

COVID-19 Evidence Bulletin 24th February 2021

Details of new guidance and evidence relating to the response to COVID-19. Please check SaTH, NHS and Government guidance in conjunction with these resources where necessary.

General

Coronavirus disease 2019 (COVID-19): Outpatient evaluation and management in adults [evidence summary from UpToDate]

Available [here](#). Last updated 18th February

Coronavirus disease 2019 (COVID-19): Management in hospitalized adults [evidence summary from UpToDate]

Available [here](#). Last updated 11th February

Cancer Care

COVID-19 rapid guideline: delivery of systemic anticancer treatments [NICE]

[NICE reviewed the evidence on the effects of systemic anticancer treatment on risk of severe illness or death in patients with cancer and COVID-19 and made new recommendations.]

Available [here](#). Last updated 12th February

EHA/ESMO Clinical Practice Guidelines for the Management of Malignant Lymphoma:

Recommendations for the Second Phase of the COVID-19 Pandemic [Drayling M et al. *HemaSphere*]

[The European Hematology Association (EHA) has decided to establish clinical practice guidelines for the management of malignant lymphoma for the (chronic) second phase of the COVID-19 pandemic. These recommendations should be used as guidance for prioritizing the various aspects of cancer care in order to mitigate the negative effects of the COVID-19 pandemic on the management of cancer patients.]

Available [here](#)

Dermatology

Maculopapular skin eruptions associated with Covid-19: A systematic review [Shams S. *Dermatologic Therapy*]

[Superficial perivascular dermatitis with lymphocytic infiltrate was a histopathological hallmark of these lesions. As these skin lesions may have a possible association with diagnosis, management, prognosis, and severity of the disease, all health practitioners need to be well acquainted with these Covid-19 skin lesions. Also, in the middle of this worldwide pandemic, early identification of this eruption may help manage this infection's further spread.]

Available [here](#)

Cutaneous manifestations of COVID-19: a systematic review and analysis of individual patient-level data [Lee DS. *Dermatology Online Journal*]

[Results: The most frequently observed cutaneous manifestations of COVID-19 (morbilliform, varicelliform, and urticarial) are well-described patterns of viral exanthems. However, chilblains-like, livedoid, and acro-ischemic morphologies are not traditionally associated with viral infections and were significantly associated with severity of COVID-19 disease.]

Available [here](#)

Drug Therapy

Anakinra for patients with COVID-19: a meta-analysis of non-randomized cohort studies [European Journal of Internal Medicine]

[Administration of anakinra in COVID-19 patients was safe and might be associated with reductions in both mortality and need for mechanical ventilation. Randomized clinical trials are warranted to confirm these findings.]

Available [here](#)

Systematic review and meta-analysis of anakinra, sarilumab, siltuximab and tocilizumab for COVID-19

[Khan FA. *Thorax*]

[Tocilizumab was associated with a lower relative risk of mortality in prospective studies, but effects were inconclusive for other outcomes. Current evidence for the efficacy of anakinra, siltuximab or sarilumab in COVID-19 is insufficient, with further studies urgently needed for conclusive findings.]

Available [here](#)

Colchicine in the Management of COVID-19 (SARS-CoV 2) Positive Patients [MHRA]

[Colchicine should not be used in the management of COVID-19 positive patients other than in the context of a trial, or unless there is an additional licensed indication for its use]

Available [here](#)

Major Update: Remdesivir for Adults With COVID-19: A Living Systematic Review and Meta-analysis for the American College of Physicians Practice Points [Kaka AS. *Annals of Internal Medicine*]

[In hospitalized adults with COVID-19, remdesivir probably results in little to no mortality difference but probably improves the percentage recovered and reduces serious harms and may result in a small reduction in the proportion receiving ventilation. For patients not receiving ventilation, a 5-day course may provide greater benefits and fewer harms with lower drug costs than a 10-day course.]

Available [here](#)

Early initiation of prophylactic anticoagulation for prevention of coronavirus disease 2019 mortality in patients admitted to hospital in the United States: cohort study [Rentsch CT. *BMJ*]

[Early initiation of prophylactic anticoagulation compared with no anticoagulation among patients admitted to hospital with covid-19 was associated with a decreased risk of 30 day mortality and no increased risk of serious bleeding events. These findings provide strong real world evidence to support guidelines recommending the use of prophylactic anticoagulation as initial treatment for patients with covid-19 on hospital admission.]

Available [here](#)

Interleukin-6 inhibitors (tocilizumab or sarilumab) for critically ill patients with COVID-19 pneumonia (adults) [MHRA]

[UK Interim Clinical Commissioning Policies have now been published, recommending that two Interleukin-6 (IL-6) inhibitors -tocilizumab and sarilumab-are made available as a treatment option for critically ill adult patients (aged 18 years and older) hospitalised with COVID-19 in accordance with the agreed criteria]

Available [here](#)

Peginterferon lambda for the treatment of outpatients with COVID-19: a phase 2, placebo-controlled randomised trial [Feld JJ. *The Lancet Respiratory Medicine*]

[Peginterferon lambda accelerated viral decline in outpatients with COVID-19, increasing the proportion of patients with viral clearance by day 7, particularly in those with high baseline viral load. Peginterferon lambda has potential to prevent clinical deterioration and shorten duration of viral shedding.]

Available [here](#)

Intensive and Critical Care

COVID-19 rapid guideline: critical care in adults [NICE]

[On 12 February 2021, NICE added advice to follow NHS England's interim clinical commissioning policies on tocilizumab and sarilumab for treating critically ill patients with COVID-19 pneumonia.]

Available [here](#). Last updated 12th February

Long COVID

Managing the long-term effects of COVID-19 [Scottish Intercollegiate Guidelines Network]

[SIGN 161. This guideline on managing the long-term effects of COVID-19 (also known as long COVID) covers the care of people who have signs and symptoms that develop during or after an infection that is consistent with COVID-19, which continue for more than four weeks and are not explained by an alternative diagnosis. Targeted areas of the guideline will be continuously reviewed and updated in response to emerging evidence.]

Available [here](#)

Coronavirus disease 2019 (COVID-19): Evaluation and management of adults following acute viral illness [evidence summary from UpToDate]

[In this topic we will discuss the evaluation and management of adults during the post-acute and chronic recovery phase from COVID-19, which is based upon evolving evidence.]

Available [here](#)

Mental Health

Mental health of staff working in intensive care during COVID-19 [Greenberg, N. *Occupational Medicine*]

[We found substantial rates of probable mental health disorders, and thoughts of self-harm, amongst ICU staff; these difficulties were especially prevalent in nurses. Whilst further work is needed to better understand the real level of clinical need amongst ICU staff, these results indicate the need for a national strategy to protect the mental health, and decrease the risk of functional impairment, of ICU staff whilst they carry out their essential work during COVID-19.]

Available [here](#)

What can we do to support the mental health of frontline health and social care workers during the pandemic? [The Mental Elf]

[Nikki Nabavi reviews a mixed methods systematic review that looks at interventions to support frontline health and social care staff during and after a disease outbreak, epidemic or pandemic.]

Available [here](#)

Obstetrics

Coronavirus disease 2019 (COVID-19): Pregnancy issues and antenatal care [evidence summary from UpToDate]

Available [here](#). Last updated 15th February

Optometry

College of Optometrists Guidance for Professional Practice [College of Optometrists]

[The latest update provides clarification and stronger guidance on a zero-tolerance policy of abuse toward optometrists and practice staff, with an emphasis on employers to provide protections against this type of behaviour. It includes new sections on: imaging, needs-led examination, examining patients with hearing loss, examining patients with autism. The update also indicates where optometrists should look for the latest COVID-19 guidance.]

Available [here](#)

Paediatrics

Coronavirus disease 2019 (COVID-19): Clinical manifestations and diagnosis in children [evidence summary from UpToDate]

Available [here](#). Last updated 15th February

Radiotherapy

COVID-19 rapid guideline: delivery of radiotherapy [NICE]

[NICE added 3 recommendations for research following a review of the evidence on the effects of systemic anticancer treatment or radiotherapy on the risk of severe illness or death in patients with cancer and COVID-19.]

Available [here](#). Last updated 12th February

Sepsis

Surviving Sepsis Campaign Guidelines on the Management of Adults With Coronavirus Disease 2019 (COVID-19) in the ICU: First Update [Surviving Sepsis Campaign]

[The Surviving Sepsis Campaign Coronavirus Disease 2019 panel issued several recommendations to guide healthcare professionals caring for adults with critical or severe coronavirus disease 2019 in the ICU. Based on a living guideline model the recommendations will be updated as new evidence becomes available.]

Available [here](#)

Vaccination

Preparing and administering COVID-19 Vaccines [Specialist Pharmacy Service]

[Guidance from across SPS on preparing and administering COVID-19 Vaccines for all the available vaccines.]

Available [here](#)

KnowledgeShare Evidence Alerts

KnowledgeShare contains many updates on COVID-19 that can be accessed from the KnowledgeShare website without a password. If you'd like to receive these by email (along with updates on any other topics of interest) please complete the form.

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