

# COVID-19 Evidence Bulletin 17<sup>th</sup> November 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

### **COVID-19 rapid guideline: managing COVID-19** [NICE]

[In October, NICE updated existing recommendations on tocilizumab and sarilumab. This guideline covers the management of COVID-19 for children, young people and adults in all care settings. It brings together our existing recommendations on managing COVID-19, and new recommendations on therapeutics, so that healthcare staff and those planning and delivering services can find and use them more easily.]

Available [here](#). Last updated 3<sup>rd</sup> November

### **COVID-19: Management in hospitalized adults** [evidence summary from UpToDate]

Available [here](#). Last updated 15<sup>th</sup> November

## Cancer

### **Prevalence and impact of COVID-19 sequelae on treatment and survival of patients with cancer who recovered from SARS-CoV-2 infection: evidence from the OnCovid retrospective, multicentre registry study** [Pinato DJ. *The Lancet Oncology*]

[The medium-term and long-term impact of COVID-19 in patients with cancer is not yet known. Sequelae post-COVID-19 affect up to 15% of patients with cancer and adversely affect survival and oncological outcomes after recovery. Adjustments to systemic anti-cancer therapy can be safely pursued in treatment-eligible patients.]

Available [here](#)

## Drug Therapy

### **Efficacy and safety of IL-6 inhibitors in patients with COVID-19 pneumonia: a systematic review and meta-analysis of multicentre, randomized trials** [Belletti A. *Annals of Intensive Care*]

[Review (15 RCTs; n=9320) found IL-6 inhibitors linked to reduced all-cause mortality at longest follow-up (1315/5380 [24.4%] vs. 1080/3814 [28.3%] controls, RR 0.90; 95% CI 0.84-0.96; p = 0.003, with 13 studies included), with no increase in adverse events and secondary infections.]

Available [here](#)

**Inhaled and intranasal ciclesonide for the treatment of covid-19 in adult outpatients: CONTAIN phase II randomised controlled trial** [Ezer N. *BMJ*]

[Compared with placebo, the combination of inhaled and intranasal ciclesonide did not show a statistically significant increase in resolution of symptoms among healthier young adults with covid-19 presenting with prominent respiratory symptoms. As evidence is insufficient to determine the benefit of inhaled and intranasal corticosteroids in the treatment of covid-19, further research is needed.]

Available [here](#)

**Efficacy and safety of tocilizumab versus standard care/placebo in patients with COVID-19; a systematic review and meta-analysis of randomized clinical trials** [Vela D. *British Journal of Clinical Pharmacology*]

[In COVID-19 patients with moderate to critical COVID-19, use of tocilizumab reduces all-cause mortality and progression to mechanical ventilation. This efficacy was not associated with higher number of serious adverse events.]

Available [here](#)

**Effect of anti-interleukin drugs in patients with COVID-19 and signs of cytokine release syndrome (COV-AID): a factorial, randomised, controlled trial** [Declercq J. *The Lancet Respiratory Medicine*]

[Infections with SARS-CoV-2 continue to cause significant morbidity and mortality. Interleukin (IL)-1 and IL-6 blockade have been proposed as therapeutic strategies in COVID-19, but study outcomes have been conflicting. Drugs targeting IL-1 or IL-6 did not shorten the time to clinical improvement in this sample of patients with COVID-19, hypoxic respiratory failure, low SOFA score, and low baseline mortality risk.]

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**Effect of early treatment with fluvoxamine on risk of emergency care and hospitalisation among patients with COVID-19: the TOGETHER randomised, platform clinical trial** [Reis G. *The Lancet Global Health*]

[Recent evidence indicates a potential therapeutic role of fluvoxamine for COVID-19. Treatment with fluvoxamine (100 mg twice daily for 10 days) among high-risk outpatients with early diagnosed COVID-19 reduced the need for hospitalisation defined as retention in a COVID-19 emergency setting or transfer to a tertiary hospital.]

Available [here](#)

**Use of novel antithrombotic agents for COVID-19: Systematic summary of ongoing randomized controlled trials** [Talasaz AH. *Journal of Thrombosis and Haemostasis*]

[Some novel antithrombotic agents have pleiotropic anti-inflammatory and antiviral effects, which may help reduce the viral load or fibrosis, and improve oxygenation. Results from ongoing RCTs will elucidate their actual role in the management of patients with COVID-19.]

Available [here](#)

**Randomized study of rivaroxaban vs. placebo on disease progression and symptoms resolution in high-risk adults with mild COVID-19** [Ananworanich J. *Clinical Infectious Diseases*]

[Our study did not demonstrate an impact of rivaroxaban on disease progression in high-risk adults with mild COVID-19. There remains a critical public health gap in identifying scalable effective therapies for high-risk people in the outpatient setting to prevent COVID-19 progression.]

Available [here](#)

**Colchicine in patients admitted to hospital with COVID-19 (RECOVERY): a randomised, controlled, open-label, platform trial** [RECOVERY Collaborative Group. *The Lancet Respiratory Medicine*]  
[Colchicine has been proposed as a treatment for COVID-19 based on its anti-inflammatory actions. In adults hospitalised with COVID-19, colchicine was not associated with reductions in 28-day mortality, duration of hospital stay, or risk of progressing to invasive mechanical ventilation or death.]  
Available [here](#)

## Education and Training

**The perceived impact of the Covid-19 pandemic on medical student education and training - an international survey** [The Master Surgeon Trust Collaborative. *BMC Medical Education*]  
[The Covid-19 pandemic led to significant changes and disruptions to medical education worldwide. We evaluated medical student perceived views on training, their experiences and changes to teaching methods during the pandemic. An online survey of medical students was conducted in the Autumn of 2020. An international network of collaborators facilitated participant recruitment.]  
Available [here](#)

**Nursing Students' Experience of Providing Frontline COVID-19 Support: A Qualitative Study** [Vázquez-Calatayud, M. *Nursing & Health Sciences*]  
[Understanding the unique experience of nursing students providing frontline support in COVID-19 hospital wards is crucial for the design of strategies to improve crisis management and mitigate future pandemic outbreaks.]  
Available [here](#) [NHS OpenAthens account required]

## Health Inequalities

**Disparities in COVID-19 Outcomes by Race, Ethnicity, and Socioeconomic Status: A Systematic-Review and Meta-analysis** [*JAMA Network Open*]  
[In this study, members of racial and ethnic minority groups had higher risks of COVID-19 positivity and disease severity. Furthermore, socioeconomic determinants were strongly associated with COVID-19 outcomes in racial and ethnic minority populations.]  
Available [here](#)

## Health Services

**Multi-professional team-working: The experience and lessons from COVID-19** [Academy of Medical Royal Colleges]  
[The report focuses on what lessons we have learned about the enablers for and barriers to effective multi-professional team-working. Drawing on interviews with workers across different specialties, healthcare settings and regions, it explores five key themes that have shaped experiences of multi-professional team-working during the pandemic.]  
Available [here](#)

## Infection Control

### **Infection control in the intensive care unit: expert consensus statements for SARS-CoV-2 using a Delphi method** [Nasa P. *The Lancet Infectious Diseases*]

[Consensus was achieved for 31 (94%) of 33 statements, from which 25 clinical practice statements were issued. These statements include guidance on ICU design and engineering, health-care worker safety, visiting policy, personal protective equipment, patients and procedures, disinfection, and sterilisation.]

Available [here](#)

### **Current Insights Into Respiratory Virus Transmission and Potential Implications for Infection Control Programs: A Narrative Review** [Klompas M. *Annals of Internal Medicine*]

[This article reviews recent studies on aerosol transmission of respiratory viruses and considers their implications for infection control policies in health care settings.]

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## Long COVID

### **COVID-19 rapid guideline: managing the long-term effects of COVID-19** [NICE]

[This guideline covers identifying, assessing and managing the long-term effects of COVID-19, often described as 'long COVID'. NICE has made new recommendations and updated existing recommendations on identification; planning care; multidisciplinary rehabilitation; follow up, monitoring and discharge; and service organisation. NICE also updated the list of common symptoms, emphasising that these may be different for children.]

Available [here](#). Last updated 11<sup>th</sup> November

### **Coronavirus (COVID-19): Scotland's Long Covid service** [Scottish Government]

[The Scottish Government has published a paper setting out how it will support people with Long Covid.]

Available [here](#)

## Mortality

### **Diabetes, hypertension, body mass index, smoking and COVID-19-related mortality: a systematic review and meta-analysis of observational studies** [Mahamat-Saleh Y. *BMJ Open*]

[Review (186 studies representing 210,447 deaths among 1,304,587 patients with COVID-19) suggests diabetes (1.54 fold), hypertension (1.42), obesity (1.45) and smoking (1.28) are associated with higher COVID-19 mortality, contributing to nearly 30% of COVID-19 deaths.]

Available [here](#)

## Rehabilitation

### **Rehabilitation to enable recovery from COVID-19: a rapid systematic review** [Goodwin VA. *Physiotherapy*]

[OBJECTIVES: To establish the evidence for rehabilitation interventions tested in populations of patients admitted to ICU and critical care with severe respiratory illness, and consider whether the evidence is generalizable to patients with COVID-19.]

*Freely available online*

Available [here](#)

## Respiratory Care

### **Non-invasive respiratory support in the management of acute COVID-19 pneumonia: considerations for clinical practice and priorities for research** [Weerakkody S. *The Lancet Respiratory Medicine*]

[Article covers the data from 2 RCTs and 83 observational studies that examined the effects of non-invasive respiratory support (NIRS) in patients with COVID-19. It notes NIRS is safe, improves resource utilisation, and might be associated with better outcomes.]

Available [here](#)

### **Effects of early extubation followed by noninvasive ventilation versus standard extubation on the duration of invasive mechanical ventilation in hypoxemic non-hypercapnic patients: a systematic review and individual patient data meta-analysis of randomized controlled trials** [Vaschetto R. *Critical Care*]

[Usefulness of noninvasive ventilation (NIV) in weaning patients with non-hypercapnic hypoxemic acute respiratory failure (hARF) is unclear. The study aims to assess in patients with non-hypercapnic hARF, the efficacy of NIV after early extubation, compared to standard weaning.]

Available [here](#)

## Staff Wellbeing

### **Staff psychological support response to COVID-19** [NHS Employers]

[Case study. At the start of the COVID-19 pandemic, Lancashire Teaching Hospitals Trust (LTHTR) recognised that more staff would need to access psychology services. Almost 1000 staff have been able to access psychological support since adopting new pathways as part of their overall health and wellbeing offer.]

Available [here](#)

## Speech and Language Therapy

### **How SLTs are responding to COVID-19: case studies** [Royal College of Speech and Language Therapists]

[These case studies demonstrate how some SLTs have met the challenges brought on by the coronavirus (COVID-19) pandemic, offered in the spirit of sharing practices and ideas that other SLTs may find helpful.]

Available [here](#)

### **Testing and procurement of transparent masks** [Royal College of Speech and Language Therapists]

[Information on the use of transparent face masks during COVID-19, including details on the process of testing and procurement and how RCSLT members can access approved masks.]

Available [here](#)

## Supplementation

### **Zinc for the prevention or treatment of acute viral respiratory tract infections in adults: a rapid systematic review and meta-analysis of randomised controlled trials** [Hunter J. *BMJ Open*]

[Review (28 RCTs; n=5446; none specific to Covid-19) found some evidence suggesting zinc may prevent symptoms and shorten duration; comparative efficacy of different doses/formulations were unclear. The quality of evidence was limited; further research is warranted.]

Available [here](#)

## Thrombosis

**Prevalence of thrombotic complications in children with SARS-CoV-2** [Aguilera-Alonso D. *Archives of Disease in Childhood*]

[In this multicentre national cohort of children with SARS-CoV-2 involving 49 hospitals, 4 patients out of 537 infected children developed a thrombotic complication. Thrombotic complications seem very uncommon in children with SARS-CoV-2. Adolescence and previous thrombotic risk factors may be considered when initiating thromboprophylaxis in children with COVID-19. Further studies are needed to clarify risk factors among children with COVID-19 in order to develop specific recommendations.]

Available [here](#)

## Transmissibility

**Community transmission and viral load kinetics of the SARS-CoV-2 delta (B.1.617.2) variant in vaccinated and unvaccinated individuals in the UK: a prospective, longitudinal, cohort study**

[Singanayagam A. *The Lancet Infectious Diseases*]

[Vaccination reduces the risk of delta variant infection and accelerates viral clearance. Nonetheless, fully vaccinated individuals with breakthrough infections have peak viral load similar to unvaccinated cases and can efficiently transmit infection in household settings, including to fully vaccinated contacts. Host–virus interactions early in infection may shape the entire viral trajectory.]

Available [here](#)

## Vaccine-induced immune thrombotic thrombocytopenia

**Vaccine-induced immune thrombotic thrombocytopenia** [Klok FA. *The Lancet Haematology*]

[Viewpoint discusses epidemiology, pathophysiology, and optimal diagnostic and therapeutic management of VITT. Presentation of possible VITT should raise prompt testing for anti-PF4 antibodies and initiation of treatment with IV immunoglobulin and non-heparin anticoagulation.]

Available [here](#)

**COVID-19: Vaccine-induced immune thrombotic thrombocytopenia (VITT)** [evidence summary from UpToDate]

Available [here](#). Last updated 12<sup>th</sup> November

### **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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Jason Curtis  
Site Librarian  
Shrewsbury Health Library  
Learning Centre  
Royal Shrewsbury Hospital  
[jason.curtis1@nhs.net](mailto:jason.curtis1@nhs.net)  
01743 492511

Louise Stevens  
Site Librarian  
Telford Health Library  
Education Centre  
Princess Royal Hospital  
[l.stevens@nhs.net](mailto:l.stevens@nhs.net)  
01952 641222 Ext. 4694