Covid-19: What's the current advice for UK doctors?
Please see all corrections and clarification

Clinical findings in a group of patients infected with the 2019 novel coronavirus (SARS-CoV-2) outside of Wuhan, China: retrospective case series

Conclusion As of early February 2020, compared with patients initially infected with SARS-CoV-2 in Wuhan, the symptoms of patients in Zhejiang province are relatively mild.

Physical interventions to interrupt or reduce the spread of respiratory viruses: systematic review

Conclusion Routine long term implementation of some of the measures to interrupt or reduce the spread of respiratory viruses might be difficult. However, many simple and low cost interventions reduce the transmission of epidemic respiratory viruses. More resources should be invested into studying which physical interventions are the most effective, flexible, and cost effective means of minimising the impact of acute respiratory tract infections.

Autopsy in suspected COVID-19 cases

Conclusion We have outlined the hazard group categorisation, pathological features and approach to the autopsy in suspected COVID-19 cases to aid mortuary workers. If on clinicopathological correlation, COVID-19 is deemed to be primary cause of death, then it should be given at the last line of part 1 in the Office of National Statistics format. If there is another primary cause of death and COVID-19 is considered to be contributory, then it can be put in part 2. Finally, it is worthwhile to notify PHE of any cases where COVID-19 is confirmed, although this should also be done by the laboratory that made the diagnosis.

Practical laboratory considerations amidst the COVID-19 outbreak: early experience from Singapore

Conclusion Taken together, many questions remain for this emerging infection, but a collaborative global health effort will expedite our quest to effectively manage COVID-19. A summary (table 2) of laboratory considerations within the total testing process is included to highlight pertinent issues amidst an outbreak. Future efforts should revolve around novel biomarkers to stratify disease, trials on effective therapy and potential development of a vaccine. Adhering to biosafety regulations places tremendous stress on operational staff, but these measures reduce occupational health hazards and enhance a safe working environment in the laboratory.

BMJ Best Practice—Covid-19
An updated module from BMJ Best Practice

Characteristics and Outcomes of 21 Critically Ill Patients With COVID-19 in Washington State

Discussion This study represents the first description of critically ill patients infected with SARS-CoV-2 in the US. These patients had a high rate of ARDS and a high risk of death, similar to published data from China. However, this case series adds insight into the presentation and early outcomes in this population and demonstrates poor short-term outcomes among patients requiring mechanical ventilation. It is unclear whether the high rate of cardiomyopathy in this case series reflects a direct cardiac complication of SARS-CoV-2 infection or resulted from overwhelming critical illness. Others have described cardiomyopathy in COVID-19, and further research may better characterize this risk.

Clinical Characteristics of 138 Hospitalized Patients With 2019 Novel Coronavirus–Infected Pneumonia in Wuhan, China

Conclusions In this single-center case series of 138 hospitalized patients with confirmed NCIP in Wuhan, China, presumed hospital-related transmission of 2019-nCoV was suspected in 41% of patients, 26% of patients received ICU care, and mortality was 4.3%.

Risk Factors Associated With Acute Respiratory Distress Syndrome and Death in Patients With Coronavirus Disease 2019 Pneumonia in Wuhan, China

Conclusions Older age was associated with greater risk of development of ARDS and death likely owing to less rigorous immune response. Although high fever was associated with the development of ARDS, it was also associated with better outcomes among patients with ARDS. Moreover, treatment with methylprednisolone may be beneficial for patients who develop ARDS.

Care for Critically Ill Patients With COVID-19

Initial reports suggest that COVID-19 is associated with severe disease that requires intensive care in approximately 5% of proven infections. Given how common the disease is becoming, as in prior major severe acute respiratory infection outbreaks—SARS (severe acute respiratory syndrome), MERS (Middle East respiratory syndrome), avian influenza A(H7N9), and influenza A(H1N1)pdm09—critical care will be an integral component of the global response to this emerging infection.

Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019

Conclusions In this survey of healthcare workers in hospitals equipped with fever clinics or wards for patients with COVID-19 in Wuhan and other regions in China, participants reported experiencing psychological burden, especially nurses, women, those in Wuhan, and frontline health care workers directly engaged in the diagnosis, treatment, and care for patients with COVID-19.
Interventions to mitigate early spread of SARS-CoV-2 in Singapore: a modelling study

**Interpretation** Implementing the combined intervention of quarantining infected individuals and their family members, workplace distancing, and school closure once community transmission has been detected could substantially reduce the number of SARS-CoV-2 infections. We therefore recommend immediate deployment of this strategy if local secondary transmission is confirmed within Singapore. However, quarantine and workplace distancing should be prioritised over school closure because at this early stage, symptomatic children have higher withdrawal rates from school than do symptomatic adults from work. At higher asymptomatic proportions, intervention effectiveness might be substantially reduced requiring the need for effective case management and treatments, and preventive measures such as vaccines.

Temporal profiles of viral load in posterior oropharyngeal saliva samples and serum antibody responses during infection by SARS-CoV-2: an observational cohort study

**Interpretation** Posterior oropharyngeal saliva samples are a non-invasive specimen more acceptable to patients and health-care workers. Unlike severe acute respiratory syndrome, patients with COVID-19 had the highest viral load near presentation, which could account for the fast-spreading nature of this epidemic. This finding emphasises the importance of stringent infection control and early use of potent antiviral agents, alone or in combination, for high-risk individuals. Serological assay can complement RT-qPCR for diagnosis.

Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study

**Interpretation** The potential risk factors of older age, high SOFA score, and d-dimer greater than 1 μg/mL could help clinicians to identify patients with poor prognosis at an early stage. Prolonged viral shedding provides the rationale for a strategy of isolation of infected patients and optimal antiviral interventions in the future.

Radiological findings from 81 patients with COVID-19 pneumonia in Wuhan, China: a descriptive study

**Interpretation** COVID-19 pneumonia manifests with chest CT imaging abnormalities, even in asymptomatic patients, with rapid evolution from focal unilateral to diffuse bilateral ground-glass opacities that progressed to or co-existed with consolidations within 1–3 weeks. Combining assessment of imaging features with clinical and laboratory findings could facilitate early diagnosis of COVID-19 pneumonia.

A Trial of Lopinavir–Ritonavir in Adults Hospitalized with Severe Covid-19

**Conclusions** In hospitalized adult patients with severe Covid-19, no benefit was observed with lopinavir–ritonavir treatment beyond standard care. Future trials in patients with severe illness may help to confirm or exclude the possibility of a treatment benefit. (Funded by Major Projects of National Science and Technology on New Drug Creation and Development and others; Chinese Clinical Trial Register number, ChiCTR2000029308)

Am I Part of the Cure or Am I Part of the Disease? Keeping Coronavirus Out When a Doctor Comes Home

A front-line physician wonders how he can protect a vulnerable member of his household from the pathogens he’s exposed to in the ED — especially in a rapidly spreading pandemic of a novel virus and amid so many uncertainties.

Aerosol and Surface Stability of SARS-CoV-2 as Compared with SARS-CoV-1

In this research letter, investigators report on the stability of SARS-CoV-2 and SARS-CoV-1 under experimental conditions. The viability of the two viruses was assessed in aerosols and on plastic, stainless steel, copper, and cardboard.

Facing Covid-19 in Italy — Ethics, Logistics, and Therapeutics on the Epidemic's Front Line

Physicians in northern Italy have learned some painful lessons about rationing care during an epidemic. As health care systems work out ethical allocation principles, it seems clear that only with transparency and inclusivity can public trust and cooperation be achieved.

SARS-CoV-2 Infection among Travelers Returning from Wuhan, China

Data on travelers returning from areas with many cases of Covid-19 may be useful in estimating incidence. The authors report follow-up data on 94 persons who boarded an evacuation flight from Wuhan, China, to Singapore on January 30, 2020.

History in a Crisis — Lessons for Covid-19

The history of human responses to epidemics carries various lessons for our current situation. Two of the more disheartening ones are that stigmatization follows closely on the heels of pathogens and that outbreaks too often claim the lives of health care providers.

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