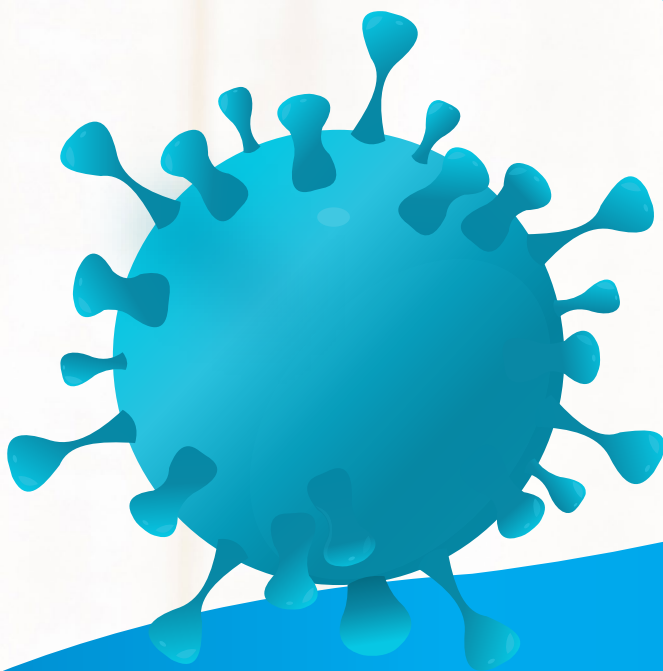




Management Protocol for

COVID-19

Patients



Ministry of Health and Population, Egypt
Management protocol for COVID-19
Patients

Version 1.4 / 30th May 2020



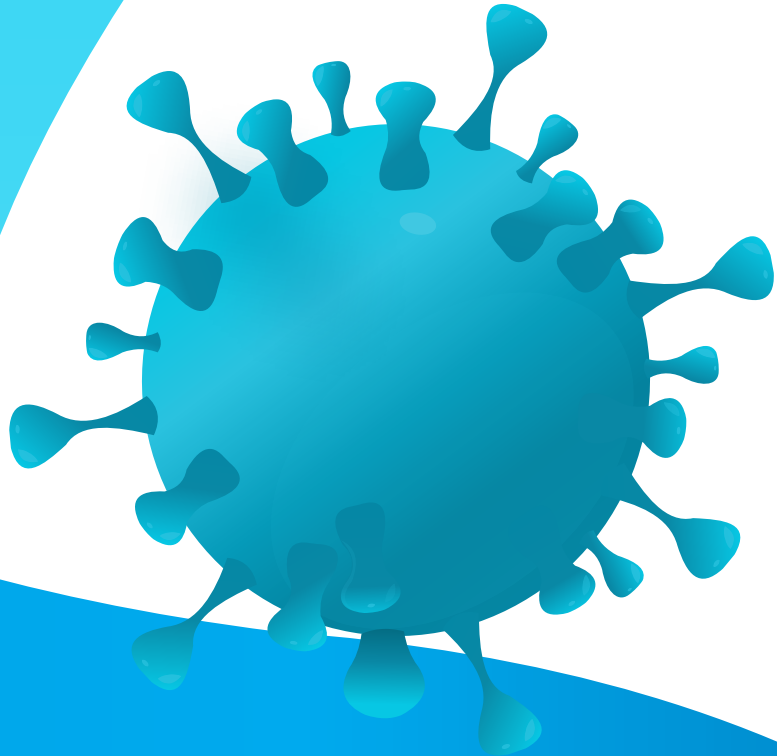
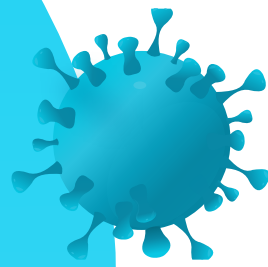


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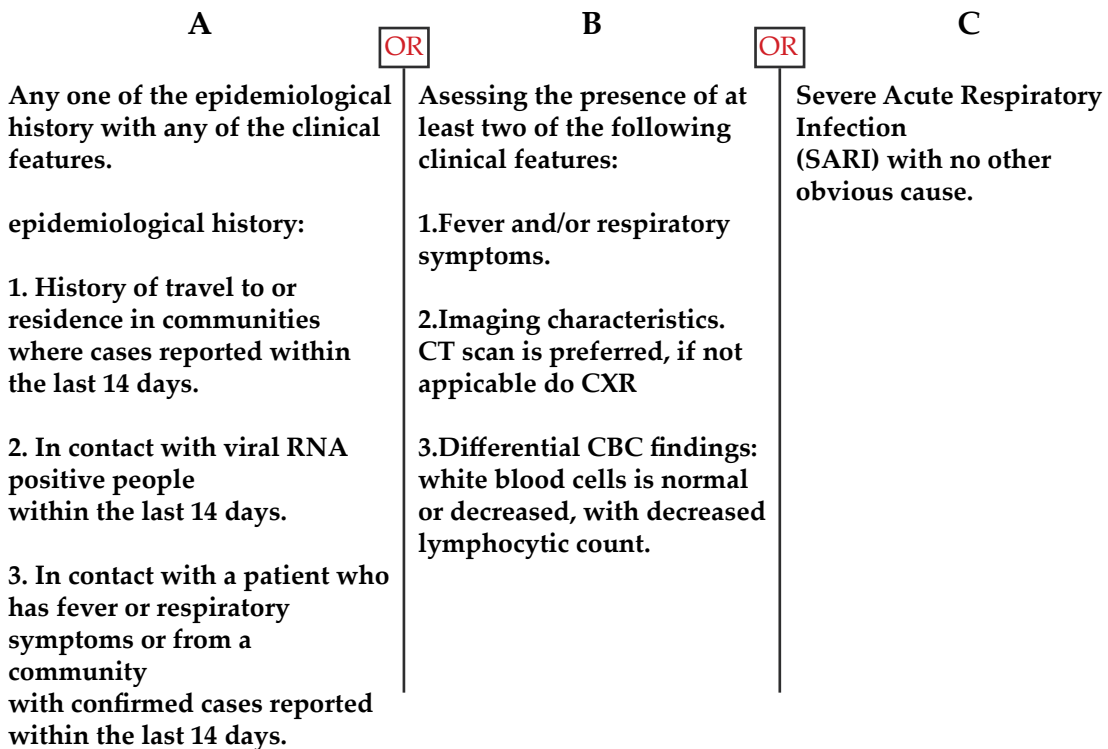
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**Patient enters Triage Hospital
(referred from another hospital, referred by 105, walkin)**

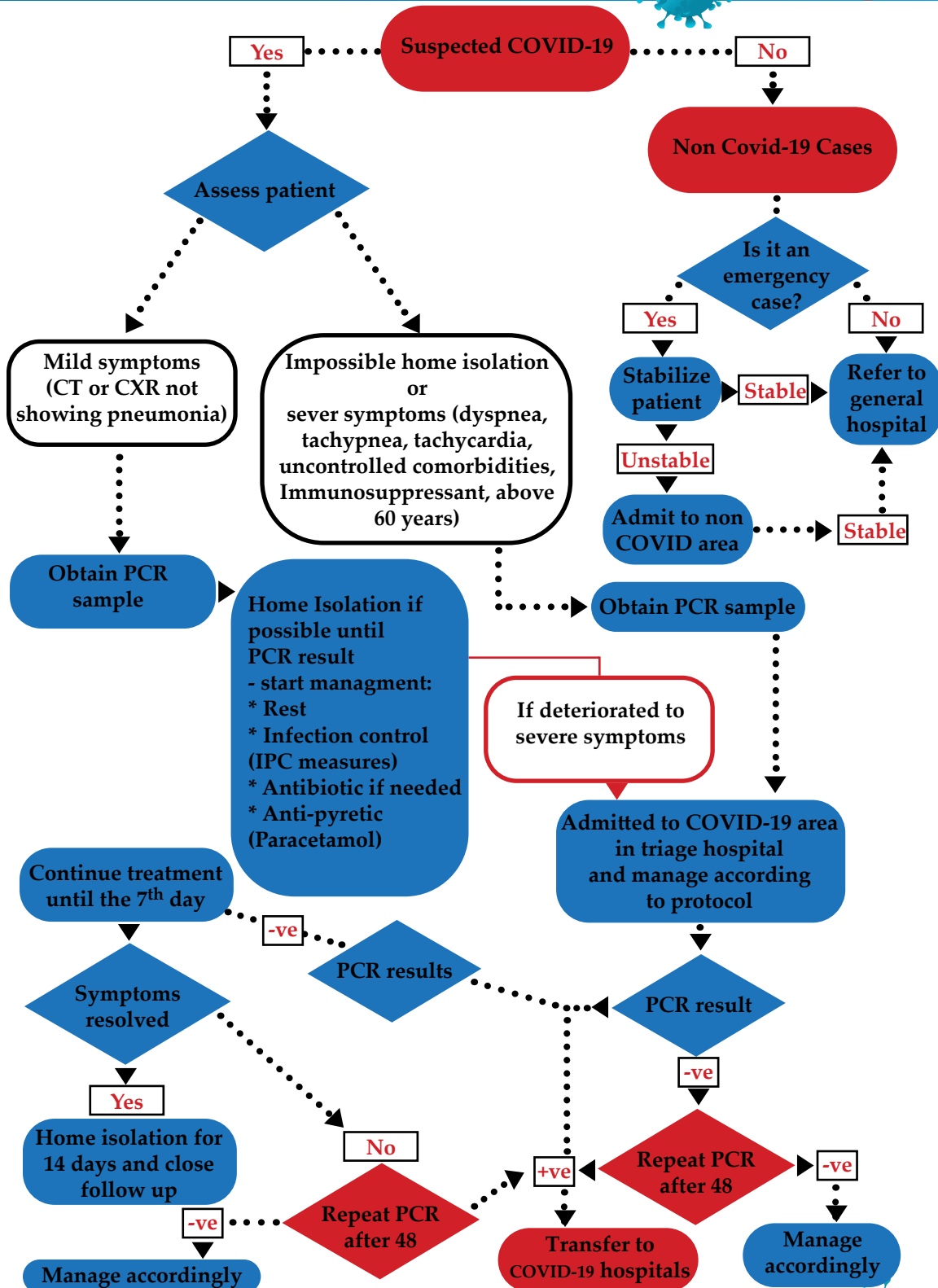


Assess to identify suspected cases



N.B.

- Asymptomatic contact to +ve case should undergo home isolation and should seek medical advice whenever symptoms develop.
- Healthcare providers exposed to suspected or confirmed COVID-19 cases should follow the algorithm shown in MoHP guide booklet.



Mild Case

**Symptomatic case
with lymphopenia or leucopenia
with no radiological signs for pneumonia**

Check for

1. Age
2. Temperature > 38
3. $\text{SaO}_2 \leq 92\%$
4. Heart Rate ≥ 110
5. Respiratory Rate ≥ 25 /min.
6. Neutrophil / lymphocyte ratio on CBC ≥ 3.1
7. Uncontrolled Comorbidities
8. Immunosuppressive Drug
9. Pregnancy
10. Active Malignancy
11. On Chemotherapy
12. Obesity (BMI >40)

All No

AND

Age < 60

Any YES

OR

Age ≥ 60

• Strict Home Isolation (Symptomatic Treatment)
• Follow and use personal protective guide equipment
• If any deterioration occurs, back to hospital
NB: Paracetamol is the preferred antipyretic

Isolation in a healthcare facility

Treatment

- Hydroxychloroquine (400 mg twice in first day then 200 mg twice for 6 days)
- Vitamin C (1gm daily)

- Zinc 50mg daily
- Acetylcysteine 200 mg t.d.s.
- lactoferrin one sachet twice daily

Moderate Case

Patient has pneumonia manifestations on radiology associated with symptoms &/Or leucopenia or lymphopenia

Hospitalization

- Lopinavir/Ritonavir (2 tab 200/50) every 12 hrs
- Ribavirin 400 mg every 12 hrs for 14 days
(Not recommended if symptoms started for more than 7 days)
- +
• Anticoagulation: prophylactic or Therapeutic if D-dimer > 1000

OR

- Hydroxychloroquine (if NO contraindication) 400mg /12 hrs for 1 day then 200 mg every 12 hours for 9 days
- +
• Anticoagulation: prophylactic or Therapeutic if D-dimer > 1000

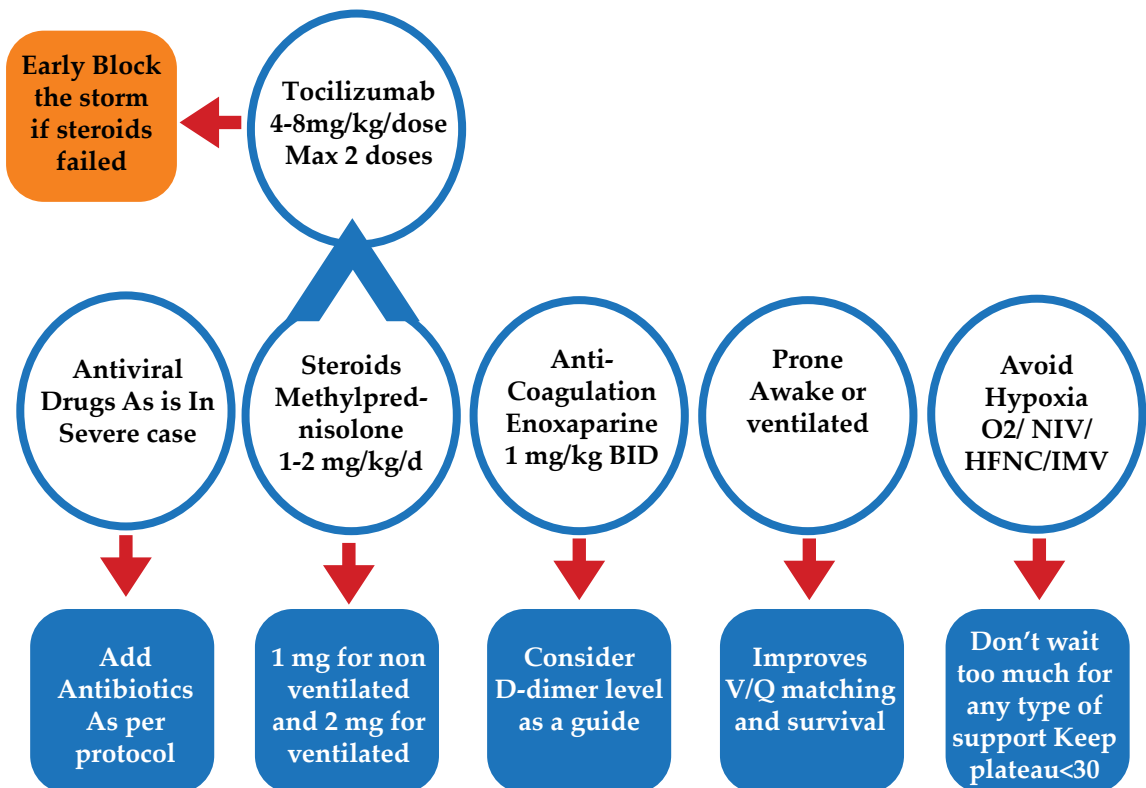
Steroids if patients is dyspneic or CT SCAN showed significant deterioration

Severe and Critically Ill Case

If any of the following criteria is present

1. RR > 30
2. SaO₂ < 92 at room air
3. PaO₂/FiO₂ ratio < 300
4. Chest radiology showing more than 50% lesion or progressive lesion within 24 to 48 hrs
5. Critically ill if SaO₂ < 92, or RR > 30, or PaO₂/FiO₂ ratio < 200 despite Oxygen Therapy.

Admit to Intermediate Care Or Intensive care



COVID 19 Critical Care Chain of Survival

Antiviral drugs

- Lopinavir/Ritonavir (2 tab 200/50) every 12 hrs.
- + Ribavirin 400 mg /12 hrs
- + Interferon beta 1b + Azithromycin (500mg daily) or doxycycline (200 mg first day then 100mg daily OR

NB: Remdesivir if available: 200 mg day 1 then 100 mg daily for 9 days

OR

Hydroxychloroquine (if NO contraindication) 400mg /12 hrs for 1 day then 200 mg every 12 hours for 9 days +

- Lopinavir/Ritonavir (2tab 200/50) every 12 hrs.+
- Doxycycline 200 mg first day and 100 mg daily or Azithromycin 500 mg

Non Invasive Ventilation or High Flow Nasal Cannula (HFNC)

- Conscious patients with minimal secretions.
- Hypoxia SpO₂ < 90% on oxygen. Or PaCO₂ >40 mmHg provided pH 7.3 and above.
- NIV trial shall be short with ABG 30 minutes apart.
- Any deterioration in blood gases from baseline or oxygen saturation or consciousness level shift to IMV.
- CPAP gradually increased from 5-10 cmH₂O.
- Pressure support from 10-15 cm H₂O.
- HFNC can be alternative to NIV.

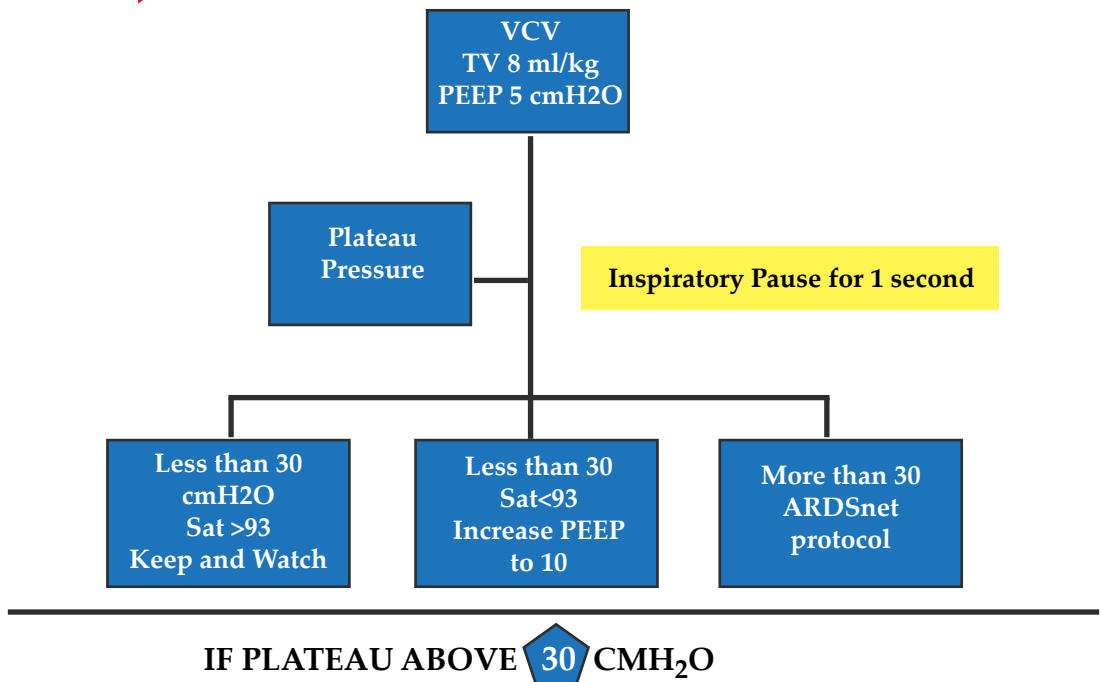
Invasive Mechanical Ventilation:

- Use PPE specially goggles during intubation and avoid bagging.

Indications:

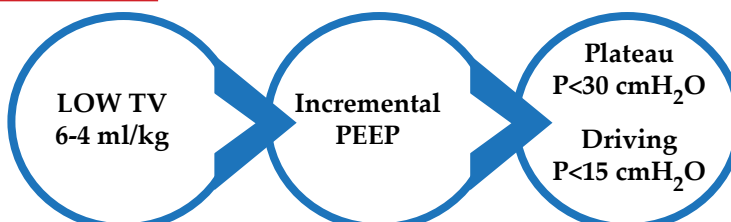
- Failed NIV or not available or not practical.
- $\text{PaO}_2 < 60$ mmhg despite oxygen supplementation.
- Progressive Hypercapnia.
- Respiratory acidosis ($\text{PH} < 7.30$).
- Progressive or refractory septic shock.
- Disturbed consciousness level ($\text{GCS} \leq 8$) or deterioration in consciousness level from baseline.

Step 1: Initiation of Invasive Mechanical Ventilation



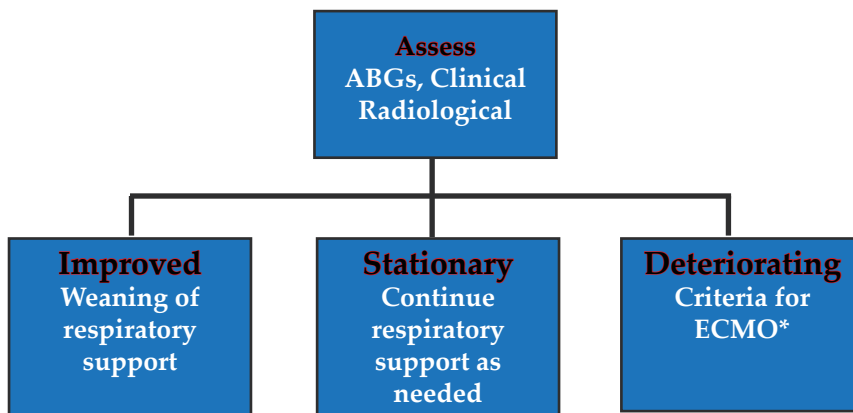
Step 2: Shift to ARDSNet protocol if needed

- ARDSNet protocol:



Start with tidal volume of 6 ml/Kg to keep plateau pressure on volume controlled ventilation (VCV) below 30 cmH₂O, decrease to 4 ml/kg if the plateau remain higher than 30 allow permissive hypercapnia so long the pH is above 7.3 compensate by increasing respiratory rate up to 30 breath/minute. Consider heavy sedation and paralysis. If pressures are high or any evidence of barotrauma shift to pressure controlled ventilation and be cautious about low tidal volume alarms for fear of unnoticed endotracheal tube obstruction. Consider ECMO early if eligible. Increase PEEP gradually if the patient remains hypoxic according to FIO₂ level to keep driving pressure < 15cmH₂O. **NEVER FORGET PRONE POSITION.**

Step 3: Assessment of respiratory support outcome



*Criteria for VV ECMO: Age below 55, mechanical ventilation duration less than 7 days, no comorbidities, preserved conscious level, PaO₂/FiO₂ <100 despite prone RESPscore >0.

Expert opinion is needed and depends on availability.

| NAME | AFFILIATION |
|-------------------------|---|
| Hossam Hosny Masoud | Professor of Chest Diseases. Head of Pulmonary Hypertension Unit, Faculty of Medicine, Cairo University |
| Gehan Ellassal | Professor of Pulmonary Medicine Ain Shams University |
| Samy Zaky | Professor of Hepatogastroenterology and Infectious Diseases, Al Azhar University |
| Amin Abdel Baki | Consultant of Hepatoogy, Gastroenterology and Infectious Diseases. National Hepatology and Tropical Medicine Research Institute (NHTMRI),Cairo, Egypt |
| Hamdy Ibrahim | Consultant of infectious diseases and director of ICU, Imbaba Fever and infectious diseases hospitals, MoHP |
| Wagdy Amin | Director General for Chest Diseases, MoHP |
| Akram Abdelbary | Professor of critical care medicine, Cairo University Chairman elect of ELSO SWAAC chapter |
| Ahmad Said Abdel Mohsen | Lecturer of critical care medicine, Faculty of Medicine, Cairo University |
| Mohamed Hassany | Fellow of Infectious Diseases and Endemic Hepatogastroentology, National Hepatology and Tropical Medicine Research Institute |
| Alaa Eid | Head of Preventive Medical Sector, MoHP |
| Noha Asem Mohamed | Minister's Advisor for Research and Health Development. Chairman of Research Ethics Committee, MoHP. Lecturer of Public Health, Cairo University |
| Ehab Kamal | Researcher of Tropical Medicine. Medical Division National Research Center. General Director of Directorate of Fever Hospitals, MoHP |



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