Ribavirin**
- **IFN**
- **Convalescent plasma**



**Immune overactivity**

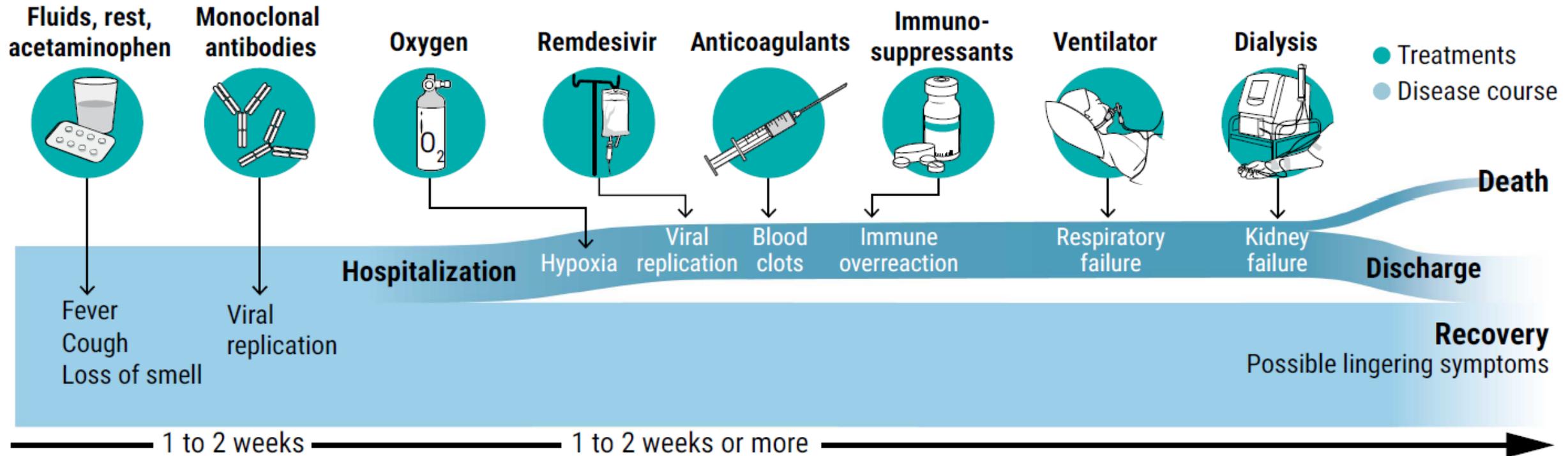
## Cytokine release syndrome:

- **Anti IL-6 monoclonal Ab: tocilizumab**
- **Extracorporeal therapies**
- **Corticosteroid**

## Respiratory support

- **Mechanical ventilation**
- **ECMO**

# Timing and interventions



**Monoclonal antibodies** appear to reduce risk of hospitalization in outpatients at high risk of severe disease—provided patients can access them.

**Oxygen**, delivered through nasal prongs, a mask, or an invasive breathing tube, is crucial to COVID-19 care. But how it's administered varies among hospitals.

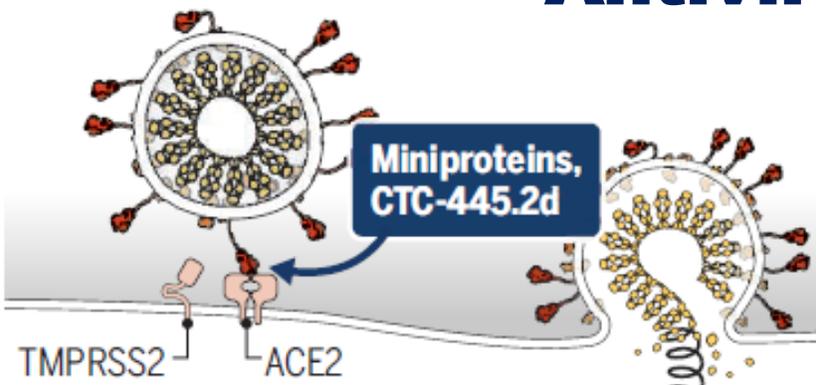
**The antiviral remdesivir** is widely used in hospitalized patients, but evidence is mixed on its ability to shorten hospital stays; it hasn't been shown to improve survival.

**Anticoagulants** can prevent blood clots that are common in COVID-19 patients, but physicians must weigh the risk of bleeding when deciding the right dose.

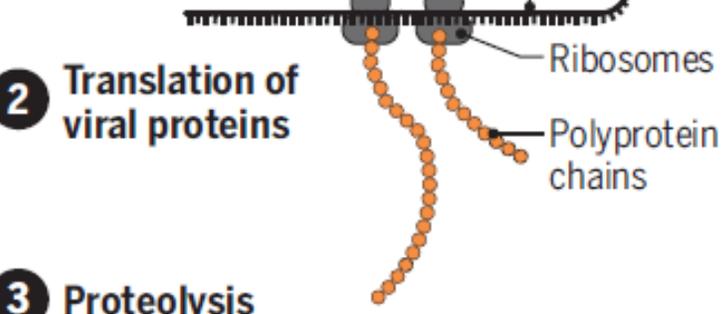
**The immunosuppressant drugs** dexamethasone and tocilizumab have both reduced mortality in large clinical trials of hospitalized patients, showing that it's possible to tame the potentially deadly inflammation that characterizes severe disease.

# 1 Attachment and entry

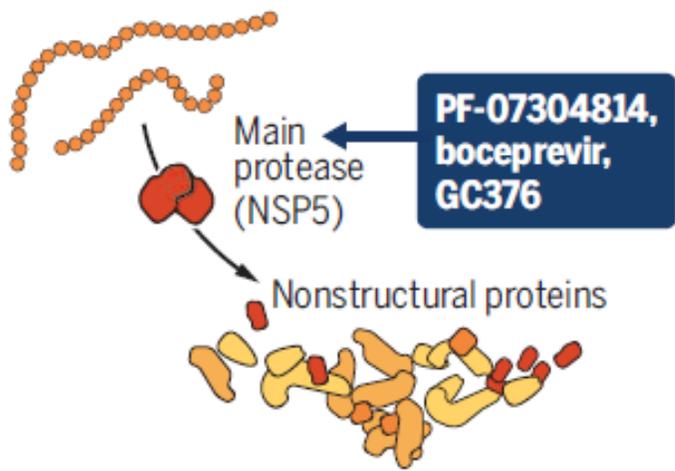
# Antiviral therapy for COVID-19



# 2 Translation of viral proteins

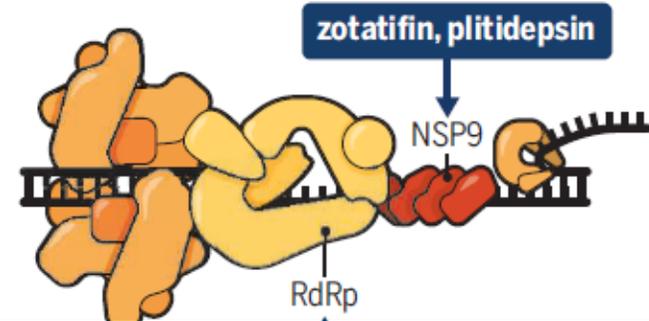
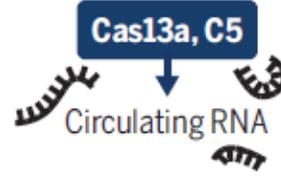


# 3 Proteolysis



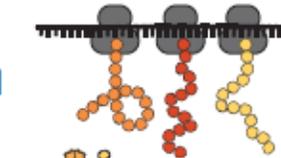
# 4 RNA replication

Replication transcription complex

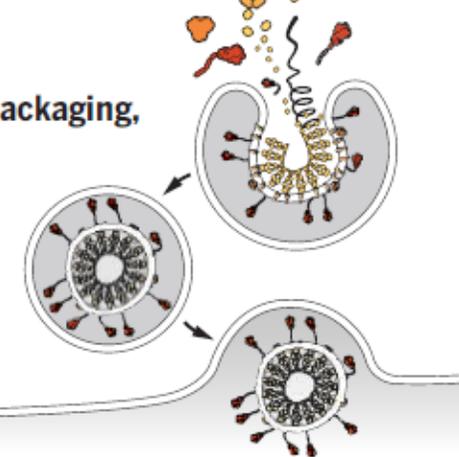


remdesivir, favipiravir, triazavirin, ribavirin, galidesivir, molnupiravir, AT-527

# 5 Transcription and translation of structural and accessory proteins



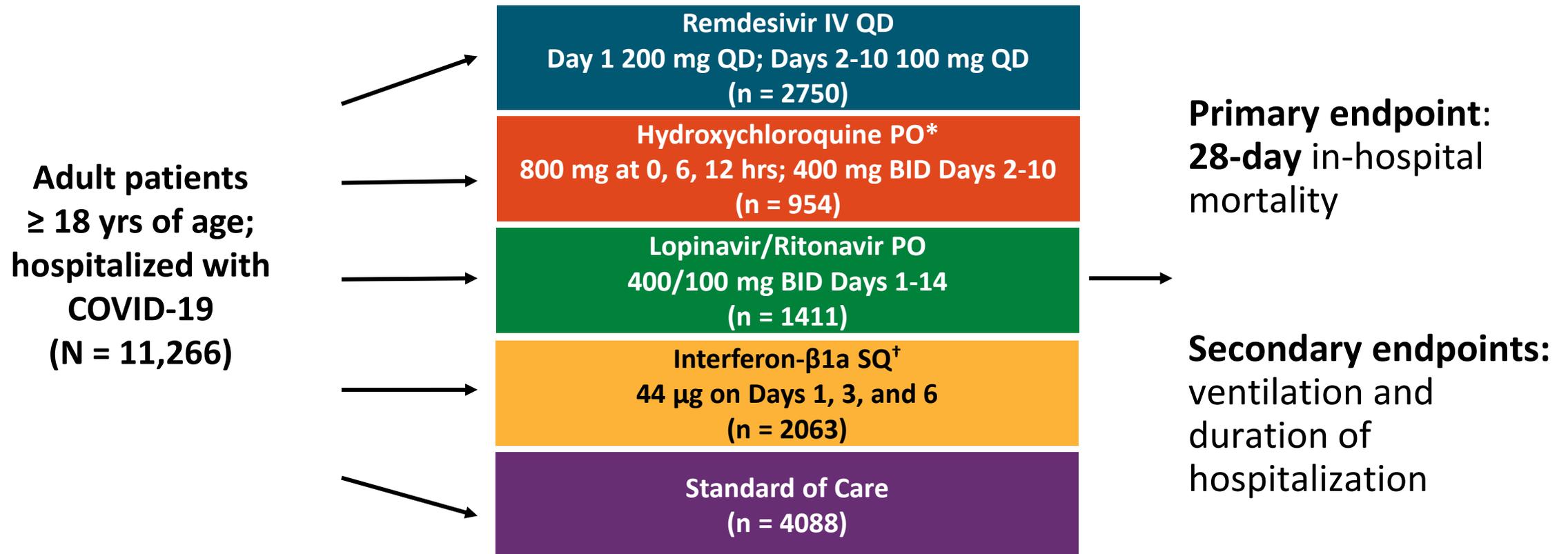
# 6 Assembly, packaging, and release



# WHO SOLIDARITY Trial: Antiviral Drugs to Treat Hospitalized Patients With COVID-19

See the investigational treatments section for these data

- Adaptive, open-label, randomized phase III trial conducted in 405 hospitals in 30 countries

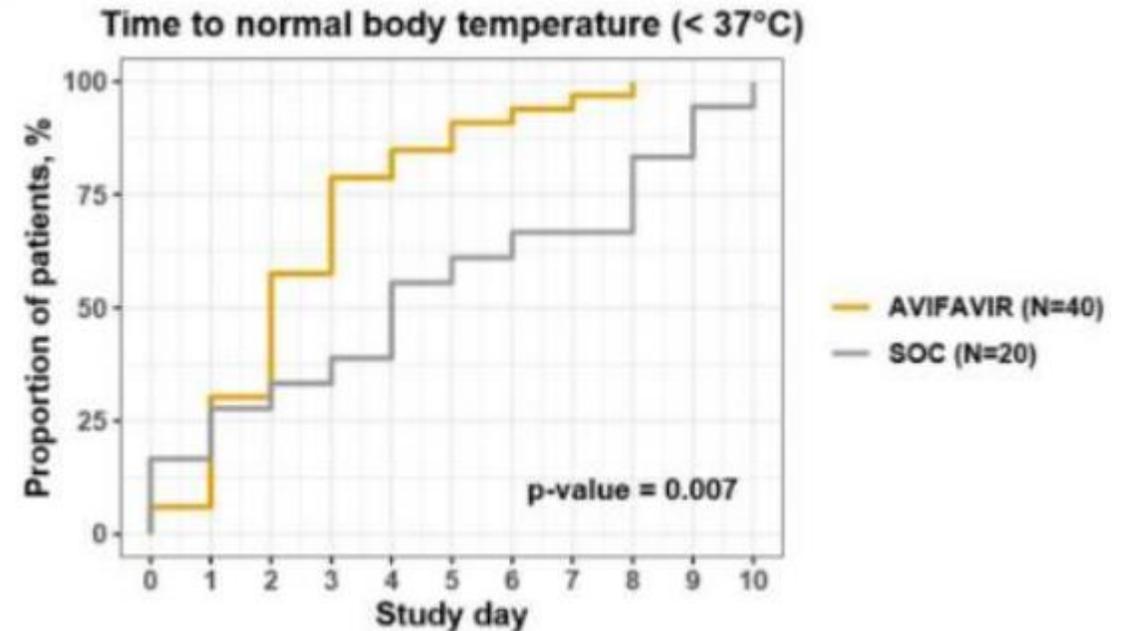
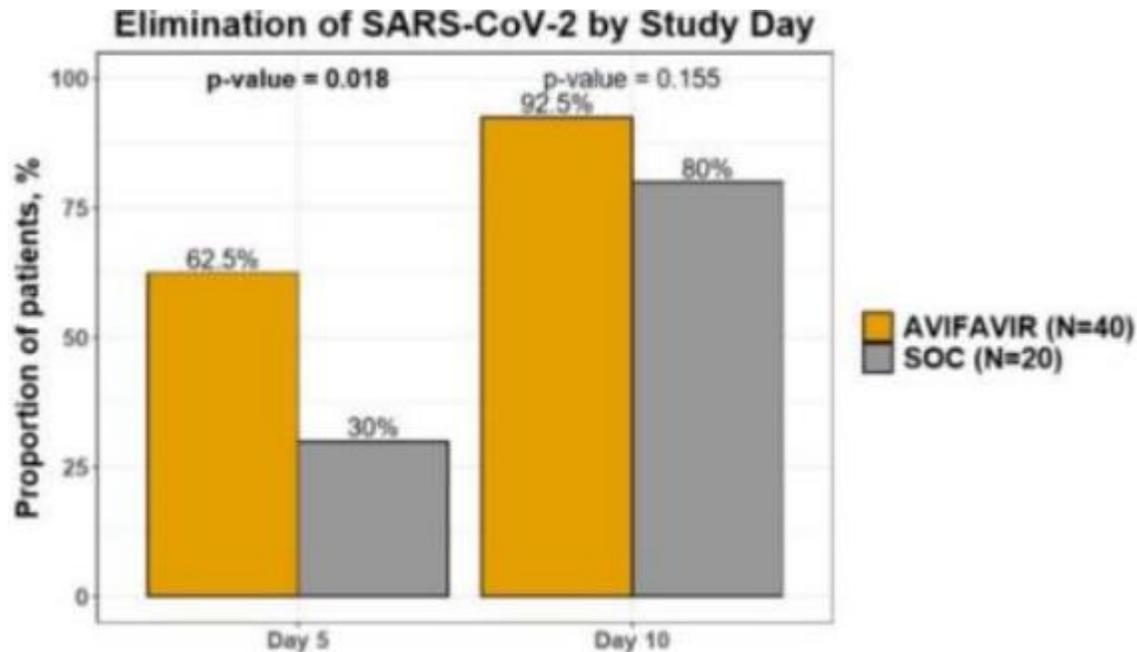


\*If administered through nasogastric tube, loading dose of 600 mg BID followed by 400 mg QD for 9 days.

†Given with LPV/RTV until July 4, 2020 (n = 651). Patients on high-flow oxygen, ventilators, or ECMO were given 10 μg IV daily for 6 days.

# Favipiravir

- In May 2020 the Russian Ministry of Health granted fast-track marketing authorization to RNA polymerase inhibitor AVIFAVIR (favipiravir) for the treatment of COVID-19 patients.
- In the pilot stage of Phase II/III clinical trial, AVIFAVIR enabled SARS-CoV-2 viral clearance in 62.5% of patients within 4 days, and was safe and well-tolerated.



SOC=hydroxychloroquine or chloroquine

# Favipiravir is indicated for high risk patients with mild infection or mild pneumonia



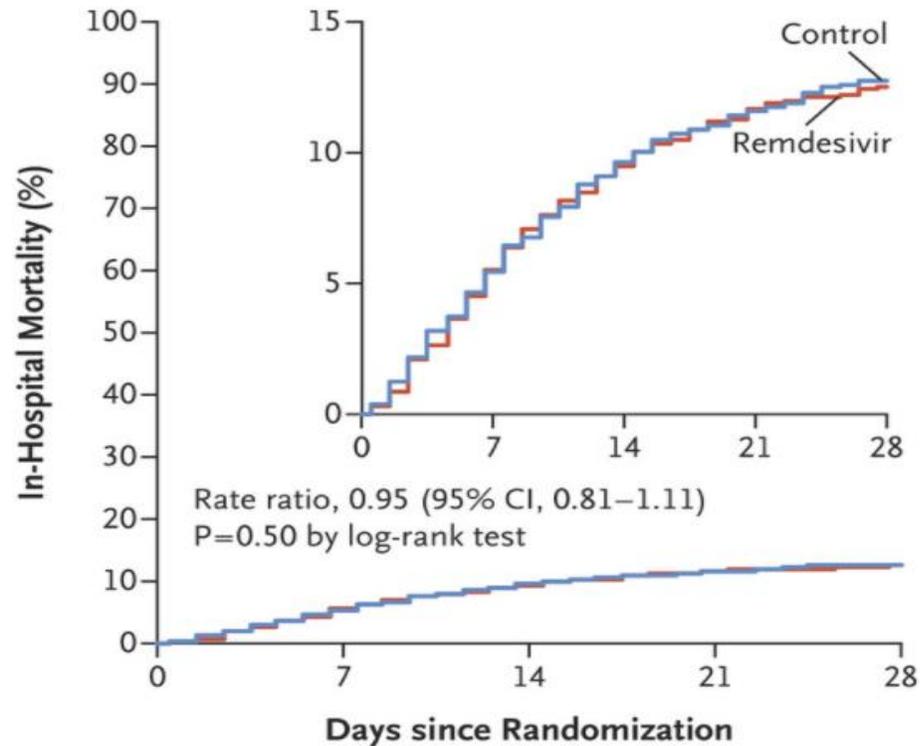
ผู้ป่วยที่ไม่มีอาการ หรือมีอาการไม่รุนแรง แต่มีปัจจัยเสี่ยงต่อการเป็นโรครุนแรง หรือมีโรคร่วมสำคัญ หรือผู้ป่วยที่มีปอดบวม (pneumonia) เล็กน้อย (COVID-19 with risk factors for severe disease or having co-morbidity or mild pneumonia) ปัจจัยเสี่ยงข้อใดข้อหนึ่งต่อไปนี้ ได้แก่ อายุ >60 ปี โรคปอดอุดกั้นเรื้อรัง (COPD) รวมโรคปอดเรื้อรังอื่น ๆ โรคไตเรื้อรัง (CKD) โรคหัวใจและหลอดเลือด รวมโรคหัวใจแต่กำเนิด โรคหลอดเลือดสมอง เบาหวานที่ควบคุมไม่ได้ ภาวะอ้วน (น้ำหนักมากกว่า 90 กก.) ตับแข็ง ภาวะภูมิคุ้มกันต่ำ และ lymphocyte น้อยกว่า 1,000 เซลล์/ลบ.มม. หรือผู้ป่วยที่ไม่มีปัจจัยเสี่ยงแต่มีแนวโน้มที่จะมีความรุนแรงของโรคมากขึ้น

- แนะนำให้นอนโรงพยาบาล อย่างน้อย 14 วัน นับจากวันที่เริ่มมีอาการ หรือจนกว่าอาการจะดีขึ้น
- แนะนำให้ favipiravir โดยเริ่มให้ยาเร็วที่สุด ให้ยาวนาน 5 วัน หรือ มากกว่า ขึ้นกับอาการทางคลินิกตามความเหมาะสม หรือปรึกษาผู้เชี่ยวชาญ
- อาจพิจารณาให้ corticosteroid ร่วมกับ favipiravir ในกรณีที่มีผู้ป่วยมีอาการและภาพถ่ายรังสีปอดที่แย่ง คือ มี progression of infiltrates หรือค่า room air SpO<sub>2</sub> ≤96% หรือพบว่า มี SpO<sub>2</sub> ขณะออกแรงลดลง ≥3% ของค่าที่วัดได้ครั้งแรก (exercise-induced hypoxia)

# Repurposed Antiviral Drugs for Covid-19 — Interim WHO Solidarity Trial Results

WHO Solidarity Trial Consortium\*

## A Remdesivir vs. Its Control



### Denominator

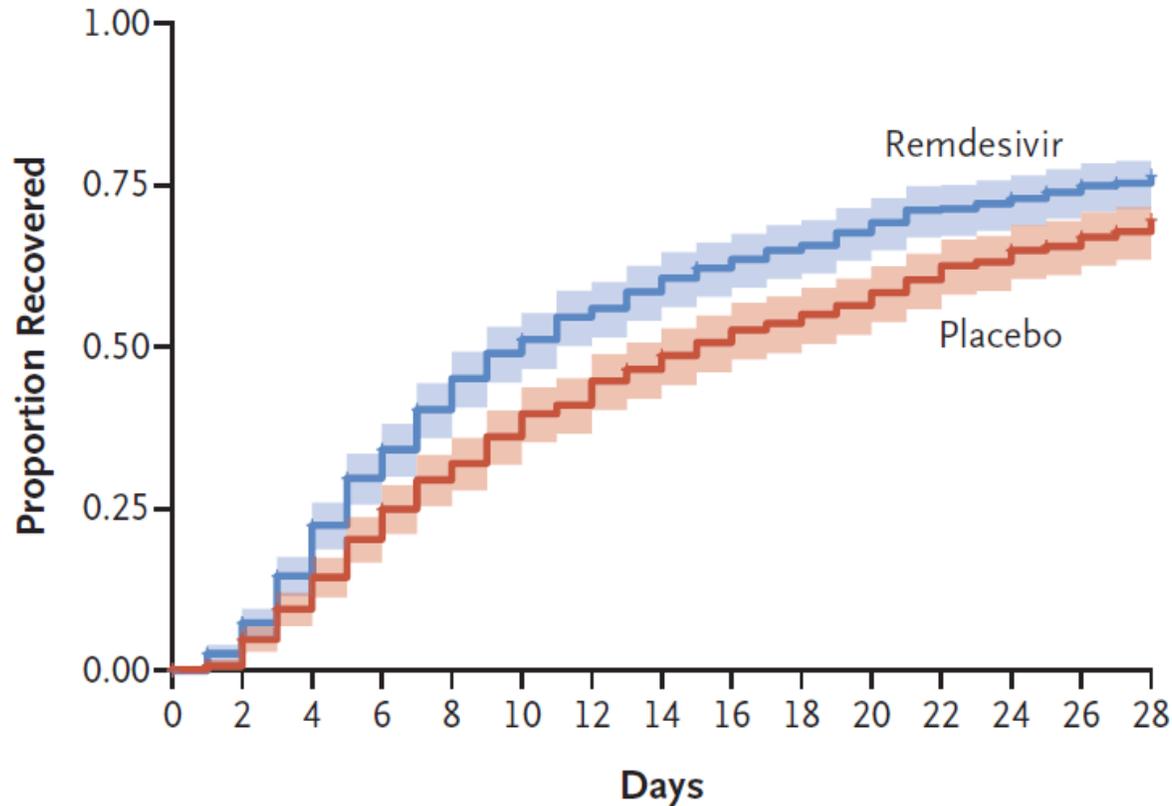
Remdesivir	2743	2159	2029	1918	1838
Control	2708	2138	2004	1908	1833

### No. Who Died

Remdesivir	129	90	48	18	16
Control	126	93	43	27	14

- **Multinational, randomized open-label trial**
- At 405 hospitals in 30 countries, N=11,330 adults underwent randomization; 2750 were assigned to receive remdesivir, 954 to HCQ, 1411 to LPV (without interferon), 2063 to IFN (including 651 to IFN plus LPV)
- 4088 to no trial drug
- Death occurred in 301 of 2743 patients receiving remdesivir and in 303 of 2708 receiving its control (rate ratio, 0.95; 95% confidence interval [CI], 0.81 to 1.11; P=0.50)
- Remdesivir, HCQ, LPV, and IFN regimens had little or no effect on hospitalized patients with Covid-19, as indicated by overall mortality, initiation of ventilation, and duration of hospital stay.

## A Overall



### No. at Risk

Remdesivir	541	513	447	366	309	264	234	214	194	180	166	148	143	131	84
Placebo	521	511	463	408	360	326	301	272	249	234	220	200	186	169	105

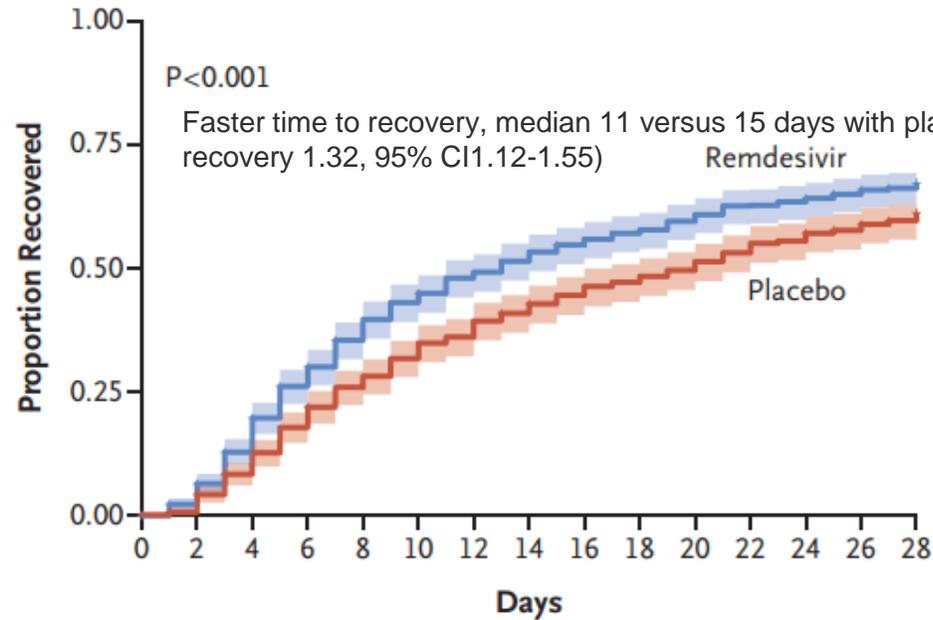
- Overall, there was a trend towards lower 29-day mortality that was not statistically significant (11.4 versus 15.2 percent with placebo, HR 0.73, 95% CI 0.52-1.03).
- Among the subset of patients who were on oxygen supplementation but did not require high-flow oxygen or ventilatory support (either noninvasive or invasive), there was a statistically significant mortality benefit at that time point (4.0 versus 12.7 percent, HR 0.30, 95% CI 0.14-0.64).

**Remdesivir was superior to placebo in shortening the time to recovery in adults who were hospitalized with Covid-19**

# Remdesivir in severe disease

**Evidence for a clinical benefit of remdesivir is strongest for patients with severe disease who do not require high-flow supplemental oxygen or ventilatory support**

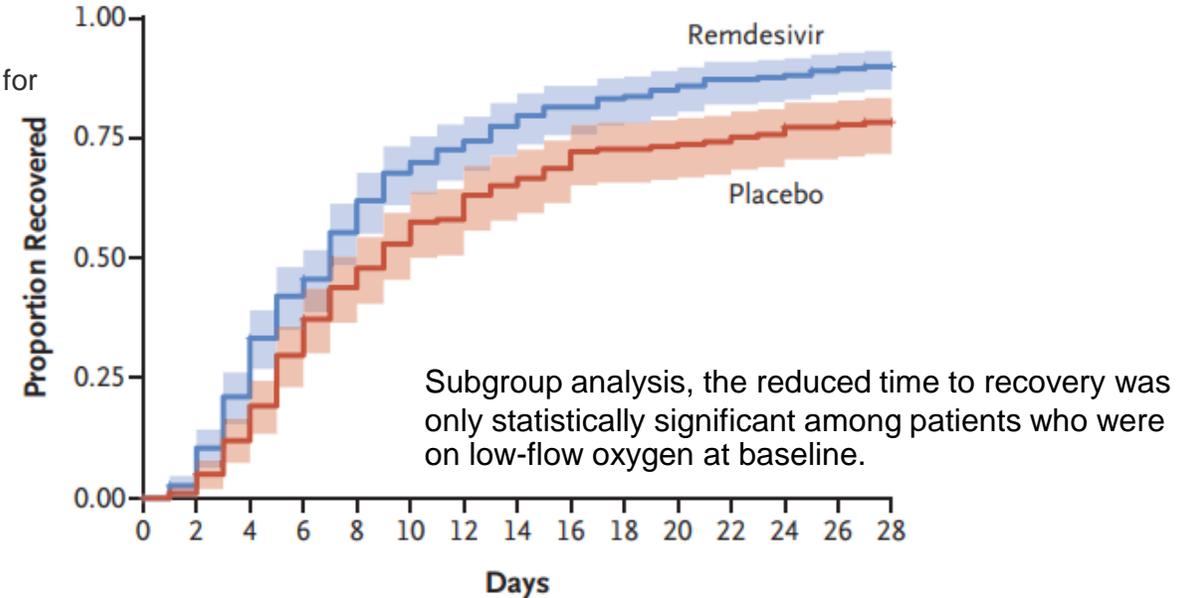
**A Overall**



**No. at Risk**

Remdesivir	541	513	447	366	309	264	234	214	194	180	166	148	143	131	84
Placebo	521	511	463	408	360	326	301	272	249	234	220	200	186	169	105

**C Patients Receiving Oxygen**



**No. at Risk**

Remdesivir	232	223	181	132	101	73	62	51	42	38	34	29	28	24	13
Placebo	203	199	175	140	111	93	83	69	62	54	53	51	48	44	28

**Remdesivir was superior to placebo in shortening the time to recovery in adults hospitalized with Covid-19 and evidence of lower respiratory tract infection.**

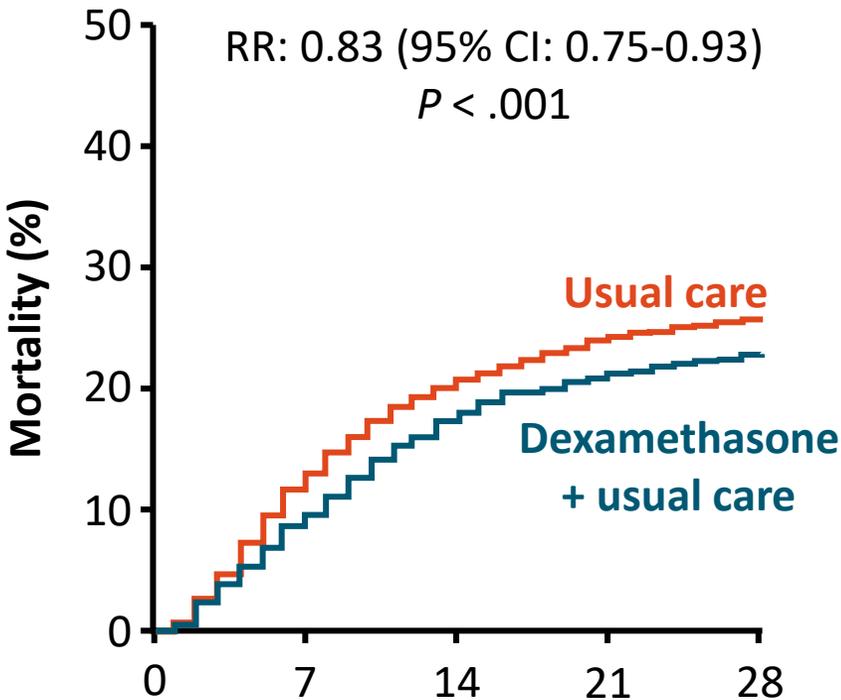


# อาจพิจารณาให้ Remdesivir แทน Favipiravir กรณีที่

- ผู้ป่วยมีอาการปอดอักเสบอย่างรุนแรง ( $SpO_2$  ที่ room air  $\leq 94\%$ ) หรือ กรณีที่ต้องใช้อุปกรณ์ non-invasive หรือ invasive ventilation รวมทั้ง extracorporeal membrane oxygenation (ECMO) ตามแนวทางของสมาคมโรคติดเชื้อ สหรัฐอเมริกา (Infectious Disease Society of America, IDSA) และสถาบันสุขภาพแห่งชาติ สหรัฐอเมริกา (National Institute of Health, NIH)
- มีข้อห้ามบริหารยาทางปาก หรือ มีปัญหาการดูดซึม เป็นต้น
- ไม่ตอบสนองต่อการยาอื่นในระยะเวลาหลังให้ยา 72 ชั่วโมง
- ทั้งนี้การศึกษาขององค์การอนามัยโลก พบว่า Remdesivir ไม่ได้ช่วยลดอัตราการตาย

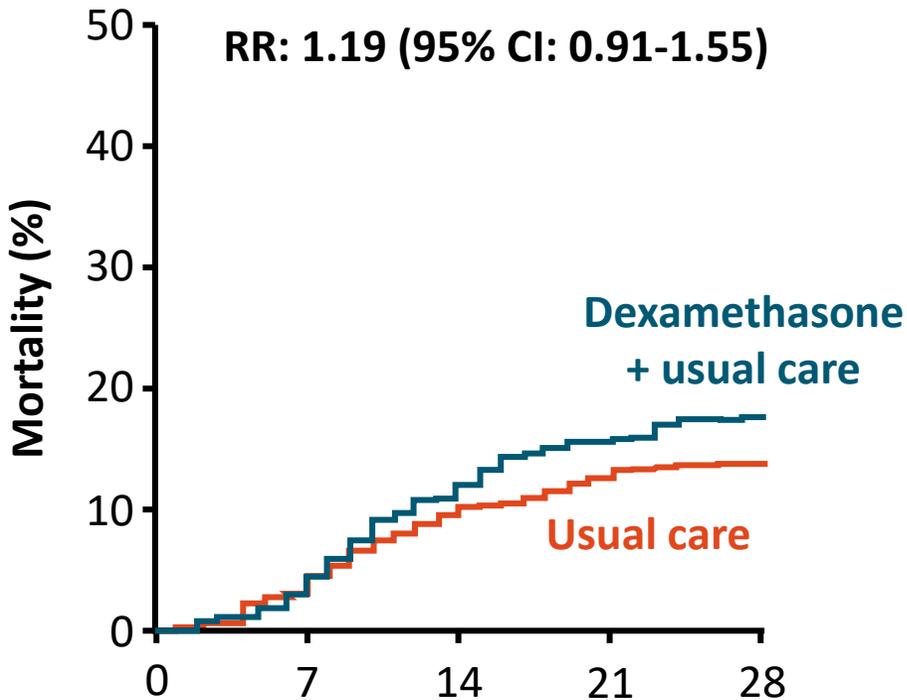
# RECOVERY Trial: Mortality With Dexamethasone + Usual Care vs Usual Care Alone

All Participants (N = 6425)



Patients at Risk, n	0	7	14	21	28
Dexamethasone	2104	1903	1725	1659	1621
Usual care	4321	3754	3427	3271	3205

No Oxygen (n = 1535)



Patients at Risk, n	0	7	14	21	28
Dexamethasone	501	478	441	421	412
Usual care	1034	987	928	897	889

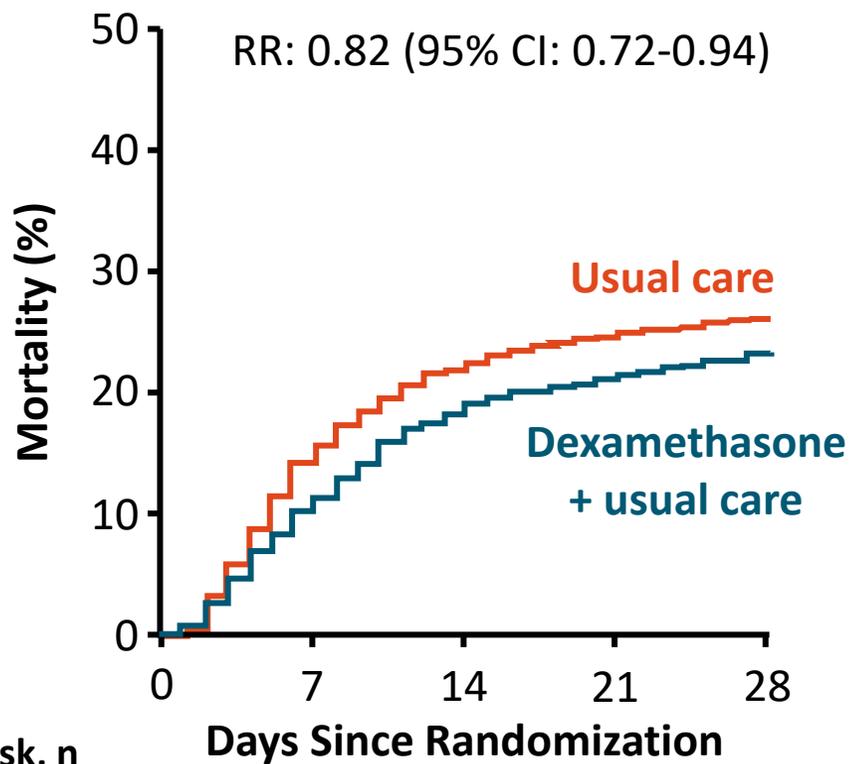
RECOVERY Collaborative Group. NEJM. 2020;[Epub].

# **Steroid and other anti-inflammatory agents**



# RECOVERY Trial: Mortality in Patients on Oxygen or Mechanical Ventilation ± Dexamethasone

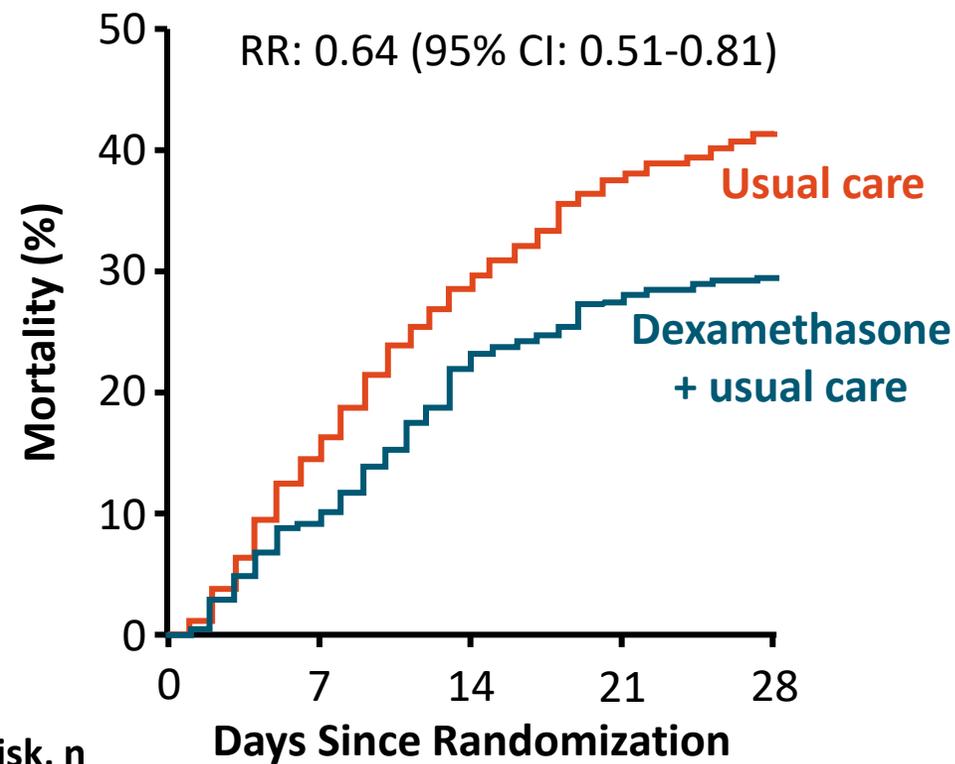
Oxygen Only (n = 3883)



Patients at Risk, n

Dexamethasone	1279	1135	1036	1006	981
Usual care	2604	2195	2018	1950	1916

Invasive Mechanical Ventilation (n = 1007)



Patients at Risk, n

Dexamethasone	324	290	248	232	228
Usual care	683	572	481	424	400

# WHO Living Guidance: Corticosteroids for COVID-19

Categories of Illness	Definition	Recommendation
Critical COVID-19	<ul style="list-style-type: none"> <li>ARDS, sepsis, septic shock</li> <li>Other conditions that would normally require life-sustaining therapies (mechanical ventilation) or vasopressor therapy</li> </ul>	<ul style="list-style-type: none"> <li>Recommend systemic corticosteroids rather than no systemic corticosteroids</li> </ul>
Severe COVID-19	<p>Any of the following:</p> <ul style="list-style-type: none"> <li><math>O_2 &lt; 90\%</math> on room air*</li> <li>RR &gt; 30 breaths/min in adults and children aged &gt; 5 yrs; RR <math>\geq 40</math> in children aged 1-5 yrs; RR <math>\geq 50</math> in children aged 2-11 mos</li> <li>Signs of respiratory distress (accessory muscle use, inability to complete full sentences; in children very severe chest wall indrawing, grunting, central cyanosis, etc)</li> </ul>	<ul style="list-style-type: none"> <li>Recommend systemic corticosteroids rather than no systemic corticosteroids</li> </ul>
Non-severe COVID-19	<ul style="list-style-type: none"> <li>Absence of any signs of severe or critical COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>Suggest no corticosteroids</li> </ul>

\*Note that this threshold to define severe COVID-19 is arbitrary and should be interpreted cautiously when used for determining which patients should be offered systemic corticosteroids. Clinicians must use their judgement, and the panel suggests erring on the side of considering the illness as severe if there is any doubt.

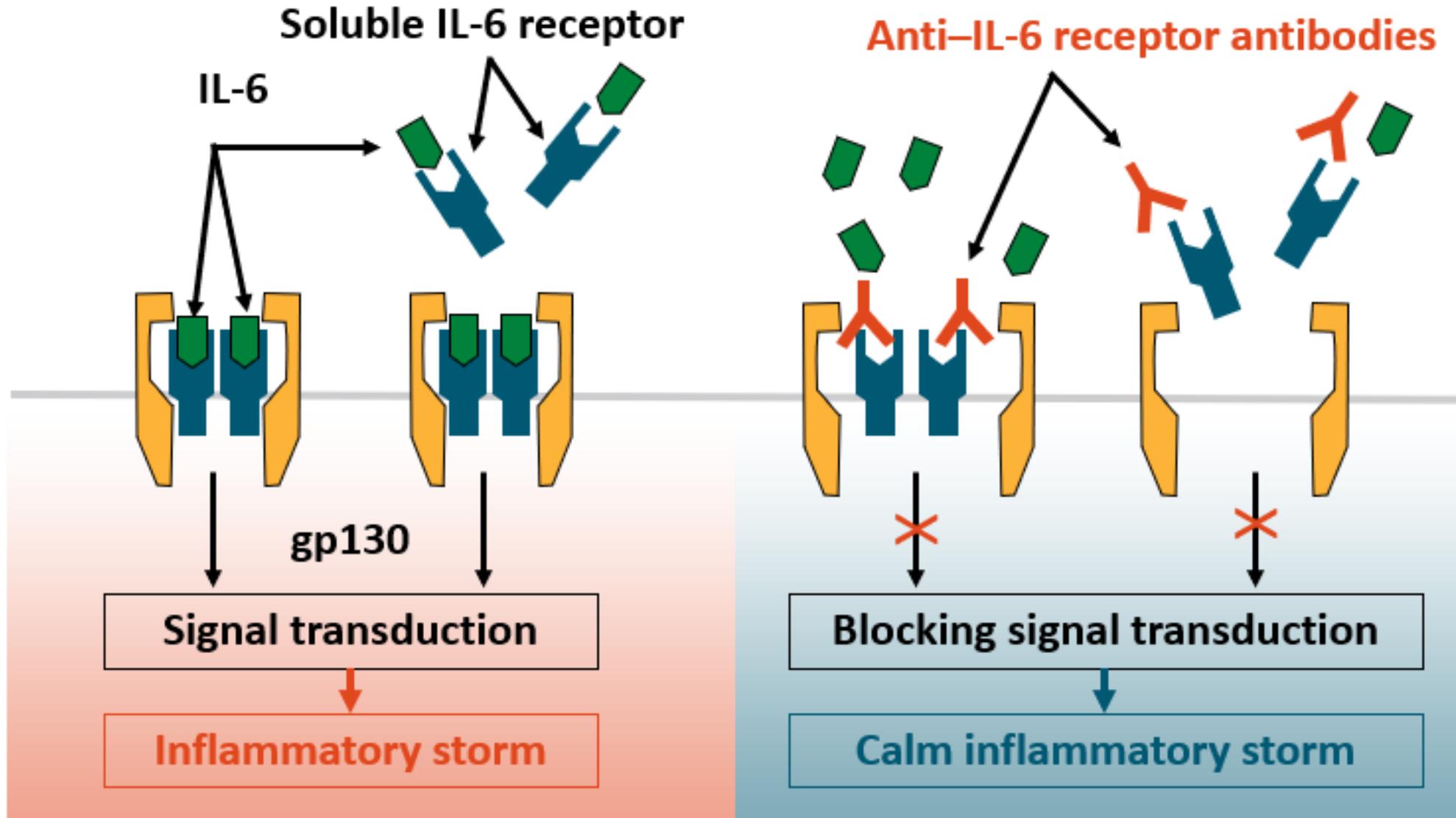
# IDSA Recommendations FOR Treatment of Patients With COVID-19

- Overarching goal: recruit patients into ongoing trials to provide needed evidence regarding efficacy and safety of potential therapies

IDSA Guidance	Patient Population	Treatment
Recommends	<ul style="list-style-type: none"> <li>▪ Hospitalized with critical* COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dexamethasone<sup>†</sup> vs none</li> </ul>
Suggests	<ul style="list-style-type: none"> <li>▪ Hospitalized with severe<sup>‡</sup> COVID-19</li> <li>▪ Hospitalized with severe*<sup>‡</sup> COVID-19</li> <li>▪ Hospitalized with severe<sup>‡</sup> COVID-19 and corticosteroids contraindicated</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dexamethasone<sup>†</sup> vs none</li> <li>▪ Remdesivir<sup>§</sup> vs no antiviral</li> <li>▪ Baricitinib + remdesivir vs remdesivir alone</li> </ul>
Recommends only in clinical trial	<ul style="list-style-type: none"> <li>▪ Hospitalized with COVID-19</li> <li>▪ Hospitalized with COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>▪ Convalescent plasma</li> <li>▪ Baricitinib + remdesivir + corticosteroids</li> </ul>

\*Mechanical ventilation or ECMO. Includes end organ dysfunction (eg, ARDS). <sup>†</sup>If unavailable, methylprednisolone and prednisone acceptable at equivalent total daily doses. <sup>‡</sup>SpO<sub>2</sub> ≤ 94% on room air, including those on supplemental oxygen. <sup>§</sup>For patients on supplemental oxygen, 5 days suggested; for patients on mechanical ventilation or ECMO, 10 days.

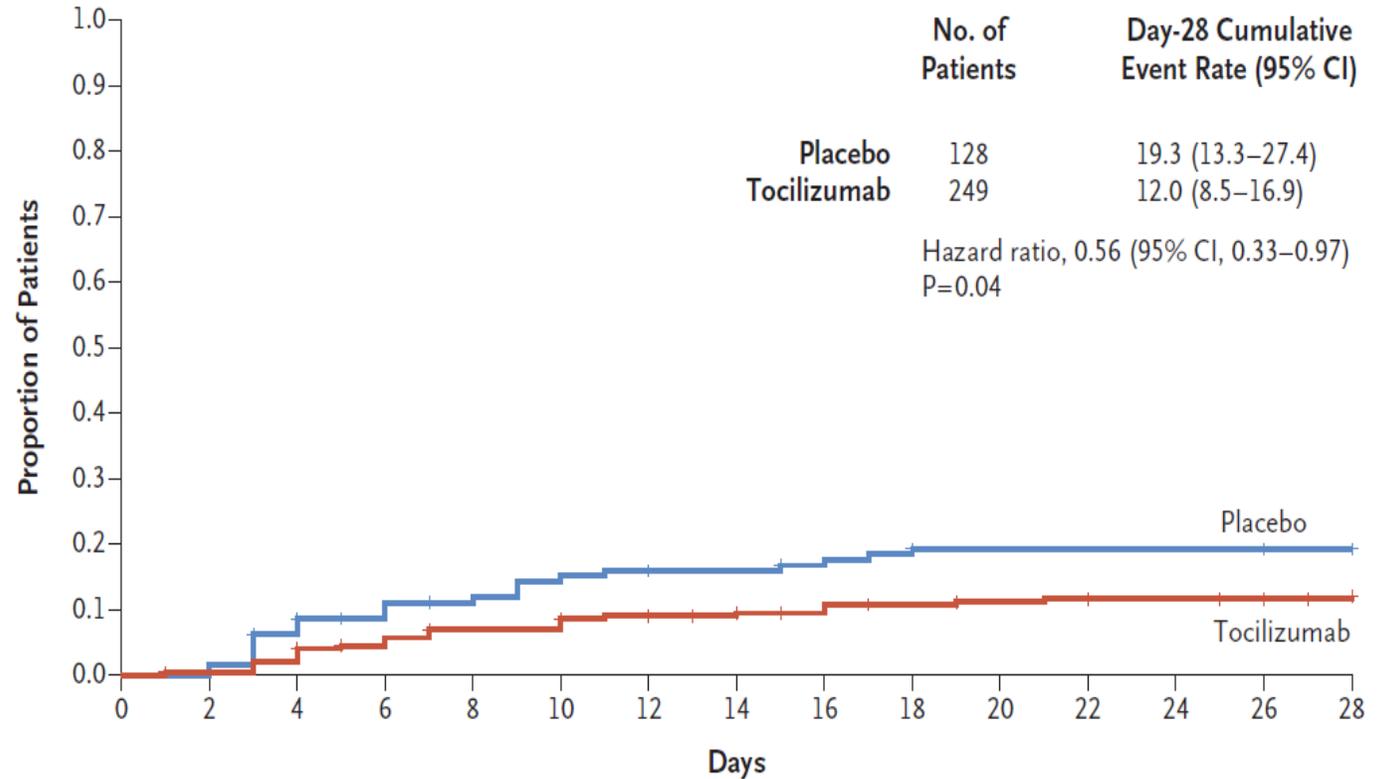
# Anti-IL-6 Receptor Antibodies



# Tocilizumab in Patients Hospitalized with Covid-19 Pneumonia

N Engl J Med 2021;384:20-30.

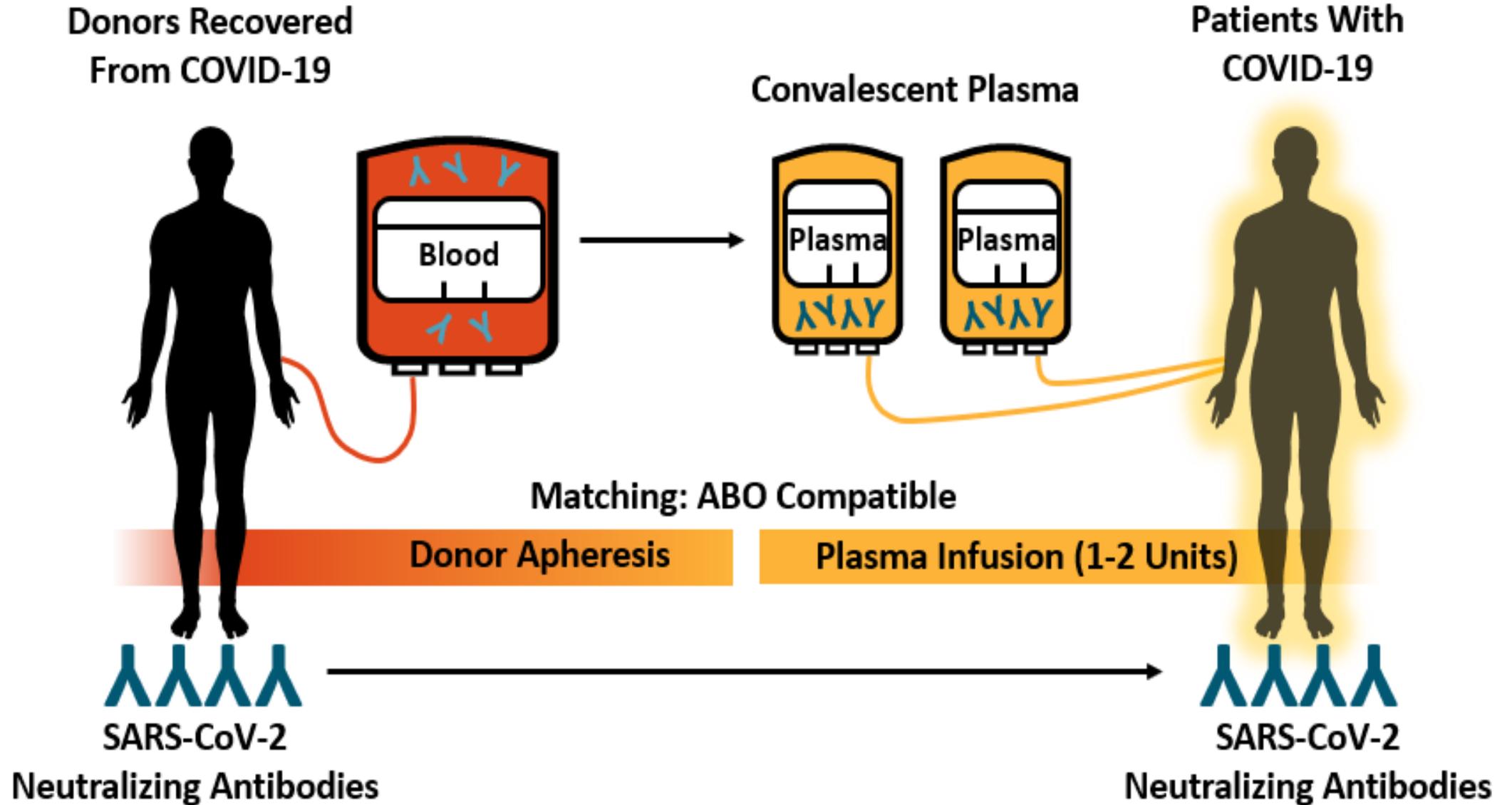
- **N=389 hospitalized patients with COVID-19 who were not on ventilatory support**
- Tocilizumab reduced progression to mechanical ventilation or death at 28 days (12 versus 19 percent; HR 0.556, 95% CI 0.33-0.97)
- Tocilizumab did not reduce overall 28-day mortality (10.4 versus 8.6 percent)



No. at Risk		0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Placebo	128	128	119	113	109	105	103	102	100	98	96	96	96	96	96	95
Tocilizumab	249	247	241	231	223	223	217	215	212	208	206	205	204	202	202	198

**In hospitalized patients with Covid-19 pneumonia who were not receiving mechanical ventilation, tocilizumab reduced the likelihood of progression to the composite outcome of mechanical ventilation or death, but it did not improve survival**

# How convalescent plasma works



# Early High-Titer Plasma to Prevent Severe Covid-19

DOUBLE-BLIND, RANDOMIZED, CONTROLLED TRIAL



**160**  
Older adults with confirmed Covid-19  
( $\geq 75$  yr of age or 65–74 yr with  $\geq 1$   
coexisting condition)

**Convalescent plasma**  
(IgG titer  $>1:1000$ )



**N=80**

**Placebo**  
(0.9% normal saline)



**N=80**

**Severe respiratory disease**  
( $\geq 30$  breaths per min, oxygen  
saturation  $<93\%$  while  
breathing ambient air, or both)

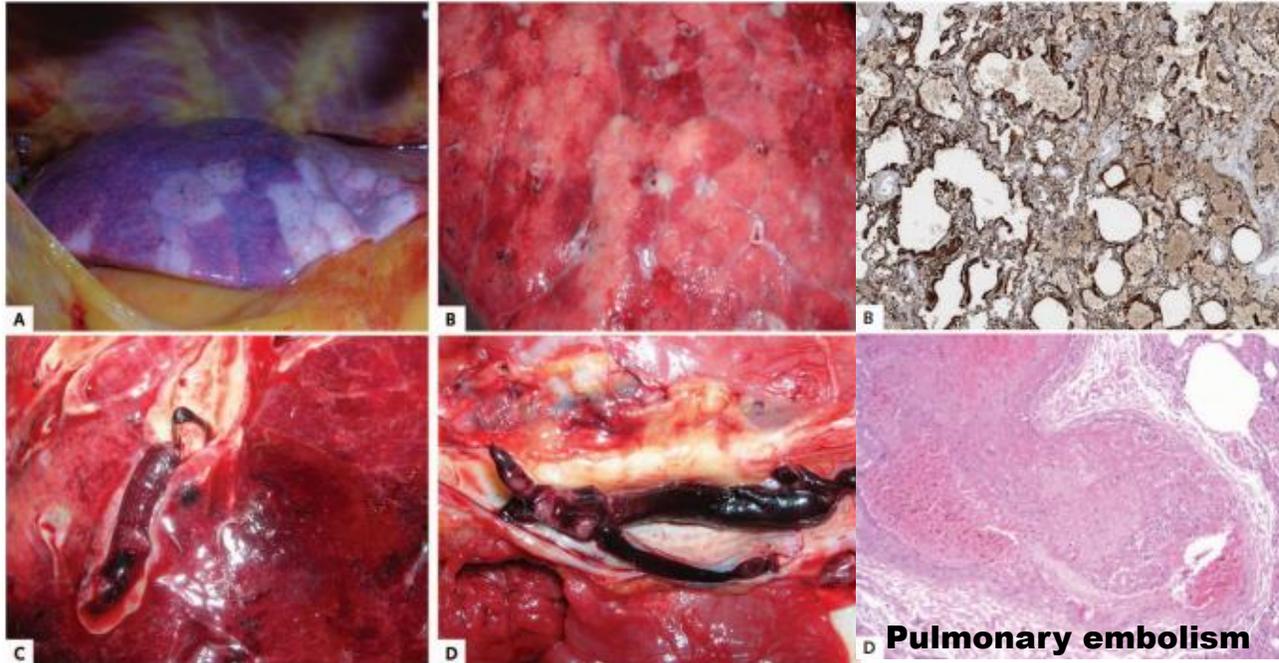
**13 patients**  
(16%)

**25 patients**  
(31%)

Relative risk, 0.52; 95% CI, 0.29 to 0.94;  $P=0.03$

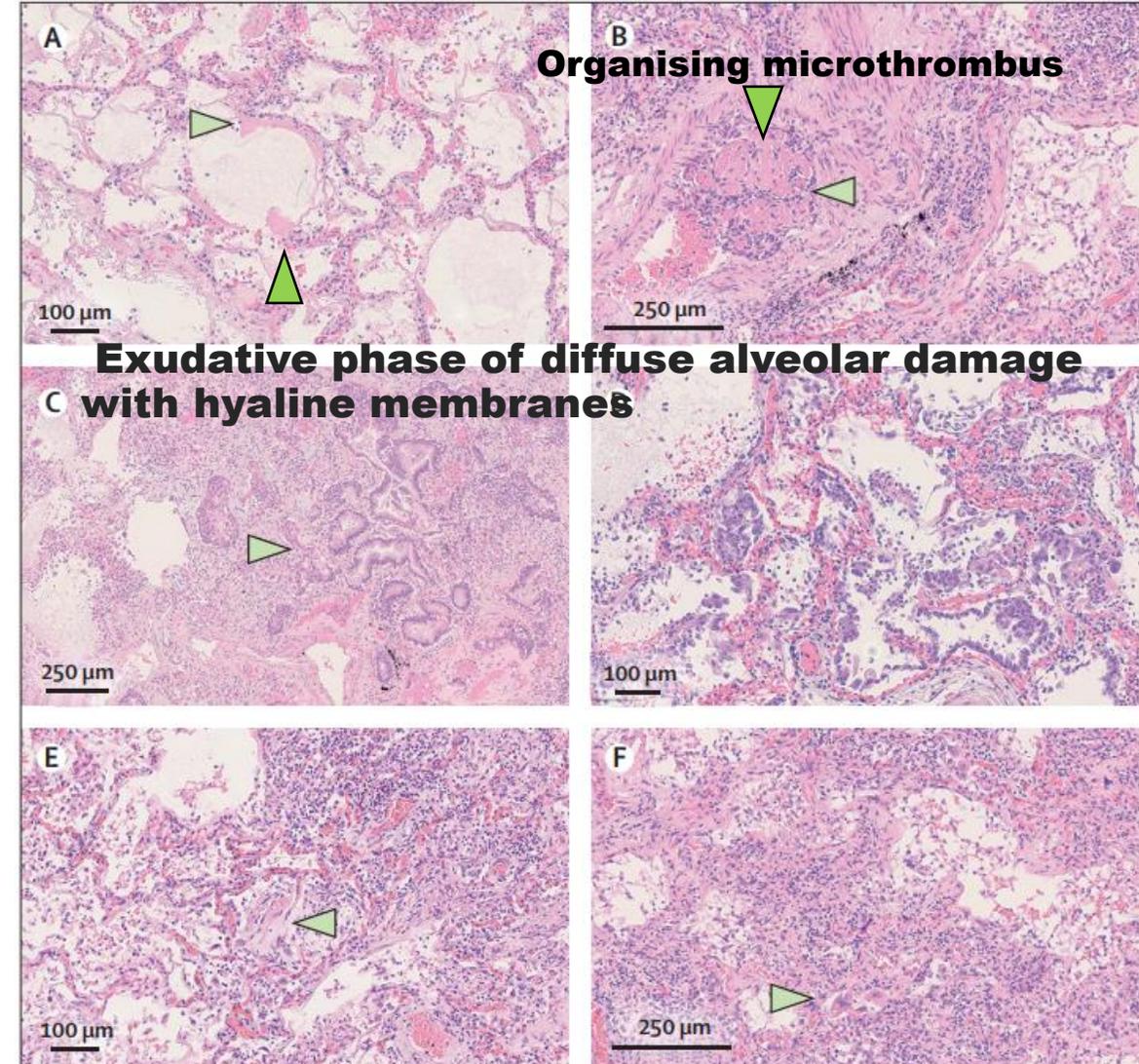
**High-titer convalescent plasma administered to older adults within 72 hours after the onset of mild Covid-19 reduced progression to severe disease.**

# Pulmonary post-mortem findings in a series of COVID-19 cases



Ann Intern Med. doi:10.7326/M20-2003

- **Capillary congestion (in all 38 cases)**
- **Necrosis of pneumocytes (in all 38 cases)**
- **Hyaline membranes (in 33 cases)**
- **Interstitial intra-alveolar oedema (in 37 cases)**
- **Type 2 pneumocyte hyperplasia (in all 38 cases)**
- **Squamous metaplasia with atypia (in 21 cases)**
- **Platelet-fibrin thrombi (in 33 cases)**



Lancet Infect Dis 2020;20: 1135–40

# Guidance on Thromboprophylaxis

## Recommending Organization\*

### NIH<sup>[1]</sup>

- Hospitalized adults with COVID-19 should receive VTE prophylaxis per the SoC for other hospitalized adults
- Anticoagulant or antiplatelet therapy should not be used to prevent arterial thrombosis outside of the usual SoC for patients without COVID-19
- Currently insufficient data to recommend for or against the use of thrombolytics or increasing anticoagulant doses for VTE prophylaxis in hospitalized COVID-19 patients outside of clinical trial
- Hospitalized patients should not be routinely discharged on VTE prophylaxis (extended VTE prophylaxis can be considered in patients with low bleeding risk and high VTE risk)

### ASH<sup>[2]</sup>

- All hospitalized adults with COVID-19 should receive thromboprophylaxis with low-molecular-weight heparin over unfractionated heparin, unless bleeding risk outweighs thrombosis risk
- Fondaparinux is recommended in the setting of heparin-induced thrombocytopenia
- In patients in whom anticoagulants are contraindicated or unavailable, use mechanical thromboprophylaxis (eg, pneumatic compression devices)
- Encourage participation on clinical trials rather than empiric use of therapeutic-dose heparin in COVID-19 patients with no other indication for therapeutic dose anticoagulation

\*Additional recommendations available from the International Society on Thrombosis and Haemostasis<sup>[3]</sup>, and CHEST.<sup>[4]</sup>

# Summary: Treatment for COVID-19



**“COVID-19 always keeps us surprised”**

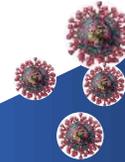
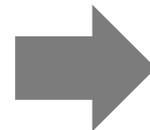
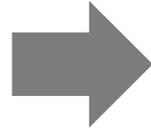
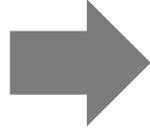
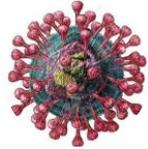
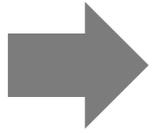
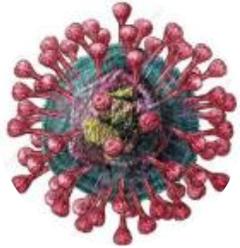
- **COVID-19 is a systemic disease caused by viral invasion and immune response to virus**
- **Treatment: supportive treatment in mild case, antiviral and antiinflammatory agent(s) in moderate/severe case plus respiratory care**
- **Data from clinical studies suggested the benefits of corticosteroid and remdesivir**
- **Other potential treatment: anticytokines, IVIG, convalescent plasma**



# Future of pandemic

**Short-term**

**Long-term**



**Mutation**

**Transition phase to mild  
endemic virus**

**Milder form of infection**

**Crisis phase**

**Herd immunity**

- **Infection-reinfection**
- **Vaccination & booster**

