

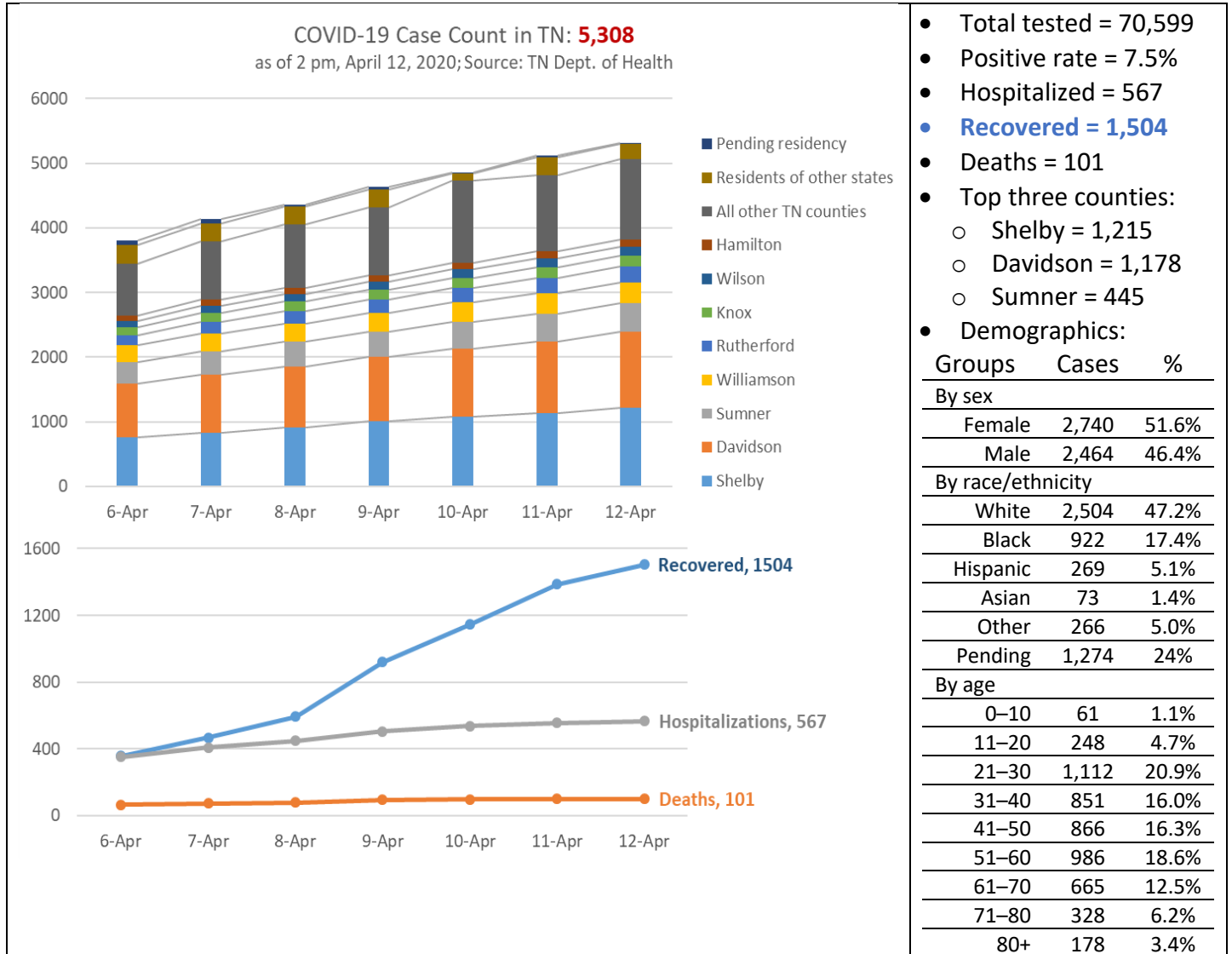
Summary of Major Literature Related to COVID-19 (Week of April 6-12)

Led by Loren Lipworth and Qi Dai, with contribution from XO Shu, D Yu, M Shrubsole, S Sudenga, H Cai, T Su, Y Cui, F Wang (Division of Epidemiology) and A Ahonkhai (Infectious Diseases), Dept of Medicine

***This is informational and not intended to create variance from VUMC policies/guidance.**

EPIDEMIOLOGY

Statistics - Tennessee and Nashville



Modeling

- Vanderbilt Health Policy COVID-19 Modeling for Tennessee.** Graves et al. April 10.

 - TN epidemic may have started with as few as 10 infected individuals which highlights the significant risk of a second wave of the infection that could be started by just a few infected people
 - Estimated transmission number has declined from each case infecting over 5 new people in mid-March to approximately 1.4 new people as of the week of April 6
 - Any lifting of current policies (e.g. Safer at Home, sustained social distancing) must be done carefully, with adequate public health strategies fully operational to ensure the COVID-19 virus does not return to spreading rapidly through our population
- First-wave COVID-19 transmissibility and severity in China outside Hubei after control measures, and second-wave scenario planning: a modelling impact assessment.** Leung. Lancet. April 8.

- Models of transmissibility and severity in four areas of China outside of main outbreak region
- Non-pharmaceutical interventions (e.g. social distancing) effectively and substantially reduced the instantaneous reproduction number (R_t : transmissibility)
- In a simulation study, however, relaxing interventions (allow $R_t > 1$) to when the epidemic size was still small would likely incur both health and economic loss **even if aggressive interventions could push the prevalence back**

Hospitalizations and ICU

3. [Hospitalization Rates and Characteristics of Patients Hospitalized with Laboratory-Confirmed Coronavirus Disease 2019 — COVID-NET, 14 States, March 1–30, 2020](#). Garg, MMWR. April 8.
 - New COVID-19–Associated Hospitalization Surveillance Network (COVID-NET) established for population-based surveillance in the US (99 counties in **14 states including TN**)
 - Among 1,482 patients hospitalized, **74.5% were aged ≥ 50 years**, and 54.4% were male.
 - The **hospitalization rate was 4.6 per 100,000 population** (highest (13.8) among adults aged ≥ 65)
 - **89.3% had one or more underlying conditions** (hypertension most common)
 - **Potential racial disparity identified** as 18% of residents in catchment population are non-Hispanic black but 33% of hospitalized were black
 - Limitation: Only 33% had race/ethnicity data
4. [Baseline Characteristics and Outcomes of 1591 Patients Infected With SARS-CoV-2 Admitted to ICUs of the Lombardy Region, Italy](#). Grasselli, JAMA. April 6.
 - 82% men, median age 63 (IQR, 56-70), and 68% had ≥ 1 comorbidity (hypertension most common)
 - Median PaO_2/FiO_2 ratio was 160 (IQR, 114-220) requiring high levels of PEEP (median 14 cm H_2O)
 - **88% required endotracheal intubation and invasive mechanical ventilation**
 - **Overall ICU mortality was 26%; aged ≥ 70 mortality was 41%**
 - Limitation: 58% still in ICU as of writing which could underestimate mortality

Children

5. [Coronavirus Disease 2019 in Children — United States, February 12–April 2, 2020](#). CDC COVID-19 Response Team. April 6.
 - Description of 2,572 pediatric U.S. COVID-19 cases, 71% are from New York and New Jersey
 - Relatively few children with COVID-19 are hospitalized, and fewer children than adults experience fever, cough, or shortness of breath
 - Severe outcomes have been reported in children, including three deaths
 - Limitations: incomplete data on symptoms (9%), underlying conditions (13%), hospitalization (33%); testing practices may differ widely in different regions
 - See also [Epidemiology and Clinical Features of Coronavirus disease 2019 in Children](#). (Review) Choi, Clin Exp Pediatr. April 6.
 - COVID-19 infections in children were occurring early in the epidemic in China
 - WHO-China Joint Mission on COVID-19: by Feb 20, 2.4% of cases were children < 19 years, of which 2.5% were severely ill and 0.2% were critical

TRANSMISSION/DIAGNOSIS

6. [FDA approves emergency use authorization for Qualitative detection of IgM and IgG antibodies against SARSCoV-2 in serum, plasma](#). **Device**: qSARS-CoV-2 IgG/IgM Rapid Test. **Company**: Cellex Inc
 - **Qualitative test** for the **detection of IgM and IgG** antibodies against SARSCoV-2 in serum and plasma (EDTA or citrate) blood specimens or venipuncture whole blood

- **IgM antibodies to SARS-CoV-2 are generally detectable in blood several days after initial infection.** IgG antibodies become detectable later. Positive results are indicative of acute or recent infection
 - [NIH begins study to quantify undetected cases of coronavirus infection.](#) April 10.
7. [PCR Assays Turned Positive in 25 Discharged COVID-19 Patients.](#) Yuan, Clin Infect Dis. April 8.
 - 172 patients met criteria for discharge (improvement on chest CT and exhibited two consecutive negative RT-PCR assays) and were monitored at home by RT-PCR detection of COVID-19 with both cloacal swab and nasopharyngeal swab samples
 - 25 (14.5%) of discharged patients returned to hospital because of positive RT-PCR results
 - Average time from last negative RT-PCR result to return positive was 7 days
 - Implication: 2 negative RT-PCR tests 24 hours apart may not be sufficient for viral clearance evaluation
 8. [Factors associated with prolonged viral RNA shedding in patients with COVID-19.](#) Xu, Clin Infect Dis. April 9.
 - 113 symptomatic patients with confirmed infection, divided into two groups: patients with persistent negative viral detection results < 15 days after illness onset (n=37), and patients with prolonged viral RNA shedding ≥15 days after illness onset (n=79)
 - **Male patients, delayed admission to hospital after illness onset, and invasive mechanical ventilation during hospitalization were associated with prolonged SARS-CoV-2 RNA shedding** (RT-PCR from respiratory specimens)
 - Implication: hospital admission and treatments should be started as soon as possible
 - Limitation: unknown whether shedding of viral RNA correlates with shedding of infectious virus
 9. [Chest Computed Tomography for Detection of Coronavirus Disease 2019 \(COVID-19\): Don't Rush the Science.](#) Hope, Ann Intern Med. April 8.
 - Review of current literature supporting the use of CT for the diagnosis of COVID-19 identified major flaws in study design, incomplete methods, multiple confounding variables, and scant discussion led to premature conclusions regarding the role of CT scan in COVID-19 diagnosis
 - American College of Radiology recommends that **"CT should not be used to screen for or as a first-line test to diagnose COVID-19"**
 - This is a cautionary tale from the radiology community about the consequences of rushing the scientific peer review process
 10. [Stability of SARS-CoV-2 in different environmental conditions.](#) Chin. Lancet Microbe. April 2.
 - No infectious virus could be recovered from paper, cloth, or wood (3hr – 2d incubation)
 - No infectious virus could be detected from treated smooth surfaces (glass, banknote, stainless steel and plastic) after 4-7 days
 - Detectable level of infectious virus could still be present on the outer layer of a surgical mask on day 7 (at 0.1% the original inoculum)
 - SARS-CoV-2 was susceptible to standard disinfection methods

CLINICAL MANAGEMENT/SYMPTOMS

11. [The use of high-flow nasal oxygen in COVID-19.](#) Lyons, Anaesthesia. April 4.
 - **Current guidelines on the use of high-flow nasal oxygen (HFNO) in COVID-19 treatment are inconsistent**, some data suggests use may avoid need for intubation, but also concern for risk of aerosolization of viral particles
 - A [study in China](#) showed that among 10% of critically ill COVID-19 patients, **early use of HFNO and of awake prone positioning has kept the invasive mechanical ventilation rate under 1%**

- A previous [review study](#) based on nine randomized controlled trials involving 2093 patients with acute hypoxemic respiratory failure of any cause found that use of HFNO resulted in a decreased requirement for tracheal intubation and a lower risk of escalation of oxygen therapy
 - Lower mortality has previously [been observed](#) in HFNO group than in non-rebreather facemask or non-invasive ventilation group in the treatment of non-hypercapnic acute respiratory failure
 - Conclusion: **HFNO may be an appropriate therapy for many COVID-19 patients** for whom tracheal intubation has not yet become a necessity but for whom low-flow nasal oxygen or facemask oxygen is not providing adequate respiratory support
- 12. [Cardiopulmonary resuscitation after hospital admission with covid-19](#).** Fritz, BMJ. April 6.
[Covid-19: Doctors are told not to perform CPR on patients in cardiac arrest](#). Mahase, BMJ. March 29.
- **Guidelines on CPR in the acute hospital setting for patients with COVID-19 are conflicting**
 - **Patients who require intubation and ventilation have poor survival rates, and survival after an arrest is likely to be substantially lower**, although [data are not yet available](#)
 - This pandemic has changed the risk-benefit balance for CPR: from “there is no harm in trying” to “there is little benefit to the patient, and potentially significant harm to staff”
 - **Clinicians, patients, and those close to them should have early discussions about CPR and overall goals of care across all healthcare settings**
 - Guidelines <https://www.criticalcare.nice.org.uk/clinical-guidelines>

Neurologic manifestations

- 13. [Neurologic manifestations in COVID-19 caused by SARS-CoV-2](#).** CNS Neurosci Ther. Baig. April 7.
[Neurological Manifestations of Hospitalized Patients with COVID-19 in Wuhan, China: a retrospective case series study](#). Mao. MedRxiv. Feb 25.
- 214 hospitalized patients with laboratory confirmed COVID-19, 78 (36%) had neurologic manifestations
 - 25% central nervous system (headache, dizziness, impaired consciousness, ataxia, acute cerebrovascular disease, epilepsy)
 - 9% peripheral nervous system (hypogeusia, hyposmia, hypopsia, neuralgia)
 - 11% skeletal muscular symptoms
 - Patients with more severe disease were more likely to have neurologic symptoms, such as acute cerebrovascular diseases (5.7 vs 0.8%), impaired consciousness (14.8 vs 2.4%), skeletal muscle injury (19.3 vs 4.8%)

TREATMENT/EMERGING DRUG TARGETS

- 14. [Clinical trials on drug repositioning for COVID-19 treatment](#).** Rosa. Rev Panam Salud Publica. April 8.
- In the clinicaltrials.gov database, clinical trials involving more than 20 medicines have been identified for the testing of drug repurposing for COVID-19 treatment, including:
 - [human immunoglobulin, interferons, chloroquine, hydroxychloroquine, remdesivir](#)
 - [arbidol](#) (umifenovir) is approved in Russia and China for treatment of influenza virus infections
 - [lopinavir, ritonavir](#): lopinavir-ritonavir combination is approved for HIV treatment
 - [favipiravir, oseltamivir](#): oseltamivir is used in a clinical trial with combinations with chloroquine and favipiravir, a nucleoside analog that is well-known as a broad-spectrum antiviral drug
 - [Carrimyci](#): a macrolide antibiotic with effects against some gram-positive bacteria and in vitro effects on Mycobacterium tuberculosis.
 - [Vitamin C](#) has antioxidant activity, may reduce oxidative stress and inflammation, effects that improve vasopressor synthesis, enhance immune cell function, improve endovascular function

- See also [Computational studies of drug repurposing and synergism of lopinavir, oseltamivir and ritonavir binding with SARS-CoV-2 Protease against COVID-19](#). Muralidharan, J Biomol Struct Dyn. April 6
 - A combination of [flu drug oseltamivir with HIV drugs lopinavir and ritonavir](#) has been proposed to control virulence in COVID-19 patients
 - CoVs encoded proteinase Mpro has emerged as promising antiviral target because of its major roles in viral replication and self-maturation
 - The binding energy of the combination of the three drugs against the SARS-CoV-2 protein is stronger than that of each drug docked against the CoV protein individually
15. [Compassionate Use of Remdesivir for Patients with Severe Covid-19](#). Grein. NEJM, April 10.
- Remdesivir were provided on a compassionate-use basis to patients hospitalized with confirmed SARS-CoV-2 infection who had an oxygen saturation of 94% or less while they were breathing ambient air or who were receiving oxygen support
 - Patients received a 10-day course of remdesivir, consisting of 200 mg administered intravenously on day 1, followed by 100 mg daily for the remaining 9 days of treatment
 - During a median follow-up of 18 days, **36 patients (68%) had an improvement in oxygen-support class, including 17 of 30 patients (57%) receiving mechanical ventilation who were extubated.**
 - 25 patients (47%) were discharged, and 7 patients (13%) died; mortality was 18% (6 of 34) among patients receiving invasive ventilation and 5% (1 of 19) among those not receiving invasive ventilation
 - **Limitation:** not a clinical trial and no comparable statistics for non-remdesivir treated patients.
16. [Covid-19 Does Not Lead to a "Typical" Acute Respiratory Distress Syndrome](#). Gattinoni. Am J Respir Crit Care Med. Mar 30
- Also, see potential mechanisms in ["Less is More" in mechanical ventilation](#).
- Lung compliance is a measure of the lung's ability to stretch/expand and typically is reduced in ARDS
 - Patients with Covid-19 pneumonia present with atypical form of ARDS
 - Relatively preserved compliance with severe hypoxemia and *hyper*perfusion of gasless tissue
 - In patients treated with Continuous Positive Airway Pressure or Non-Invasive Ventilation, who show signs of excessive inspiratory efforts, intubation should be prioritized to avoid excessive intrathoracic negative pressures and self-inflicted lung injury
 - High PEEP and prone positioning may help by redistributing perfusion in response to pressure/gravity
 - Implication: **ventilating these patients is "buying time" with minimum additional damage: the lowest possible PEEP and gentle ventilation**

BIOLOGY

17. [SARS-CoV-2 infects T lymphocytes through its spike protein-mediated membrane fusion](#). Wang. Cell Molec Immunol. April 7.
- SARS-CoV-2 could infect T cells through receptor-dependent, S protein-mediated membrane fusion, resulting in lymphocytopenia
 - SARS-CoV-2 can infect T cells, but does not replicate, similar to MERS-CoV. Infection could be inhibited by EK1 peptide