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Information for healthcare professionals

Coronavirus Disease 2019 Treatment Guidelines – National Institutes of Health (EEUU)

El 21 de abril de 2020, los *National Institutes of Health* (NIH - EEUU) publicaron las *Coronavirus Disease 2019 (COVID-19) Treatment Guidelines*. Incluimos en este apartado los enlaces a estas *Guidelines*.

Enlaces comprobados el 23 de abril de 2020

Han elaborado estas *Guidelines* expertos de las siguientes instituciones y sociedades:

- American College of Chest Physicians
- American College of Emergency Physicians
- American Thoracic Society
- Biomedical Advanced Research and Development Authority
- Centers for Disease Control and Prevention
- Department of Defense
- Department of Veterans Affairs
- Food and Drug Administration
- Infectious Diseases Society of America
- National Institutes of Health
- Pediatric Infectious Diseases Society
- Society of Critical Care Medicine
- Society of Infectious Diseases Pharmacists
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Coronavirus Disease 2019 (COVID-19) Treatment Guidelines

<https://covid19treatmentguidelines.nih.gov/>

- **Introduction**

<https://covid19treatmentguidelines.nih.gov/introduction/>

- **Overview and Spectrum of COVID-19**

<https://covid19treatmentguidelines.nih.gov/overview/>

- **Summary Recommendations**

- The COVID-19 Treatment Guidelines Panel (the Panel) **does not recommend** the use of any agents for pre-exposure prophylaxis (PrEP) against severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) outside of the setting of a clinical trial **(AIII)**.
- The Panel **does not recommend** the use of any agents for post-exposure prophylaxis (PEP) against SARS-CoV-2 infection outside of the setting of a clinical trial **(AIII)**.
- The Panel recommends no additional laboratory testing and no specific treatment for persons with suspected or confirmed asymptomatic or presymptomatic SARS-CoV-2 infection **(AIII)**.
- At present, no drug has been proven to be safe and effective for treating COVID-19. There are insufficient data to recommend either for or against the use of any antiviral or immunomodulatory therapy in patients with COVID-19 who have mild, moderate, severe, or critical illness **(AIII)**.

- **Epidemiology**

- **Clinical Presentation**

- **Diagnosis of SARS-CoV-2 Infection**

- **Routes of SARS-CoV-2 Transmission and Standard Means of Prevention**

- **References**

- **Prophylaxis. Persons at Risk for Infection with SARS-CoV-2**

<https://covid19treatmentguidelines.nih.gov/overview/prophylaxis/>

- **Management of Persons with COVID-19**

<https://covid19treatmentguidelines.nih.gov/overview/management-of-covid-19/>

- **Special Considerations in Pregnancy and Post-Delivery**

<https://covid19treatmentguidelines.nih.gov/overview/pregnancy-and-post-delivery/>

- **Special Considerations in Children**

<https://covid19treatmentguidelines.nih.gov/overview/children/>

- **Care of Critically Ill Patients with COVID-19**

<https://covid19treatmentguidelines.nih.gov/critical-care/>

- **Summary Recommendations**

Infection Control:

- For health care workers who are performing aerosol-generating procedures on patients with COVID-19, the COVID-19 Treatment Guidelines Panel (the Panel) recommends using fit-tested respirators (N-95 respirators) or powered air-purifying respirators rather than surgical masks, in addition to other personal protective equipment (i.e., gloves, gown, and eye protection such as a face shield or safety goggles) **(AIII)**.
- The Panel recommends that endotracheal intubation for patients with COVID-19 be done by health care providers with extensive airway management experience, if possible **(AIII)**.
- The Panel recommends that intubation be achieved by video laryngoscopy, if possible **(CIII)**.

Hemodynamic Support:

- The Panel recommends norepinephrine as the first-choice vasopressor **(AII)**.
- The Panel recommends using dobutamine in patients who show evidence of persistent hypoperfusion despite adequate fluid loading and the use of vasopressor agents **(BII)**.

Ventilatory Support:

- For adults with COVID-19 and acute hypoxemic respiratory failure despite conventional oxygen therapy, the Panel recommends high-flow nasal cannula (HFNC) oxygen over noninvasive positive pressure ventilation (NIPPV) **(BI)**.
- In the absence of an indication for endotracheal intubation, the Panel recommends a closely monitored trial of NIPPV for adults with COVID-19 and acute hypoxemic respiratory failure for whom HFNC is not available **(BIII)**.
- For adults with COVID-19 who are receiving supplemental oxygen, the Panel recommends close monitoring for worsening of respiratory status and recommends early intubation by an experienced practitioner in a controlled setting **(AII)**.
- For mechanically ventilated adults with COVID-19 and acute respiratory distress syndrome (ARDS), the Panel recommends using low tidal volume (Vt) ventilation (Vt 4–8 mL/kg of predicted body weight) over higher tidal volumes (Vt >8 mL/kg) **(AI)**.
- For mechanically ventilated adults with COVID-19 and refractory hypoxemia despite optimized ventilation, the Panel recommends prone ventilation for 12 to 16 hours per day over no prone ventilation **(BII)**.
- For mechanically ventilated adults with COVID-19, severe ARDS, and hypoxemia despite optimized ventilation and other rescue strategies, the Panel recommends a trial of inhaled pulmonary vasodilator as a rescue therapy; if no rapid improvement in oxygenation is observed, the patient should be tapered off treatment **(CIII)**.
- There are insufficient data to recommend either for or against the routine use of extracorporeal membrane oxygenation for patients with COVID-19 and refractory hypoxemia **(BIII)**.

Drug Therapy:

- There are insufficient data for the Panel to recommend either for or against any antiviral or immunomodulatory therapy in patients with severe COVID-19 disease **(AIII)**.
- In patients with COVID-19 and severe or critical illness, there are insufficient data to recommend empiric broad-spectrum antimicrobial therapy in the absence of another indication **(BIII)**.
- The Panel **recommends against** the routine use of systemic corticosteroids for the treatment of mechanically ventilated patients with COVID-19 without ARDS **(BIII)**.
- In mechanically ventilated adults with COVID-19 and ARDS, there are insufficient data to recommend either for or against corticosteroid therapy in the absence of another indication **(CI)**.
- In COVID-19 patients with refractory shock, low-dose corticosteroid therapy is preferred over no corticosteroid therapy **(BII)**.

- **General Considerations**

<https://covid19treatmentguidelines.nih.gov/critical-care/general-considerations/>

- **Infection Control**

<https://covid19treatmentguidelines.nih.gov/critical-care/infection-control/>

- **Laboratory Diagnosis**

<https://covid19treatmentguidelines.nih.gov/critical-care/laboratory-diagnosis/>

- **Hemodynamics**

<https://covid19treatmentguidelines.nih.gov/critical-care/hemodynamics/>

- **Oxygenation and Ventilation**

<https://covid19treatmentguidelines.nih.gov/critical-care/oxygenation-and-ventilation/>

- **Pharmacologic Interventions**

<https://covid19treatmentguidelines.nih.gov/critical-care/pharmacologic-interventions/>

- **Extracorporeal Membrane Oxygenation**

<https://covid19treatmentguidelines.nih.gov/critical-care/extracorporeal-membrane-oxygenation/>

- **Therapeutic Options for COVID-19 Currently Under Investigation**

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/>

- **Potential Antiviral Drugs Under Evaluation for the Treatment of COVID-19**

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/antiviral-therapy/>

- Potential Antiviral Agents Under Evaluation for Treatment of COVID-19: Clinical Data to Date

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/antiviral-therapy/table-2a-potential-antiviral-agents-clinical-data/>

<https://covid19treatmentguidelines.nih.gov/tables/table-2a/>

- Characteristics of Potential Antiviral Agents Under Evaluation for Treatment of COVID-19

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/antiviral-therapy/table-2b-characteristics-of-potential-antiviral-agents/>

<https://covid19treatmentguidelines.nih.gov/tables/table-2b/>

- **Host Modifiers and Immune-Based Therapy Under Evaluation for Treatment of COVID-19**

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/host-modifiers-immunotherapy/>

- Host Modifiers and Immune-Based Therapy Under Evaluation for Treatment of COVID-19: Clinical Data to Date

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/host-modifiers-immunotherapy/table-3a-host-modifiers-clinical-data/>

<https://covid19treatmentguidelines.nih.gov/tables/table-3a/>

- Characteristics of Host Modifiers and Immune-Based Therapy Under Evaluation for Treatment of COVID-19

<https://covid19treatmentguidelines.nih.gov/therapeutic-options-under-investigation/host-modifiers-immunotherapy/table-3b-characteristics-of-host-modifiers/>

<https://covid19treatmentguidelines.nih.gov/tables/table-3b/>

- **Considerations for Certain Concomitant Medications in Patients with COVID-19**

<https://covid19treatmentguidelines.nih.gov/concomitant-medications/>