




Kardiyovasküler Komplikasyonlar ve Tromboz Riski

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Göğüs Hastalıkları

Respiratory follow-up of patients with COVID-19 pneumonia

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Respiration

Guidelines

Respiration 2021;100:826–841
DOI: 10.1159/000517255

Received: April 27, 2021
Accepted: April 29, 2021
Published online: June 4, 2021

Swiss Recommendations for the Follow-Up and Treatment of Pulmonary Long COVID

Thorax: first published as 10.

NICE National Institute for Health and Care Excellence

RCGP Royal College of General Practitioners

Healthcare Improvement Scotland

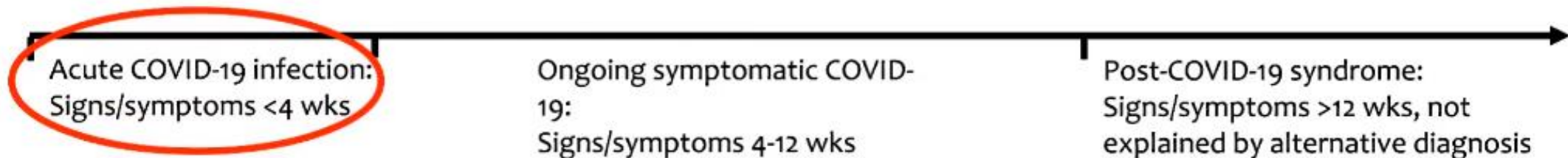
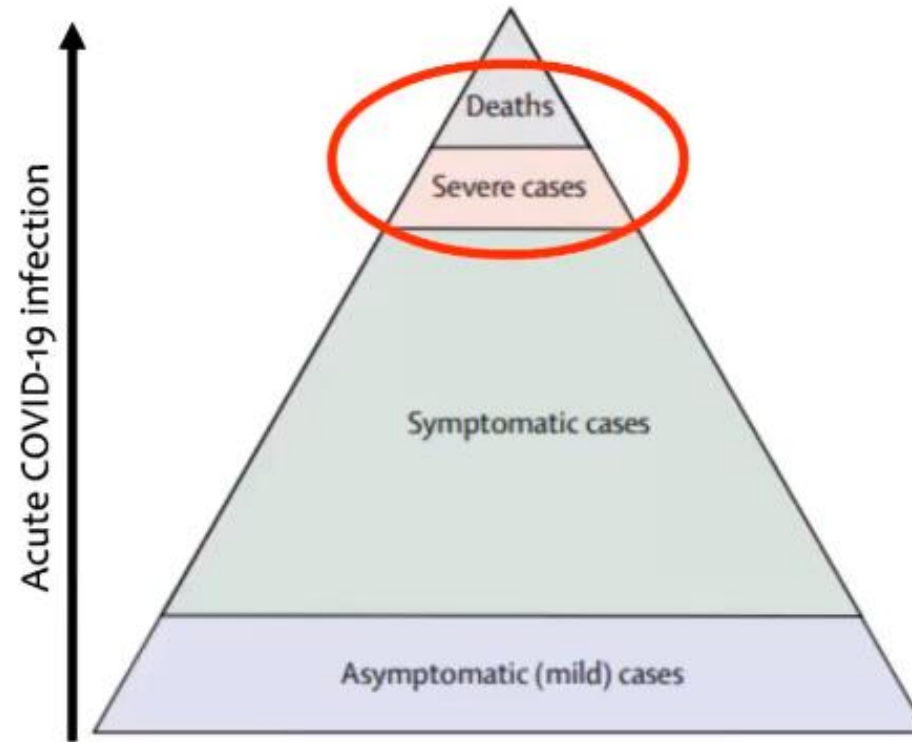
SIGN

NICE
guideline

COVID-19 rapid guideline: managing the long-term effects of COVID-19

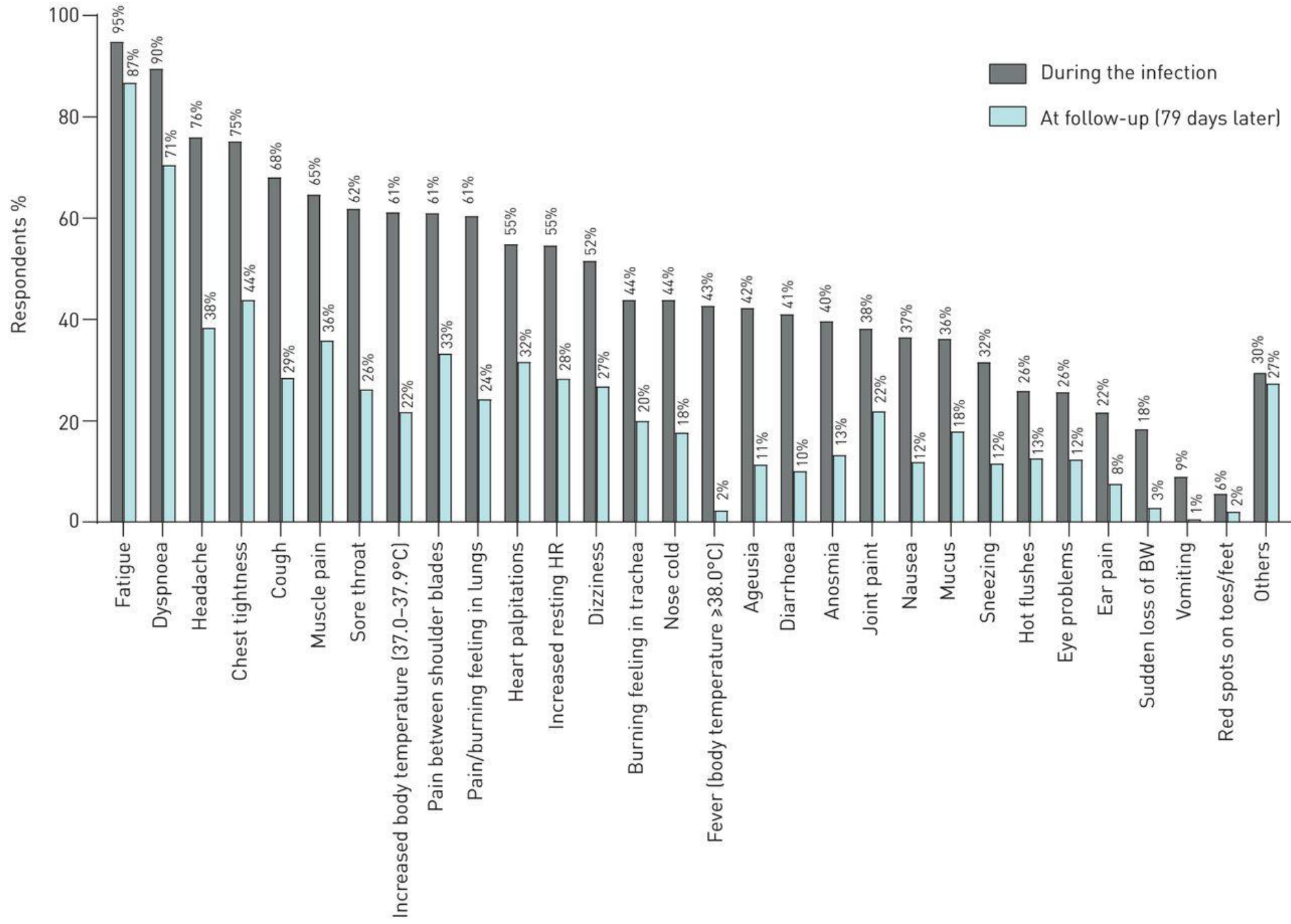


British Thoracic Society Guidance on Respiratory Follow Up of Patients with a Clinico-Radiological Diagnosis of COVID-19 Pneumonia



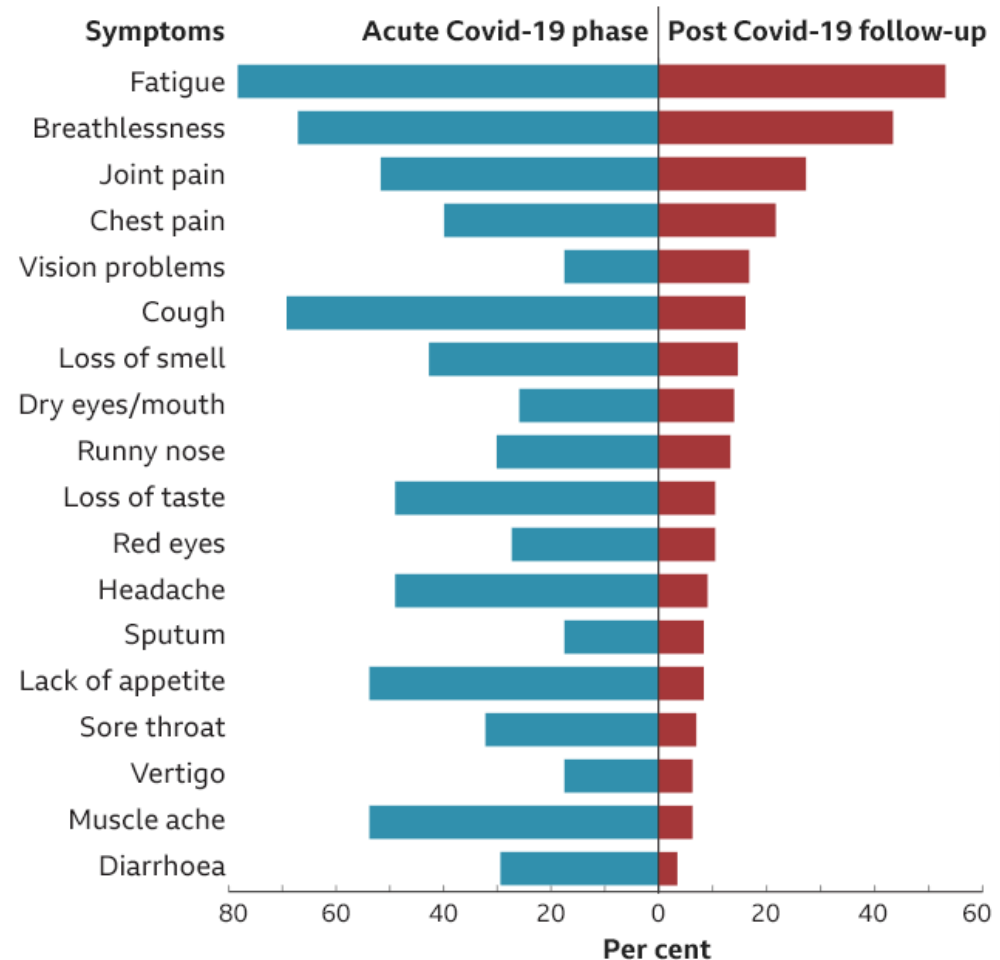
NICE National Institute for Health and Care Excellence

Verity et al. *Lancet Infect Dis* 2020
<https://www.nice.org.uk/guidance/gid-ng10179/documents/final-scope>



PERSISTENT SYMPTOMS post COVID-19

Patients followed up on average 60 days after first symptoms*



60 (14) days after onset first COVID-19 symptoms

None of the patients had fever or any signs or symptoms of acute illness

12.6% free of COVID-19-related symptoms

32.0% had 1 or 2 symptoms

55.0% had 3 or more symptoms

44% low quality of life (EQ-5D)

*143 patients assessed in Rome in April and May 2020



Central Nervous System Manifestations

- Stroke
- Polyneuropathy
- Encephalitis
- Altered consciousness
- Headaches
- Hyposmia

Psychosocial Manifestations

- Anxiety
- Depression
- PTSD
- Sleeping disturbances
- Chronic fatigue
- Panic disorder



Cardiovascular Manifestations

- CVD (e.g. MI, CHD)
- Cardiomyopathy
- Arrhythmias

Pulmonary Manifestations

- Lower exercise capacity
- Impaired diffusing capacity
- Fibrotic interstitial lung disease



Potential long-term effects



Hematologic Manifestations

- Coagulopathy
- Lymphopenia
- Thrombocytopenia
- DIC

Renal Manifestations

- AKI
- Hematuria
- Proteinuria



Post-Intensive Care Syndrome

- Delirium
- Cognitive impairment
- Muscle wasting and weakness
- Mental health impairments

Gastrointestinal Manifestations

- Abdominal pain
- GI bleeding
- Vomiting, nausea, diarrhea
- Hepatitis
- Pancreatitis



“Long covid” in primary care

Assessment and initial management of patients with continuing symptoms

Post-acute covid-19 appears to be a multi-system disease, sometimes occurring after a relatively mild acute illness. Clinical management requires a whole-patient perspective. This graphic summarises the assessment and initial management of patients with delayed recovery from an episode of covid-19 that was managed in the community or in a standard hospital ward.

An uncertain picture

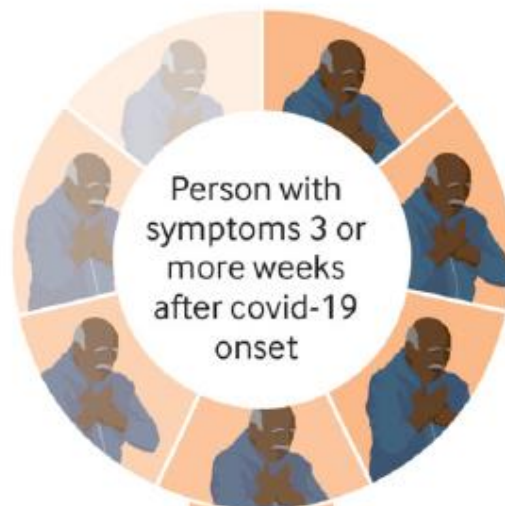


The long term course of covid-19 is unknown. This graphic presents an approach based on evidence available at the time of publication.

However, caution is advised, as patients may present atypically, and new treatments are likely to emerge

Managing comorbidities

Many patients have comorbidities including diabetes, hypertension, kidney disease or ischaemic heart disease. These need to be managed in conjunction with covid-19 treatment. Refer to condition specific guidance, available in the associated article by Greenhalgh and colleagues



Clinical assessment

04
Full history
From date of first symptom

Current symptoms
Nature and severity

Examination, for example:

Temperature

Heart rate and rhythm

Blood pressure


Respiratory examination


Functional status

Pulse oximetry

Clinical testing

If indicated

 Assess comorbidities

 Social and financial circumstances

Investigations

Clinical testing is not always needed, but can help to pinpoint causes of continuing symptoms, and to exclude conditions like pulmonary embolism or myocarditis. Examples are provided below:

Blood tests

- Full blood count
- Electrolytes
- Liver and renal function
- Troponin
- C reactive protein
- Creatine kinase
- D-dimer
- Brain natriuretic peptides
- Ferritin – to assess inflammatory and prothrombotic states

Other investigations

- Chest x ray
- Urine tests
- 12 lead electrocardiogram

Social, financial, and cultural support

Prolonged covid-19 may limit the ability to engage in work and family activities. Patients may have experienced family bereavements as well as job losses and consequent financial stress and food poverty. See the associated

Safety netting and referral

The patient should seek medical advice if concerned, for example:

Worsening breathlessness

PaO₂ < 96% Unexplained chest pain

New confusion Focal weakness

Specialist referral may be indicated, based on clinical findings, for example:

➔ **Respiratory** if suspected pulmonary embolism, severe pneumonia

➔ **Cardiology** if suspected myocardial infarction, pericarditis, myocarditis or new heart failure

➔ **Neurology** if suspected neurovascular or acute neurological event

🫁 **Pulmonary rehabilitation** may be indicated if patient has persistent breathlessness following review

Medical management

Symptomatic, such as treating fever with paracetamol

Optimise control of long term conditions

Listening and empathy

Consider antibiotics for secondary infection

Treat specific complications as indicated

Self management

📊 Daily pulse oximetry

📖 Attention to general health

📅 Rest and relaxation

🚶 Self pacing and gradual increase in exercise **if tolerated**

✅ Set achievable targets

Diet

Sleep

Quitting smoking

Limiting alcohol

Limiting caffeine

poverty. See the associated article by Greenhalgh and colleagues for a list of external resources to help with these problems

Mental health

In the consultation:

Continuity of care

Avoid inappropriate medicalisation

Longer appointments for patients with complex needs (face to face if needed)

In the community:

Community linkworker

Patient peer support groups

Attached mental health support service

Cross-sector partnerships with social care, community services, faith groups

Insights into cardiac injury from in vitro and ex vivo studies

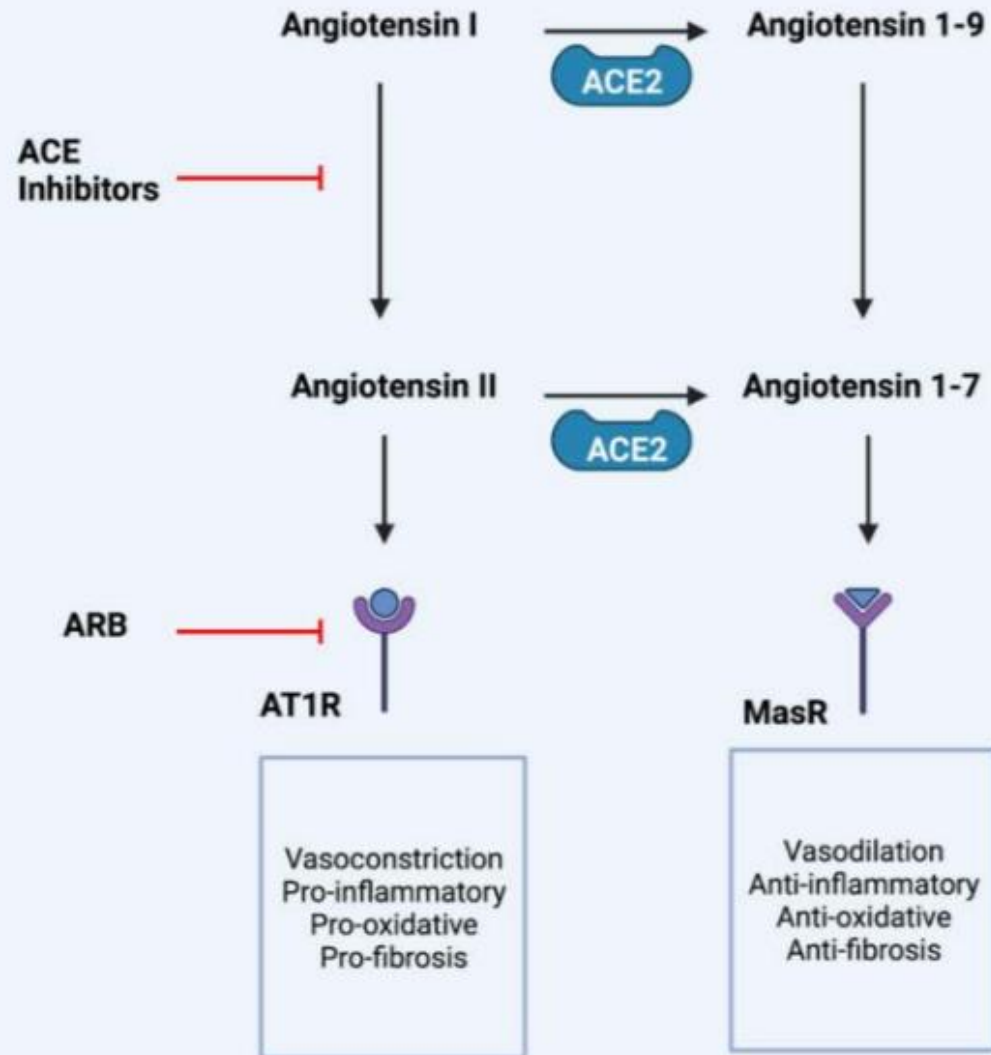
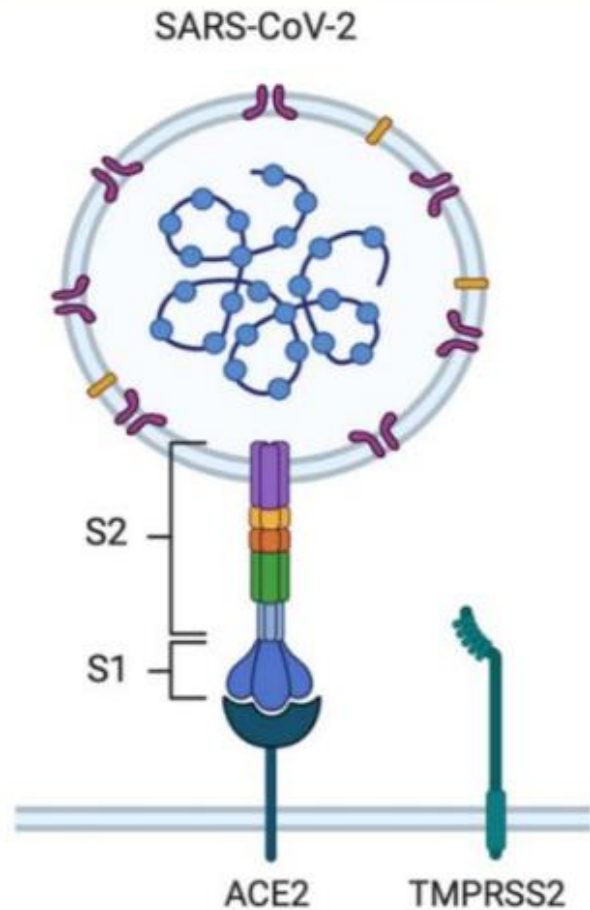


- **Viral toxicity**
- **Immune mediated**
- **Endotheliitis**
- **Immunothrombotic mechanisms**
- **Ischaemic-supply and demand (including RV dysfunction)**
- **Others: Takotsubo**

ACE2

- Two forms: soluble and transmembrane protein.

- Present in: respiratory epithelium, myocardium, endothelial cells.



Acute Cardiac Injury

Putative mechanisms

Systemic inflammatory response syndrome

Cytokine storm
Immune dysregulation
Inflamed plaque rupture

Oxygen supply-Demand ischemia

Hypoxemia
increased myocardial oxygen demand

ACE-2 mediated direct damage

Direct viral myocardial invasion and injury

Cardiac microvascular injury

Microvascular thrombi
Vasospasm
DIC

Cardiovascular Complications in COVID-19

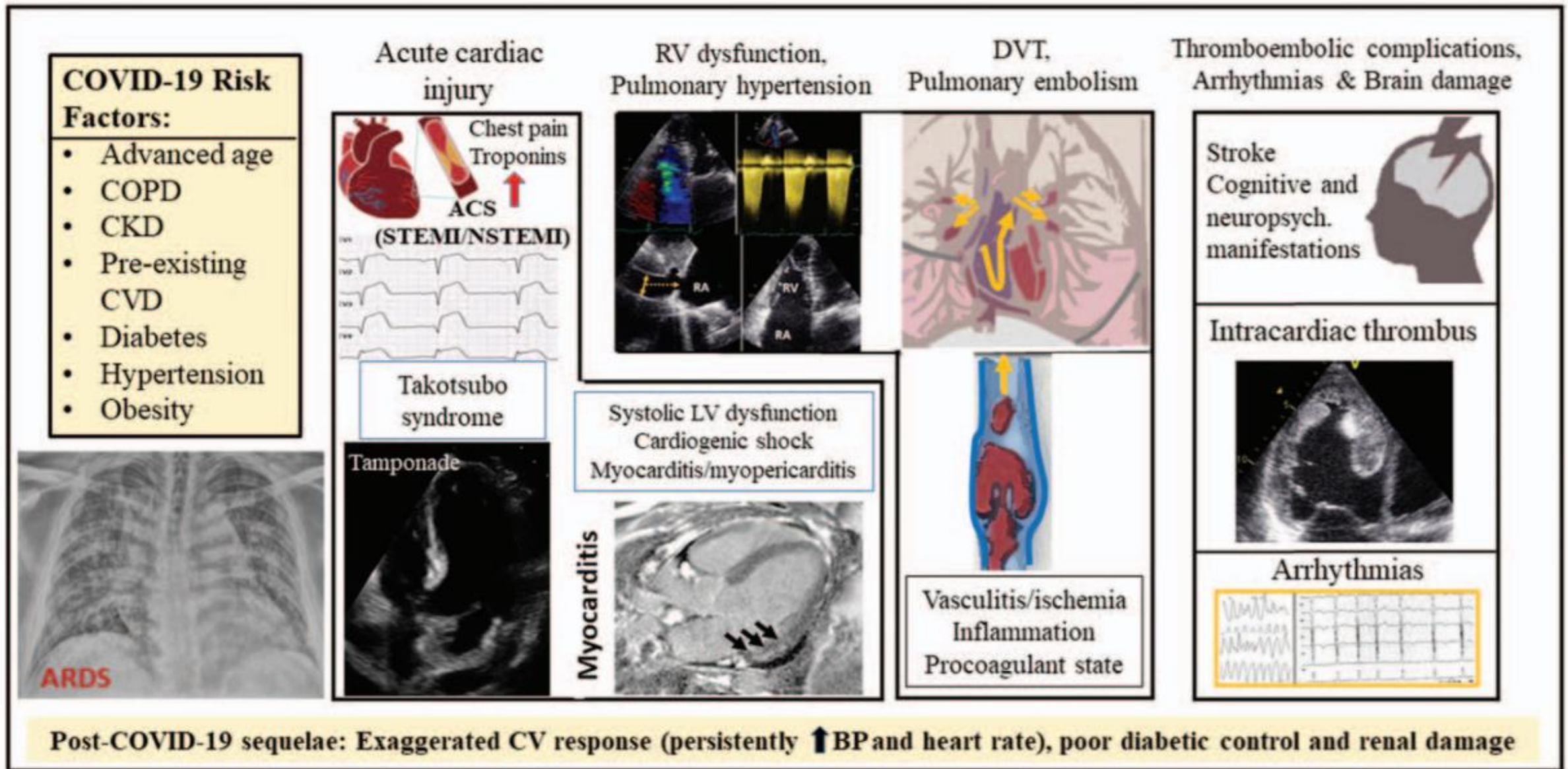
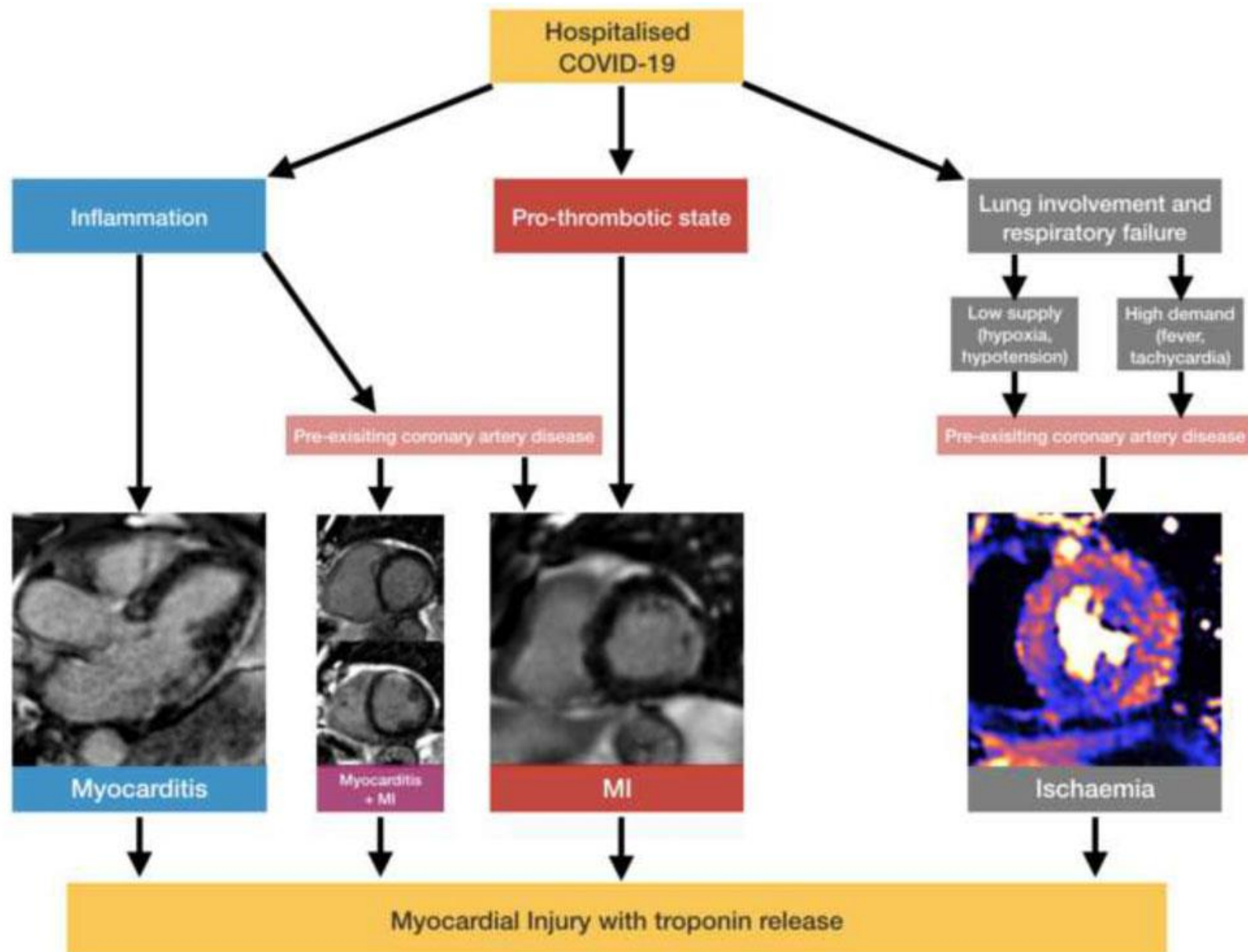
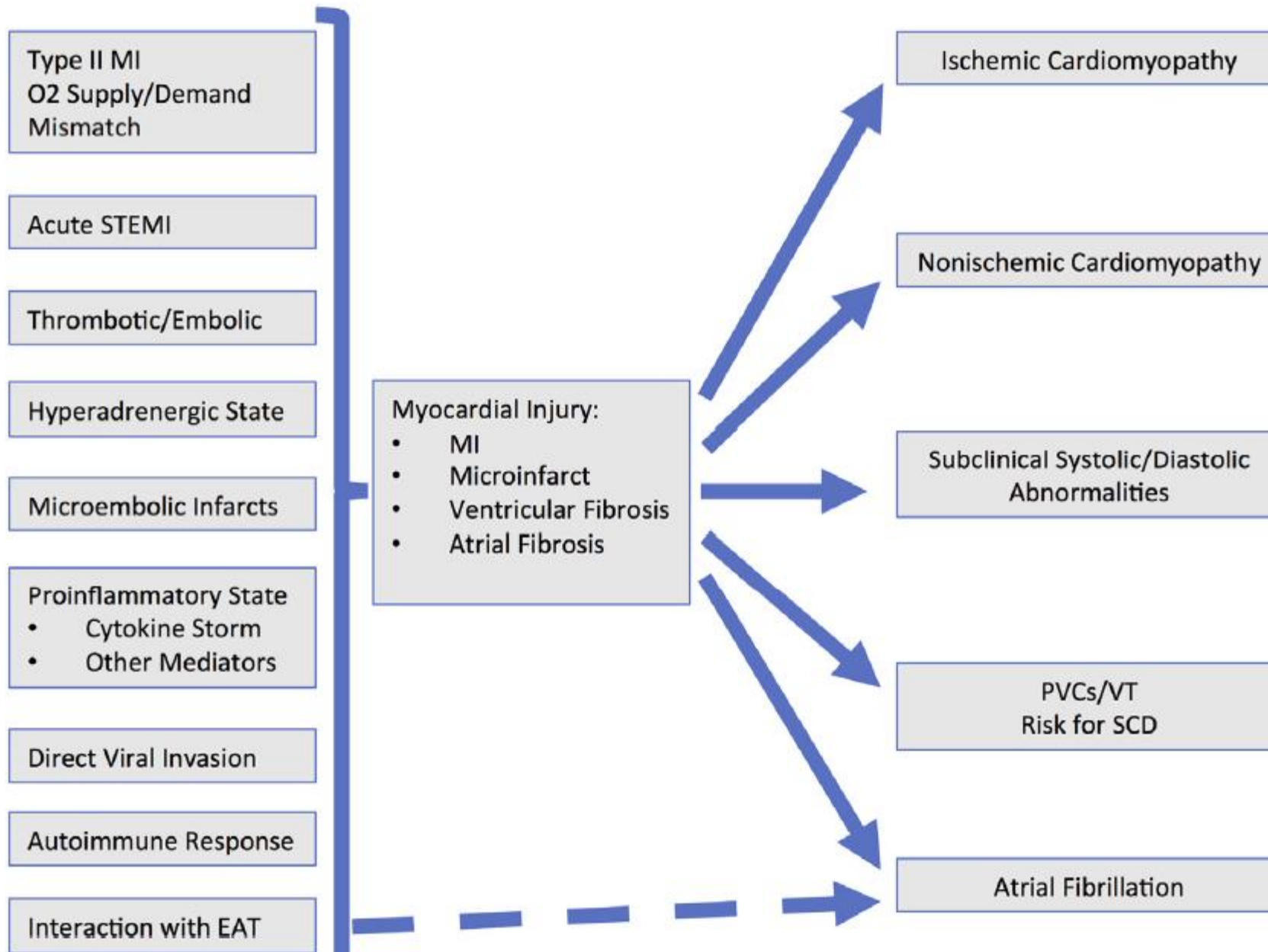


FIGURE 2 Overview of acute cardiovascular complications in coronavirus disease 2019. ACS, acute coronary syndrome; CVD, cardiovascular disease; CKD, chronic kidney disease; COPD, chronic obstructive pulmonary disease; DVT, deep venous thrombosis.





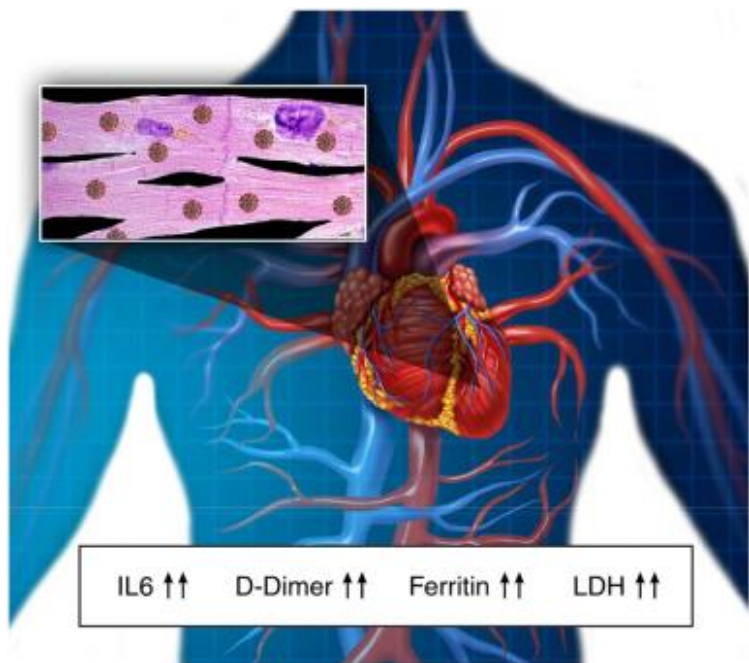
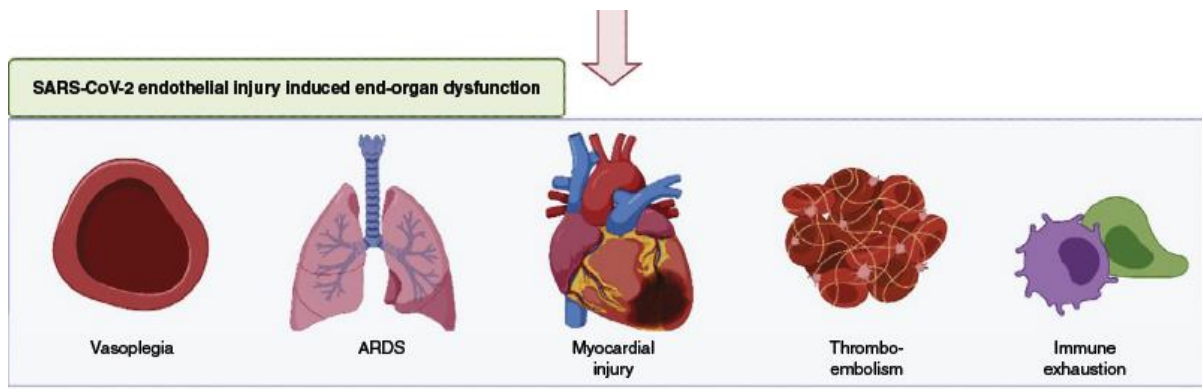
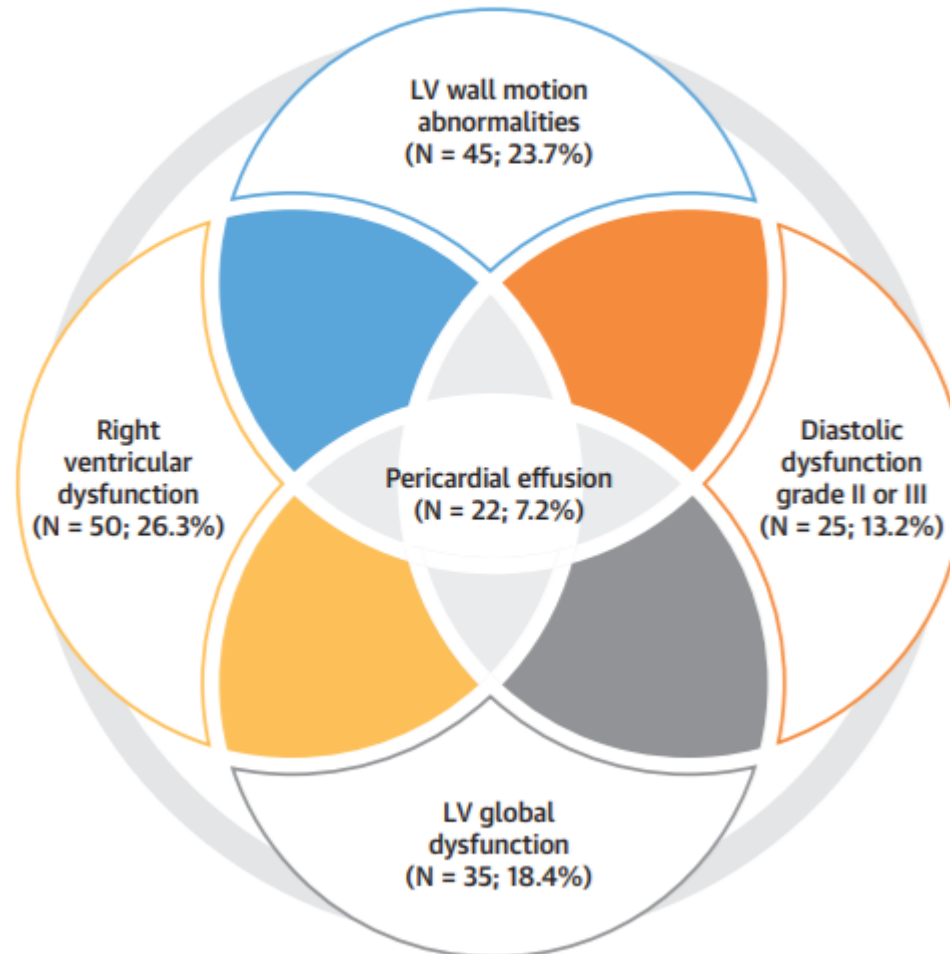


TABLE 94.2 Important Pathology Findings in Autopsies of Subjects with COVID-19

Cardiac Pathology
Cardiomegaly
Cardiac dilation
Lymphocytic epicarditis/pericarditis
Lymphocytic myocarditis
Individual/focal myocyte necrosis
Acute ischemia
Intracardiac thrombi
Intramyocardial microthrombi in capillaries, arterioles, and small arteries
Pericardial effusion
Pulmonary Pathology
Severe endothelial injury
Acute pneumonitis
Interstitial pneumonitis
Interstitial lymphocytic pneumonitis
Incipient interstitial pneumonitis
Diffuse alveolar damage with perivascular T-cell infiltration
Bronchopneumonia with aspiration
Microthrombi in capillaries and small blood vessels
Microangiopathy and intussusceptive angiogenesis
Large pulmonary thromboemboli

Characterization of Myocardial Injury in Patients With COVID-19

Spectrum of Major Echocardiographic Abnormalities in Patients With Myocardial Injury and COVID-19



REVIEW

Long-term complications of COVID-19

- Göğüs Ağrısı
- Çarpıntı
- POTS: Postüral taşikardi sendromu
- Miyokardit
- Ekokardiogram bulguları

Kardiyak Sonuçlar

CARDIOVASCULAR LONG COVID

COVID 19: ACUTE

CARDIOGENIC SHOCK
ACUTE HEART FAILURE
ACUTE ISCHEMIC SYNDROMES
ACUTE THROMBOEMBOLIC EVENTS
MYOCARDIAL DAMAGE
MYOPERICARDITIS
STROKE
ARRHYTHMIAS

CONTEXT OF OBSERVATION: HOSPITALIZATION IN ICU OR NON-ICU WARDS OR OUTPATIENT SETTING.
FACTORS CONTRIBUTING TO THE RISK OF INFECTION: AGE, SEX, CHRONIC COMORBIDITIES/DISEASES.

COVID 19: EVOLUTION

DEATH
SURVIVAL WITH RESIDUAL ORGAN DAMAGE
SURVIVAL WITH REPAIR OF THE ACUTE DAMAGE
RECOVERY

- CLINICAL
- FUNCTIONAL
- STRUCTURAL

PERSISTENT CARDIOVASCULAR SYMPTOMS

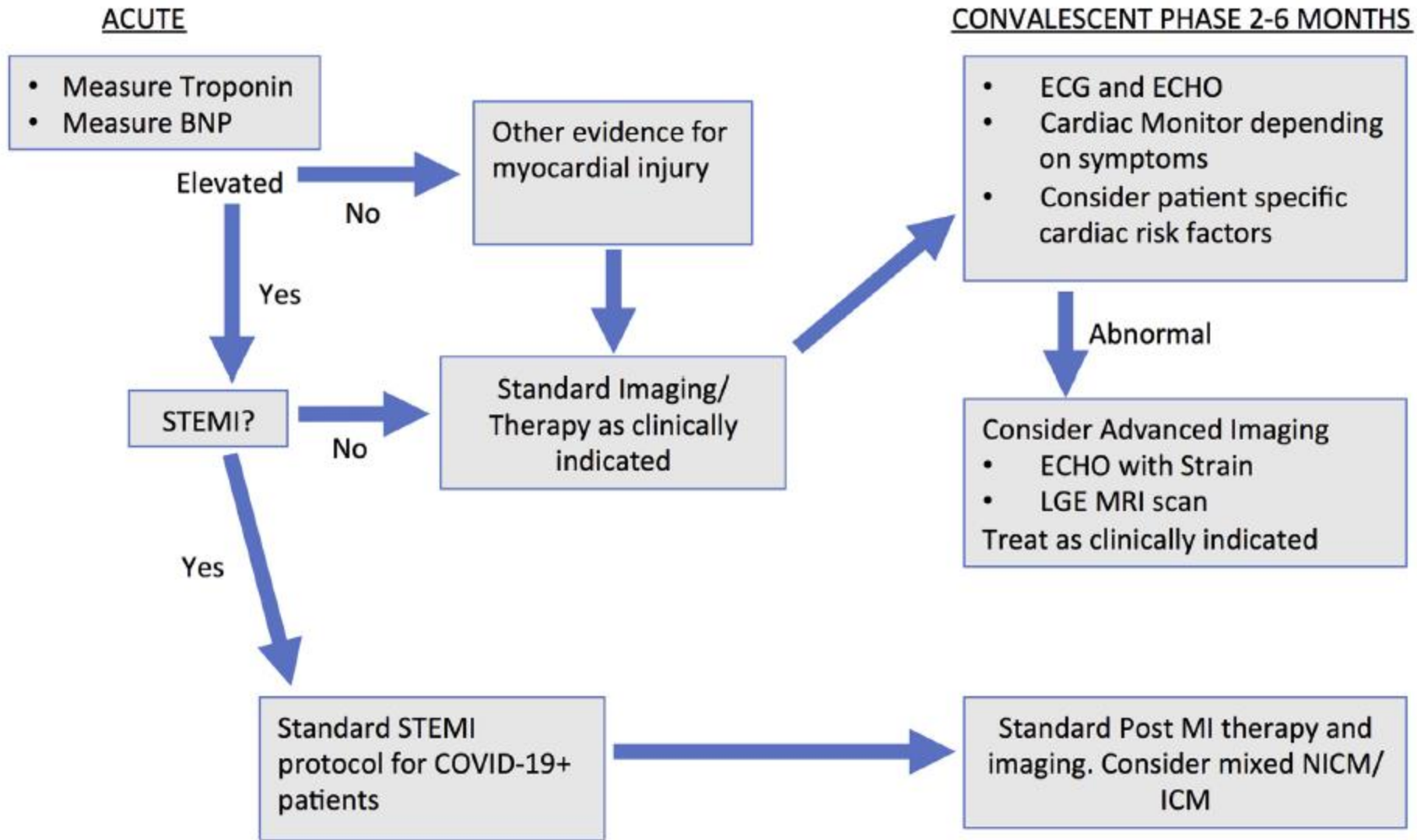
CONTEXT OF OBSERVATION OF SURVIVORS: REHABILITATION CLINICS OR SERVICES FOR PATIENTS WHO WERE ADMITTED TO ICU OR OTHER HOSPITAL WARDS; FAMILY PHYSICIANS. SELF-MANAGED SYMPTOMS.

LONG COVID

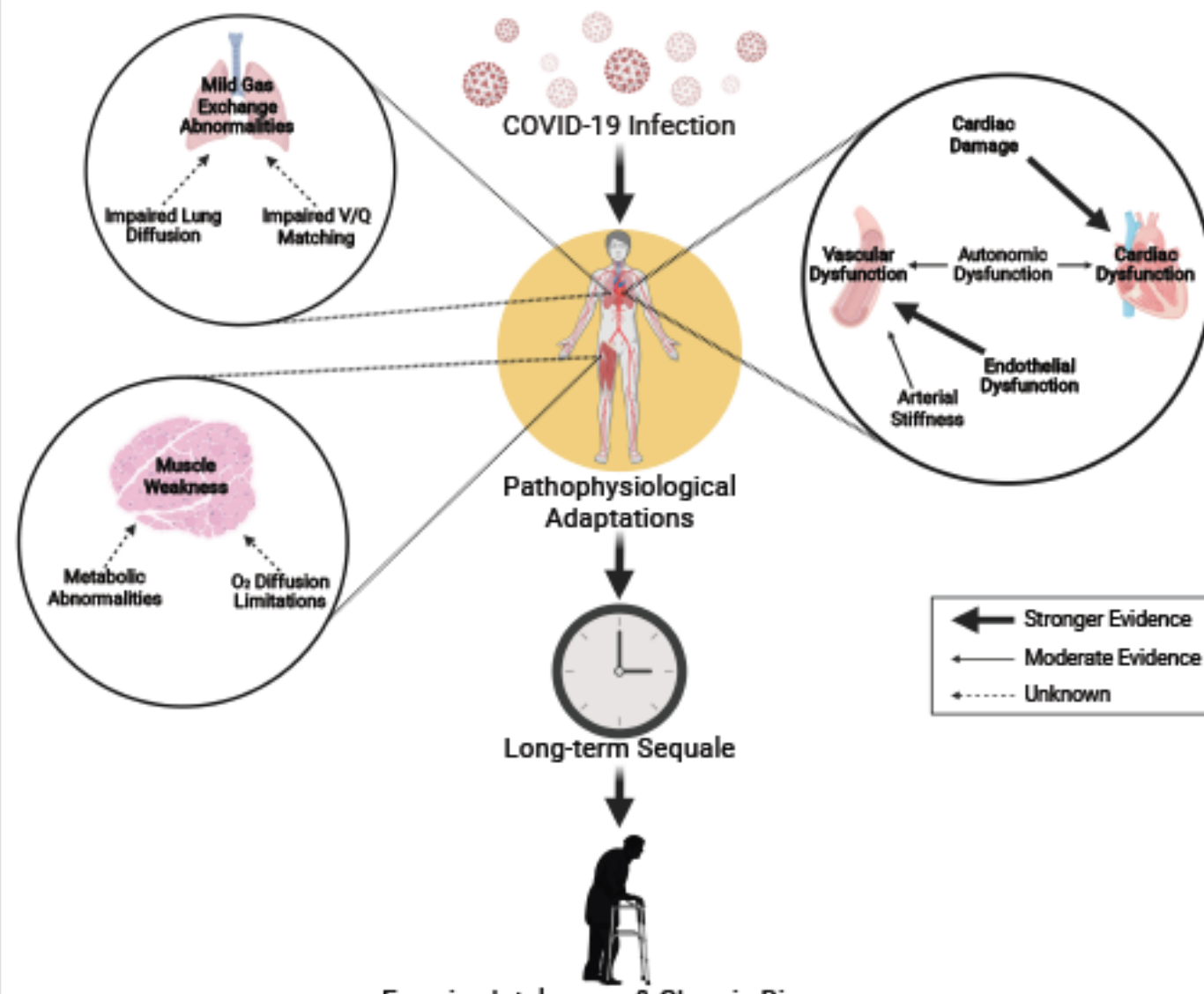
CRITERIA

- PERSISTENCE > 12 WEEKS FOLLOWING THE ACUTE PHASE
- SYMPTOMS, CONSTITUTIONAL, CARDIOVASCULAR
- BIOMARKERS
 - COAGULATION: FIBRINOGEN, D-DIMER, PLATELETS
 - MYOCYTE DAMAGE: HS-TNI
 - SYSTEMIC INFLAMMATION, CRP, LEUKOCYTE COUNT
 - IMMUNITY/CYTOKINES (IL-6)
 - MYOCYTE LOAD/STRESS BNP, NTProBNP
- DE NOVO ECG CHANGES AND IMAGING FINDINGS: 2DTTE, CMR, OTHERS (PET?)
- DE NOVO EVENTS IN LOW-RISK SUBJECTS

CONTEXT OF OBSERVATION OF SURVIVORS: LONG COVID CLINICS WITH MULTIDISCIPLINARY EVALUATION INCLUDING CARDIOLOGISTS. EITHER POST-ICU AND NON ICU WARDS OR NON HOSPITALIZED PATIENTS MAY COMPLAIN LONG COVID SYMPTOMS / MANIFESTATIONS



From Heart to Muscle: Pathophysiological mechanisms underlying long-term physical sequelae from SARS-CoV-2 infection



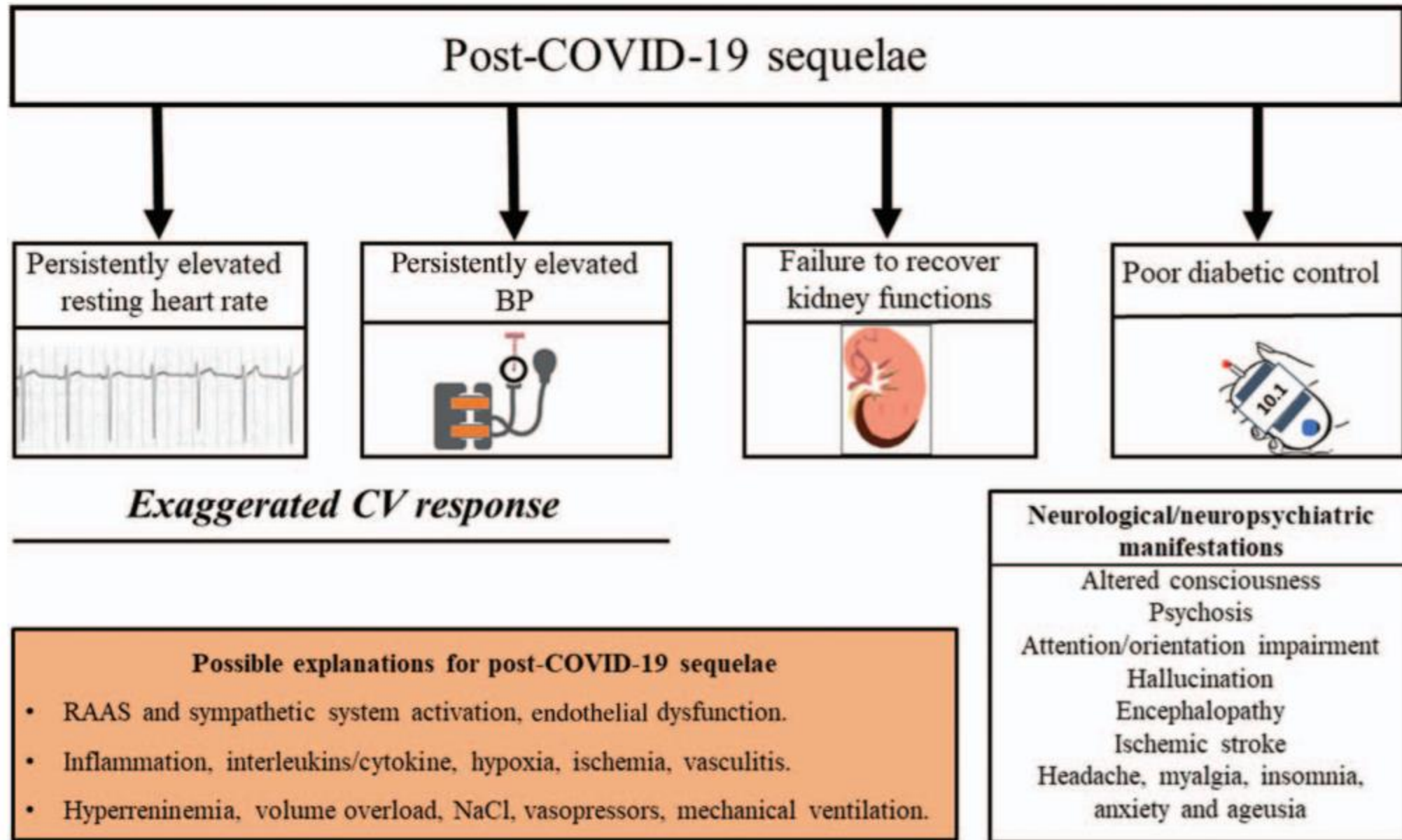
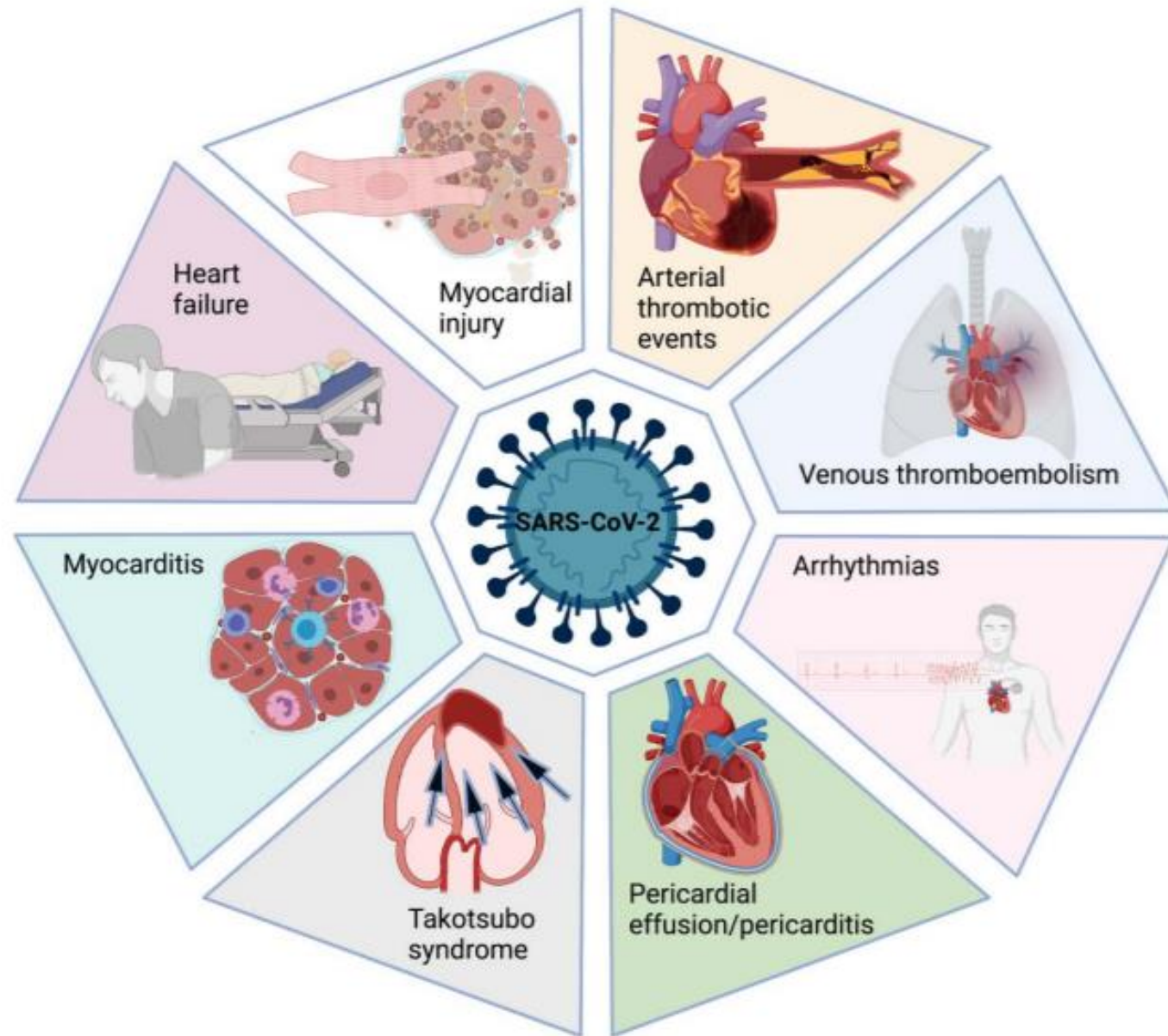
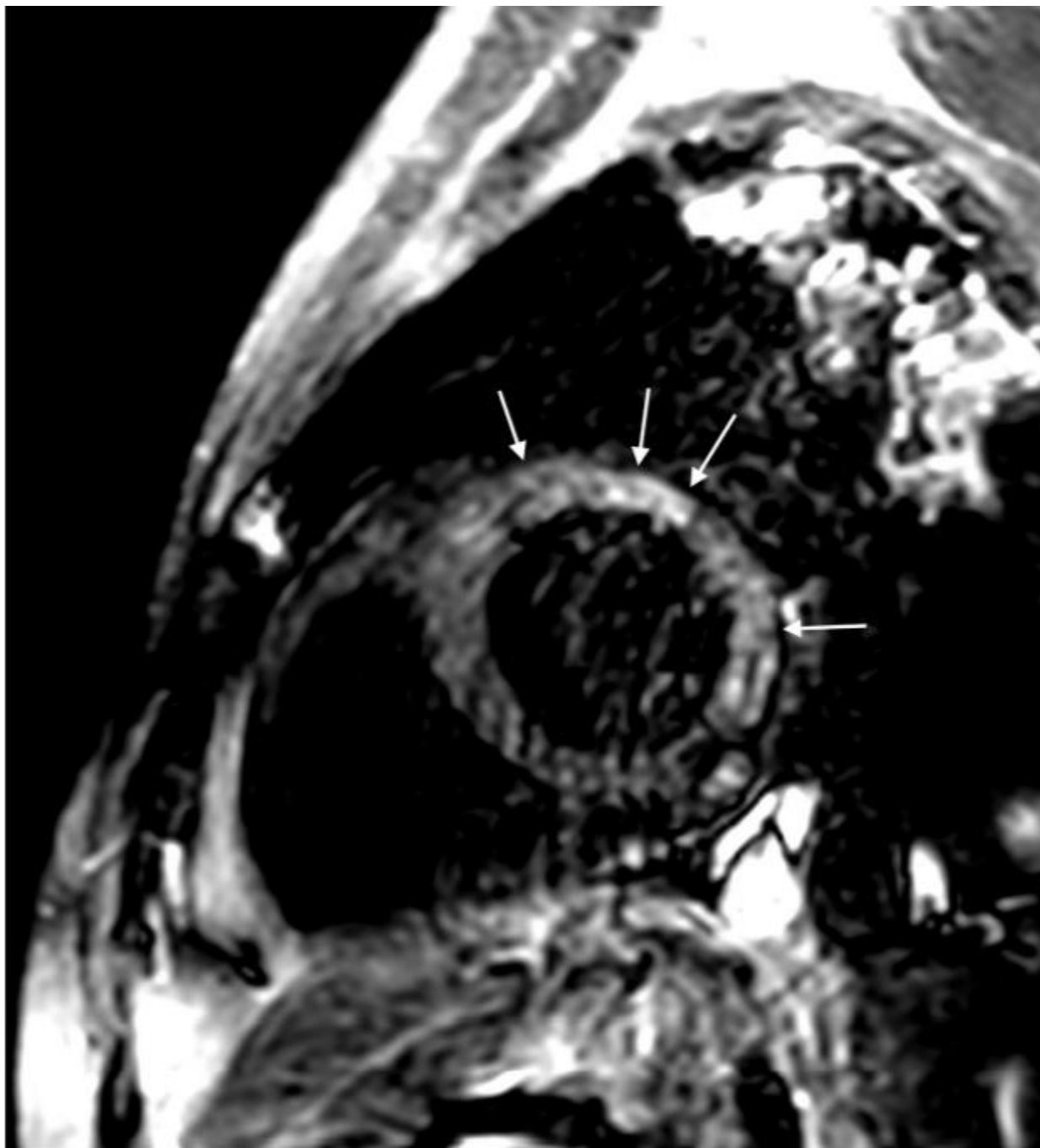
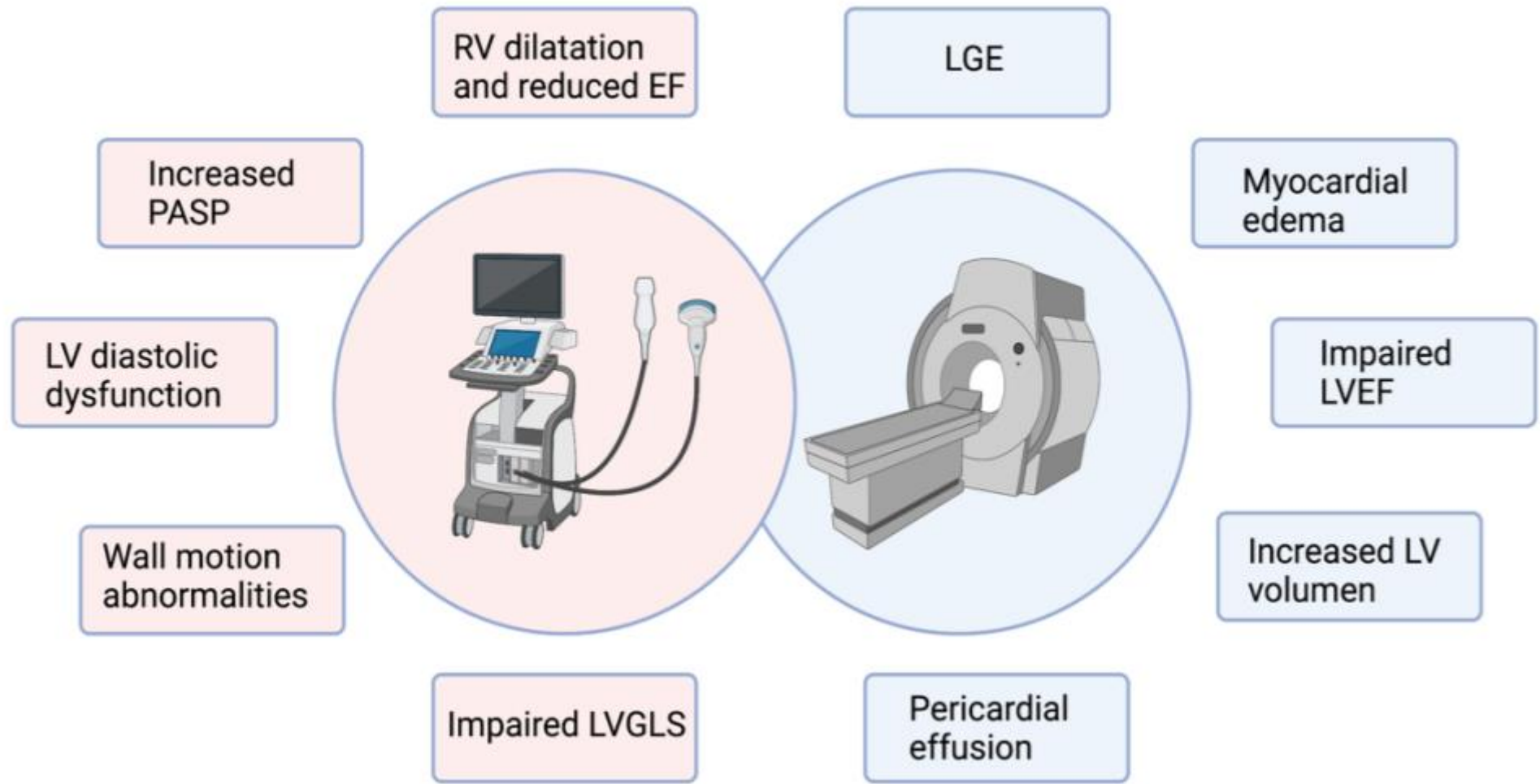
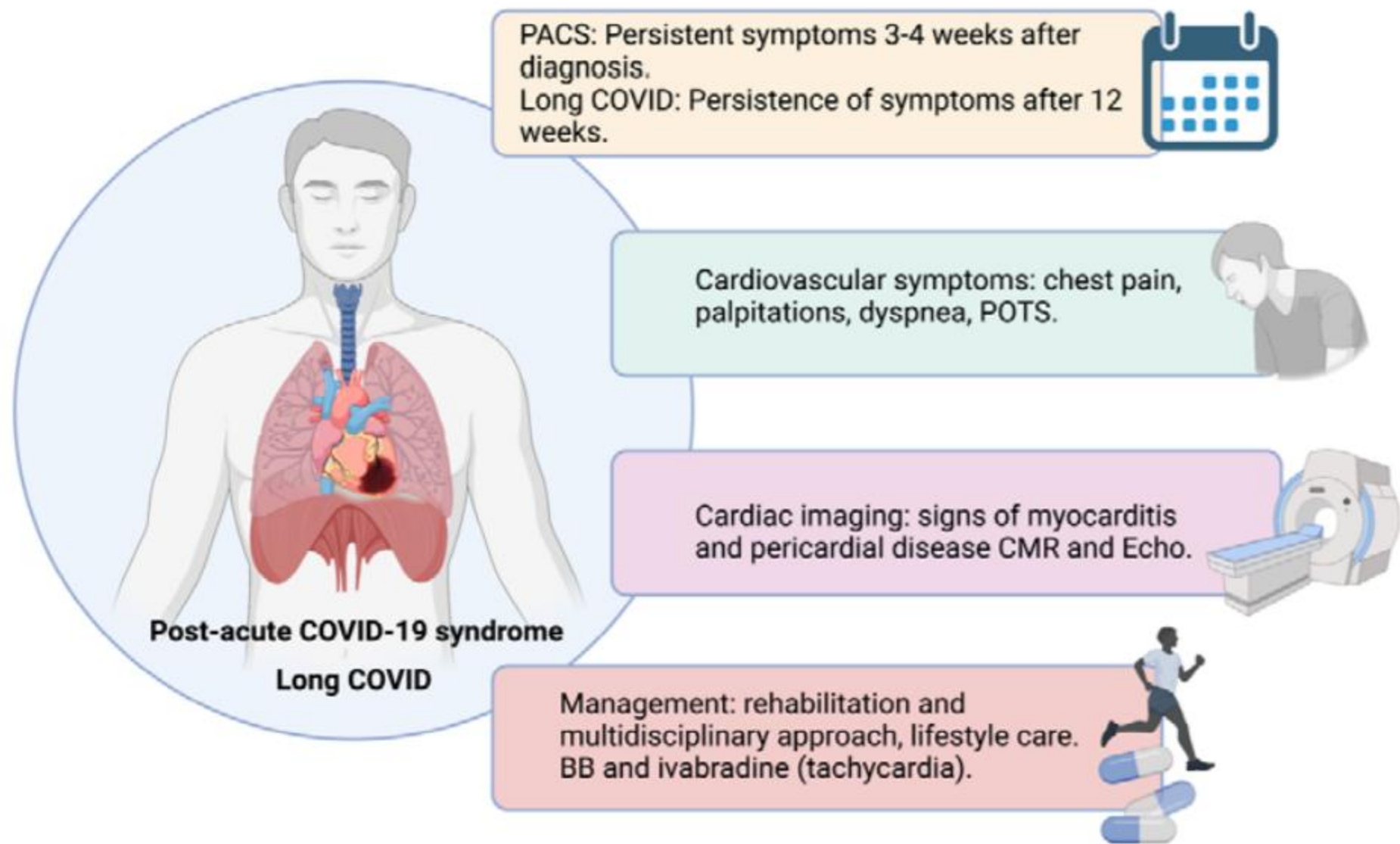


FIGURE 6 Post- coronavirus disease 2019 sequelae: persistently elevated blood pressure and resting heart rate, kidney injury, poor glycemic control and neurological manifestations, and their possible explanations suggested in the literature. BP, blood pressure; RAAS, renin–angiotensin–aldosterone system.









COVID-19

Antikoagülan tedavi

THE PRESENT AND FUTURE

JACC STATE-OF-THE-ART REVIEW

COVID-19 and Thrombotic or Thromboembolic Disease: Implications for Prevention, Antithrombotic Therapy, and Follow-Up



JACC State-of-the-Art Review

Journal of Thrombosis and Thrombolysis (2020) 50:72–81
<https://doi.org/10.1007/s11239-020-02138-z>



Thromboembolism and anticoagulant therapy during the COVID-19 pandemic: interim clinical guidance from the anticoagulation forum

Geoffrey D. Barnes¹ · Allison Burnett² · Arthur Allen³ · Marilyn Blumenstein⁴ · Nathan P. Clark⁵ · Adam Cuker⁶ · William E. Dager⁷ · Steven B. Deitelzweig⁸ · Stacy Ellsworth⁹ · David Garcia¹⁰ · Scott Kaatz⁹ · Tracy Minichiello¹¹

Published online: 21 May 2020
© Springer Science+Business Media, LLC, part of Springer Nature 2020

Received: 23 April 2020 | Accepted: 21 May 2020
DOI: 10.1111/jth.14929



RECOMMENDATIONS AND GUIDELINES



Scientific and Standardization Committee communication: Clinical guidance on the diagnosis, prevention, and treatment of venous thromboembolism in hospitalized patients with COVID-19

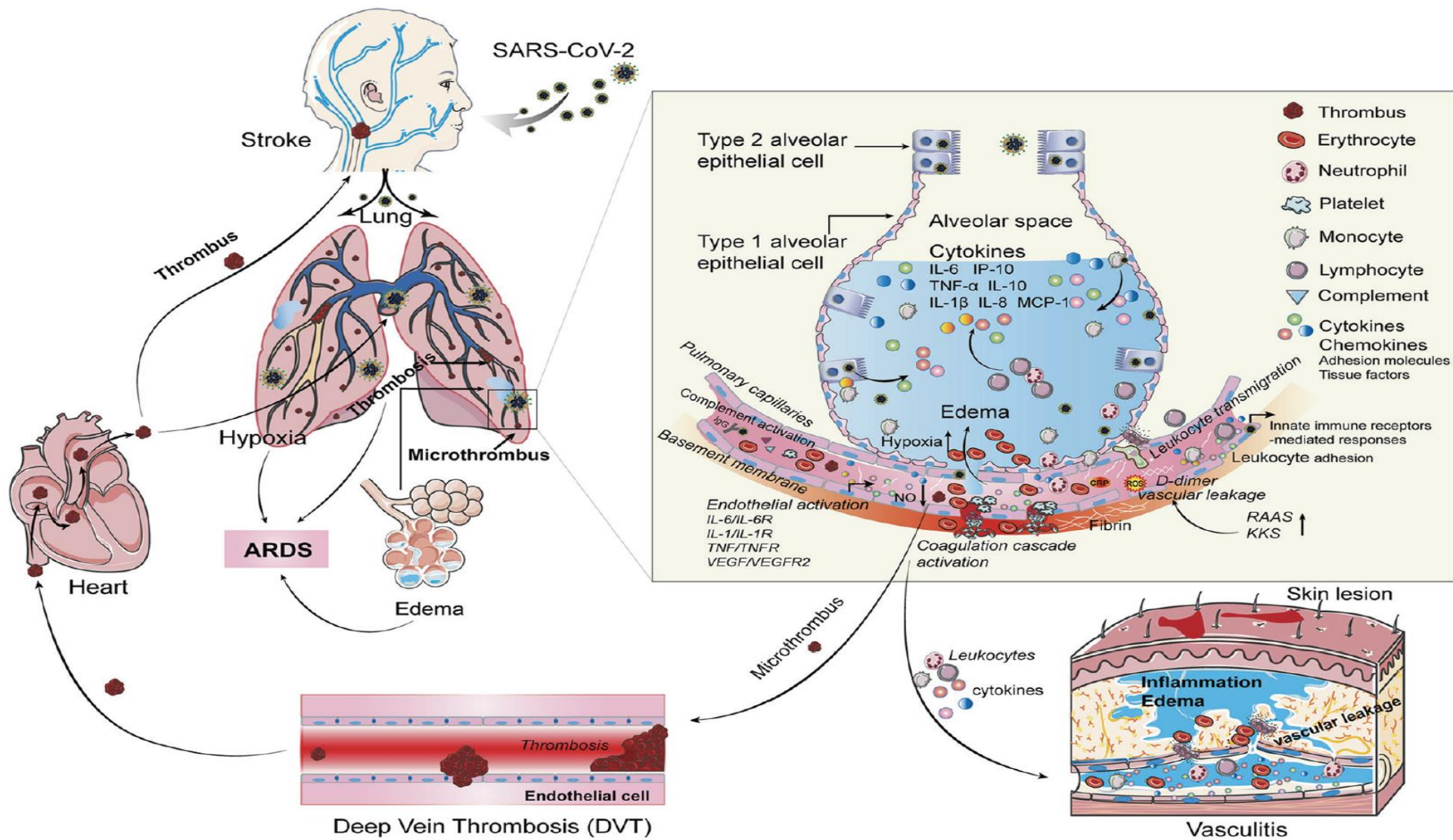
Alex C. Spyropoulos¹ | Jerrold H. Levy² | Walter Ageno³ | Jean Marie Connors⁴ | Beverley J. Hunt⁵ | Toshiaki Iba⁶ | Marcel Levi⁷ | Charles Marc Samama⁸ | Jecko Thachil⁹ | Dimitrios Giannis¹⁰ | James D. Douketis¹¹ | on behalf of the Subcommittee on Perioperative, Critical Care Thrombosis, Haemostasis of the Scientific, Standardization Committee of the International Society on Thrombosis and Haemostasis



American Society of Hematology
Helping hematologists conquer blood diseases worldwide



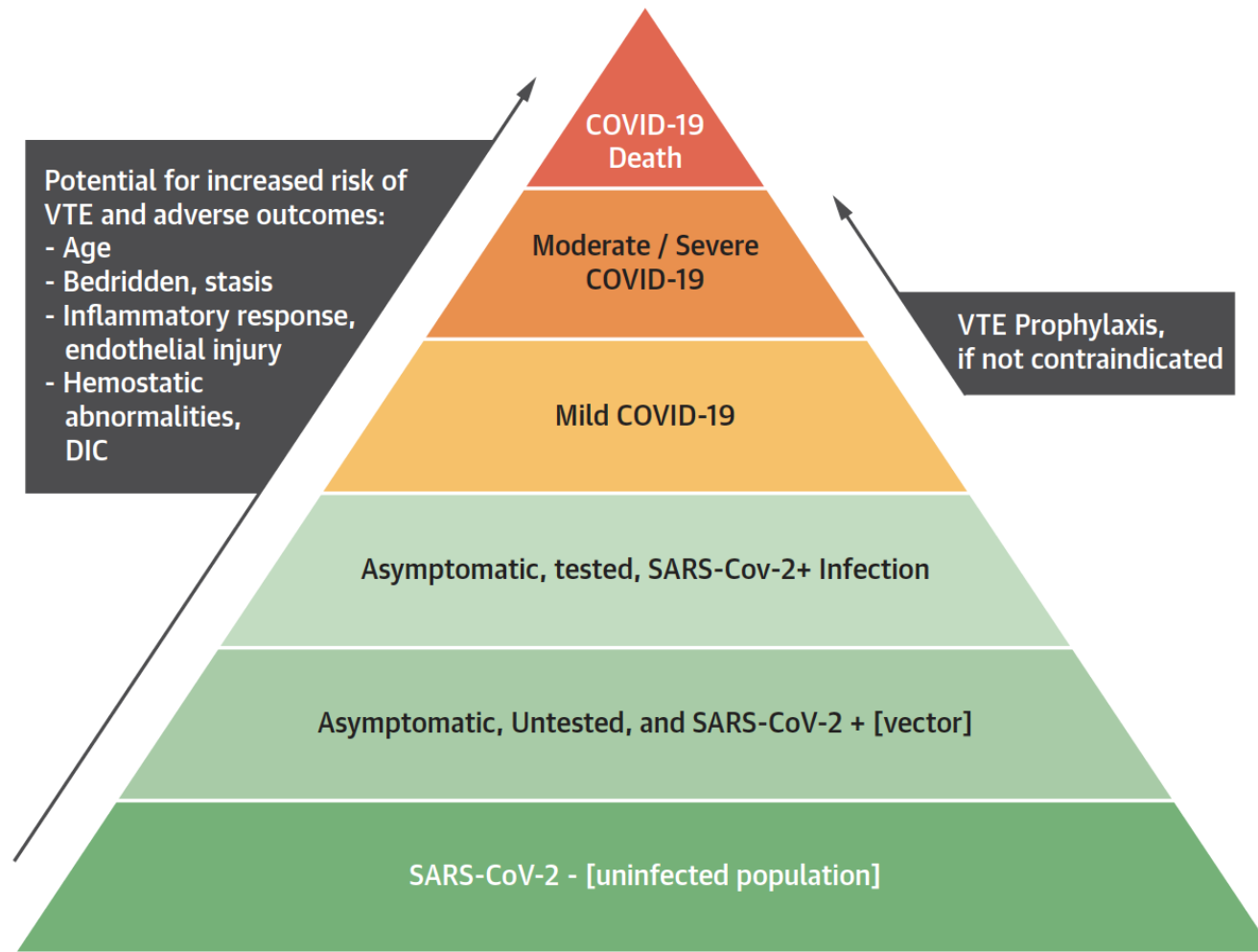
ASH Guidelines on Use of Anticoagulation in Patients with COVID-19



Jin, Y., Ji, W., Yang, H. *et al.* Endothelial activation and dysfunction in COVID-19: from basic mechanisms to potential therapeutic approaches. *Sig Transduct Target Ther* 5, 293 (2020). <https://doi.org/10.1038/s41392-020-00454-7>

- COVID-19 inflamasyon ve protrombotik durumlarla ilişkili;
fibrin, fibrin yıkım ürünleri, fibrinojen ve d-dimer artışı
- Hiperkoagülabilitate prognozu belirleyen önemli bir neden ancak;
Standart antikoagülan doz ???
Kanama riski!!!

FIGURE 1 Variability in Resources and Testing Strategies, and in Contracting COVID-19 After Exposure to SARS-CoV-2



Such variability explains the dissimilar population rates of the infection, and the distinct case fatality rates, across various regions and countries. Inflammatory response, increased age, and bedridden status—which are more frequently observed in severe coronavirus disease-2019 (COVID-19)—may contribute to thrombosis and adverse outcomes. DIC = disseminated intravascular coagulation; SARS-CoV-2 = severe acute respiratory syndrome-coronavirus-2; VTE = venous thromboembolism.

Ayaktan takip edilen COVID-19 olgularında VTE profilaksisi

- Başka bir risk faktörü nedeni ile VTE profilaksisi alması gerekmiyor ise, ayaktan takip edilen olgularda antikoagülan tedavi başlanması önerilmemektedir

Hastaneye yatırılan COVID-19 olgularında

- Kontraendikasyon yok ise profilaktik dozda antikoagölan tedavi verilmeli
- VTE tanısı almış ya da radyolojik görüntüleme yöntemlerinin olmadığı durumlarda; yakın süreçte tromboembolik olay öyküsü olan hastalar ya da yüksek şüpheli tromboemboli kliniği olan hastalarda terapötik dozda antikoagölan tedavi uygulanmalıdır

Antikoagölan dozu?

- Tüm rehberlerde hospitalize edilen COVID-19 olgularına profilaktik dozda antikoagölan tedavi (VTE risk skorlarından bağımsız)
- Bazı rehberlerde ağır seyirli olgularda intermediate doz antikoagölan tedavi ???
- Antikoagölan tedavi kontraendikasyonu varlığında mekanik tromboprofilaksi (intermittan pnomatik kompresyon)
(*medikal tromboprofilaksiye geçiş için düzenli değerlendirilerek*)

Antikoagülan dozu?

- Yoğun bakım dışındaki hastalarda, diğer medikal ve cerrahi nedenlerle hastanede yatan hastalarla benzer şekilde
- Yoğun bakım yatışı gereken ağır hastalığı olan olgularda ise daha yüksek doz antikoagülan tedavi uygulanmasına yönelik öneriler ????
 - Enoxaparin 40 mg sc 2x1
 - enoxaparin 0.5 mg/kg sc 2x1
 - UFH 7500 u sc 3x1
 - Düşük yoğunlukta heparin infüzyonu ??
- YBÜ de iyileşme gösterip, servise transfer edilen olgularda antikoagülan dozları tekrar profilaksi dozlarına düşürülebilir

Barnes GD, Burnett A, Allen A, Thromboembolism and anticoagulant therapy during the COVID-19 pandemic: interim clinical guidance from the anticoagulation forum. J Thromb Thrombolysis. 2020 Jul;50(1):72-81.

Trombolitik tedavinin kullanımı

- Trombolitik tedavi kullanımı için; yüksek riskli (masif) emboli, akut iskemik stroke, ST eleve AMI gibi tromboliz endikasyonu olan durumlar dışında COVID-19 hastalarında trombolitik tedavi önerilmemektedir.

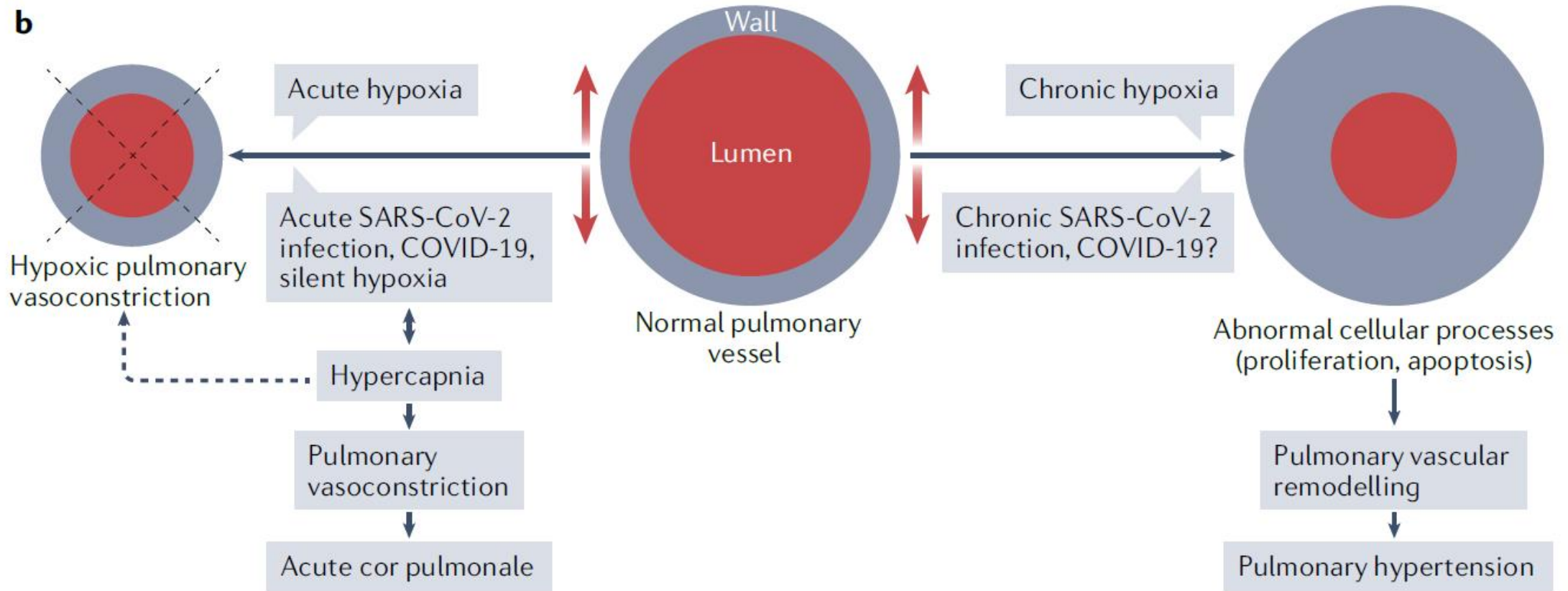
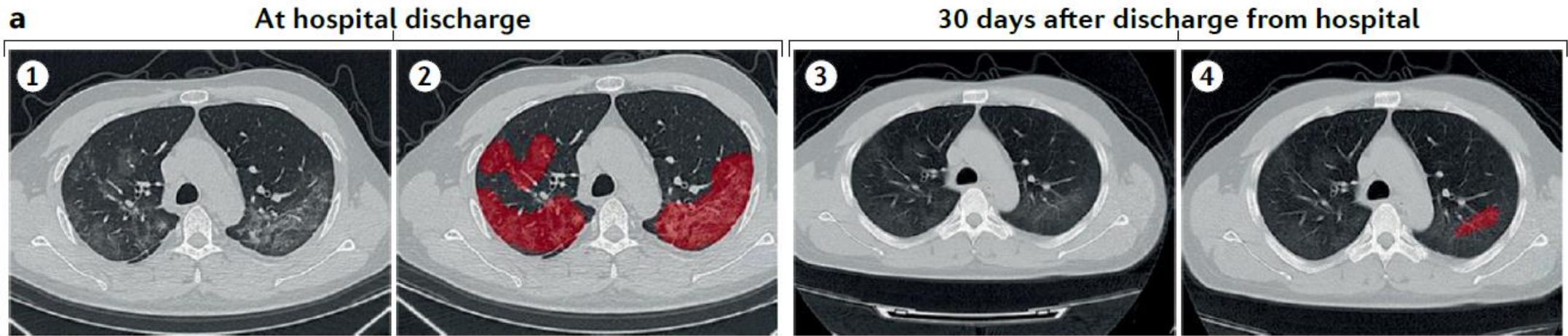
Barnes GD, Burnett A, Allen A, Thromboembolism and anticoagulant therapy during the COVID-19 pandemic: interim clinical guidance from the anticoagulation forum. J Thromb Thrombolysis. 2020 Jul;50(1):72-81.

Taburculuk sonrası?

- COVID-19 hastalarında taburculuk sonrasında rutin VTE profilaksisi önerilmemektedir.
- Hastanın taburculuk sonrası VTE gelişimi için devam eden risk faktörleri varsa (uzamış hastane yatışı, tam iyileşme süreci tamamlanamayan, yeterli mobilitenin henüz sağlanamadığı), taburculuk sonrası VTE profilaksisi kararı olgu bazında, multidisipliner tartışma ile verilebilir.
 - Betrixaban (35-42 gün) / rivaroxaban (31-39 gün) / enoxaparin (6-14 gün)

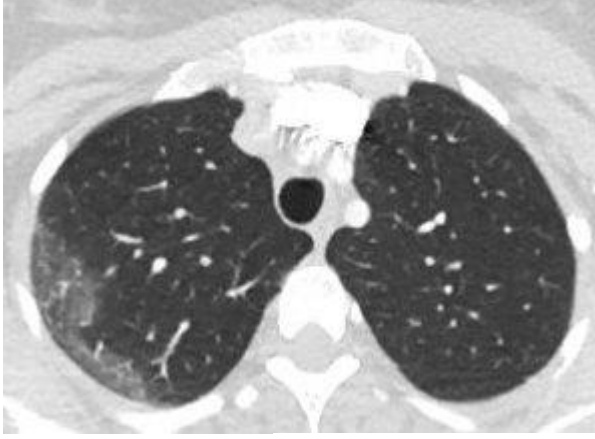
Pulmoner HT-KTEPH

- Akut: medial hipertrofi ve düz kas hücresi proliferasyonu PH.
- İnvasküler emboli
- KTEPH..? Benzer genetik riskler..
- Ardışık 200 hastada (yoğun bakım dışı) pulmoner hipertansiyon prevalansı(sistolik pulmoner arter basıncı 35 mmHg) ve sağ ventrikül disfonksiyonusırasıyla %12.0 ve %14.
- Başka bir çalışma 67 hastada 26'sı Şiddetli COVID-19 ve (%39) akut pulmoner hipertansiyon
- Mevcut kanıtlara göre akut dönemde PH gelişmesi ileride kronik PH yatkınlığı yapabilir.

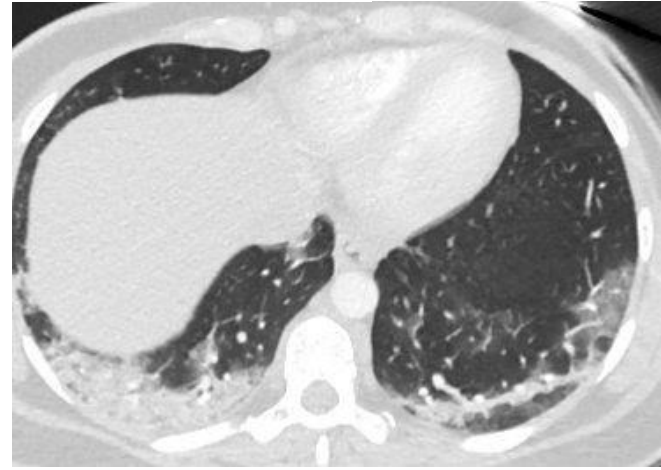
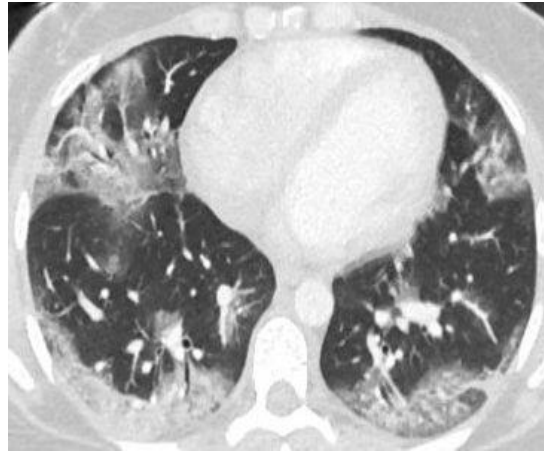
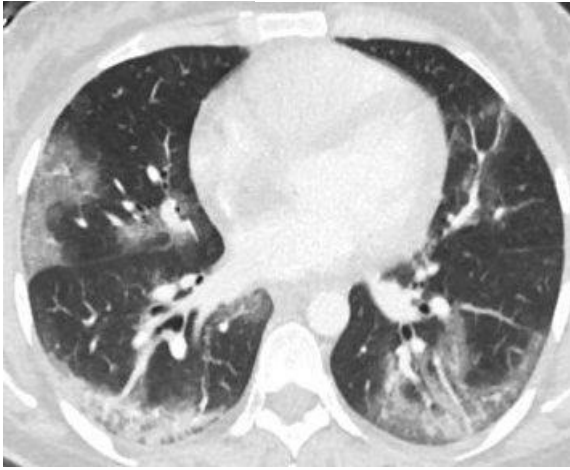


OLGU 1

- 33 yaşında kadın
- 35 hf. Gebe
- Temaslı
- Saturasyon %80.
- D-dimer :üst limit
- Lenfosit 900.
- PCR pozitif
- Acil sezeryan
- Plq tedavisi (pandemi başlangıcında bir hasta)

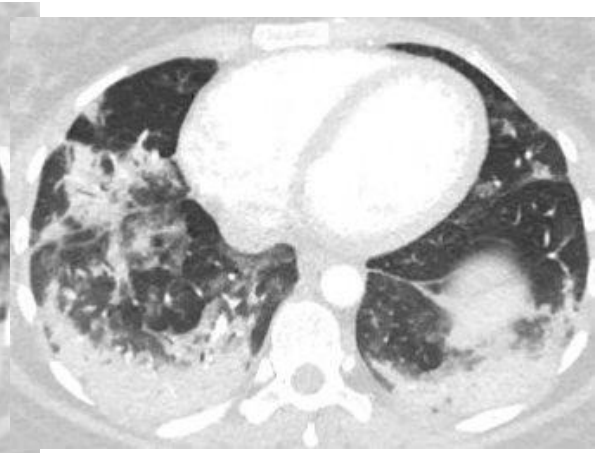
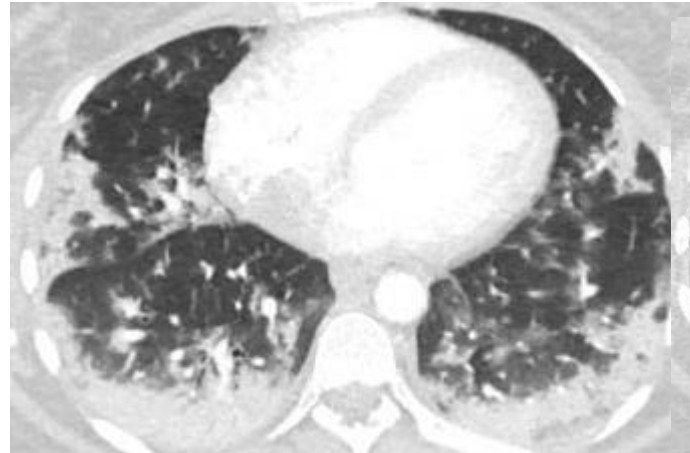
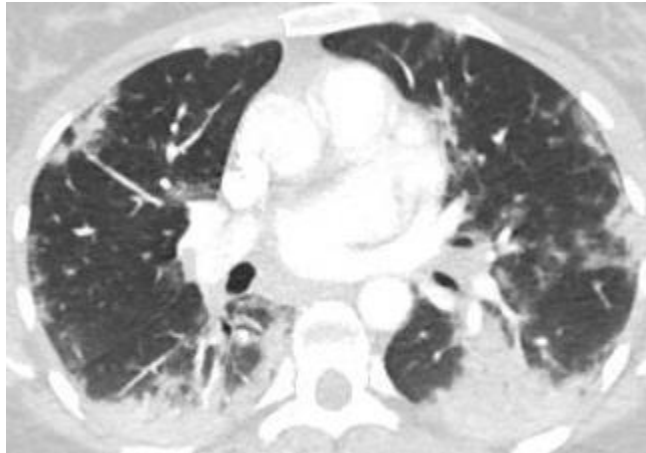
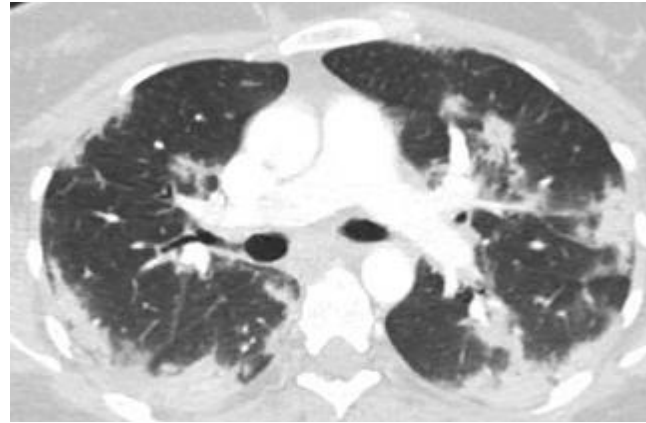
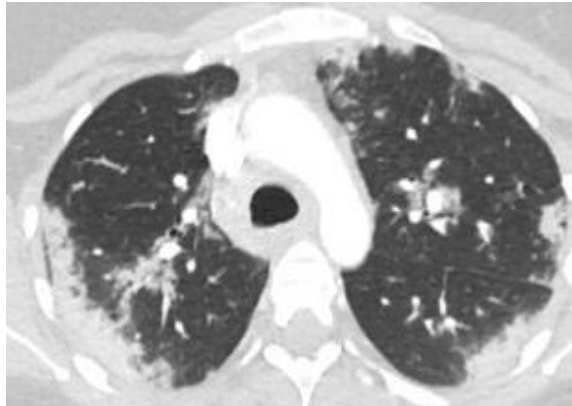
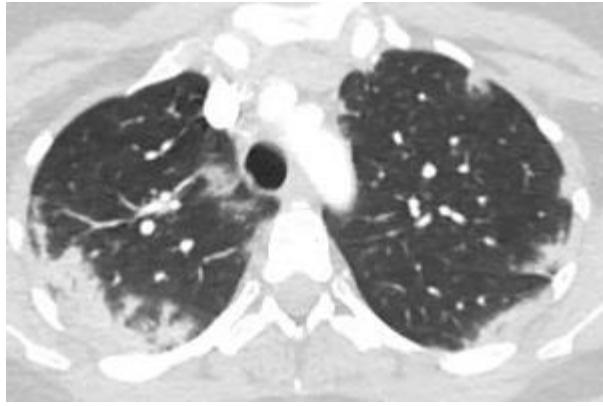


BT Anjio: PE yok. Covid-19 enfeksiyonu ile uyumlu.

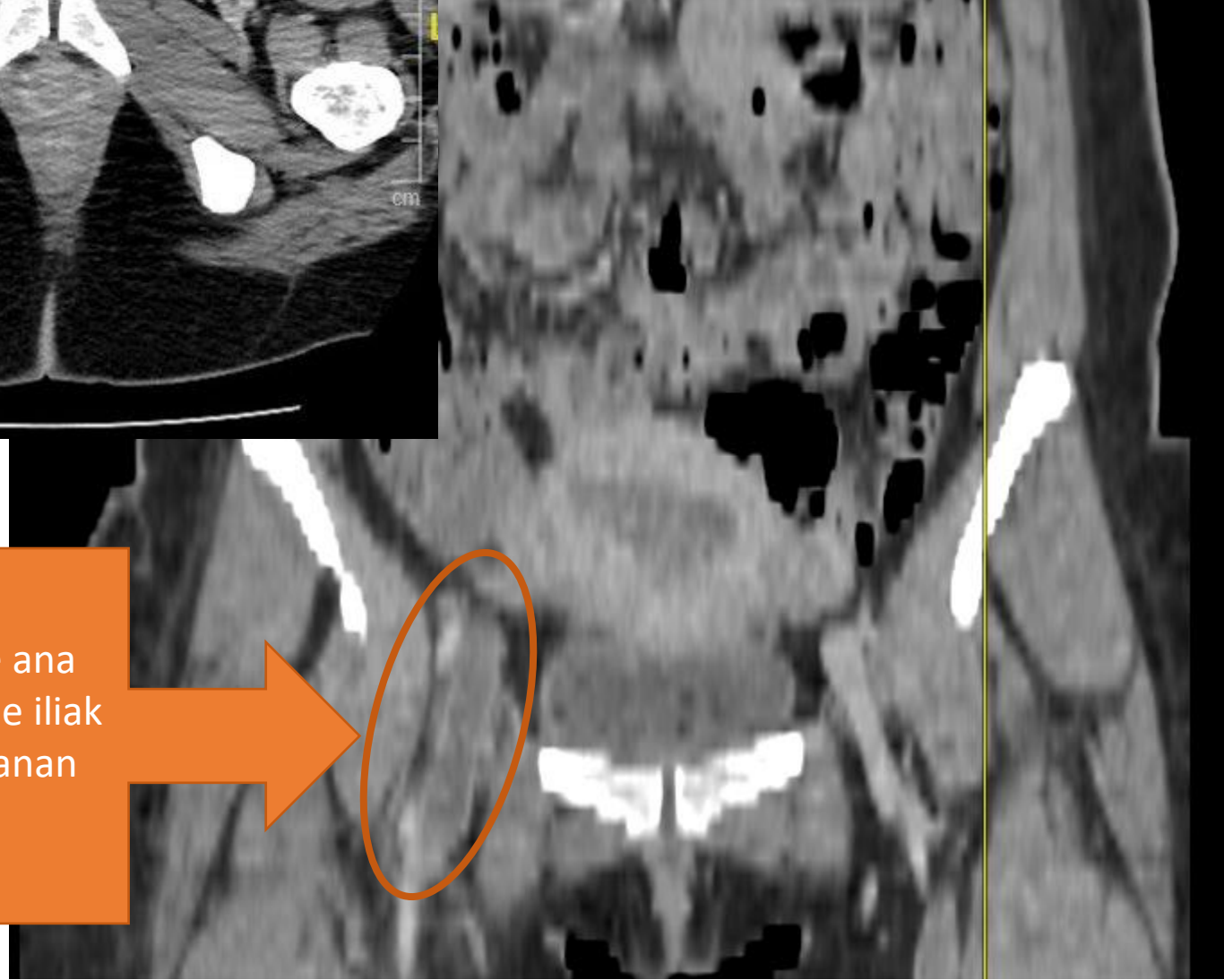


- 3 gn sonra oksijen ihtiyacında artış genel durum bozukluęu tekrar YB.

YB'a TEKRAR ALINMA



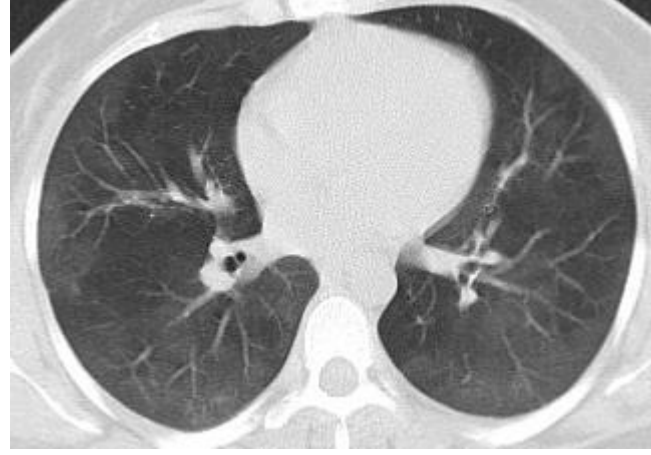
- Yüksek flow oksijen/NIVM saturasyon düşük.
- Entübe oluyor.
- Favipiravir
- Sitokin fırtınası tocilizumab
- Ekstübasyon sonrasında covid servis.
- Sağ bacakta ağrı.



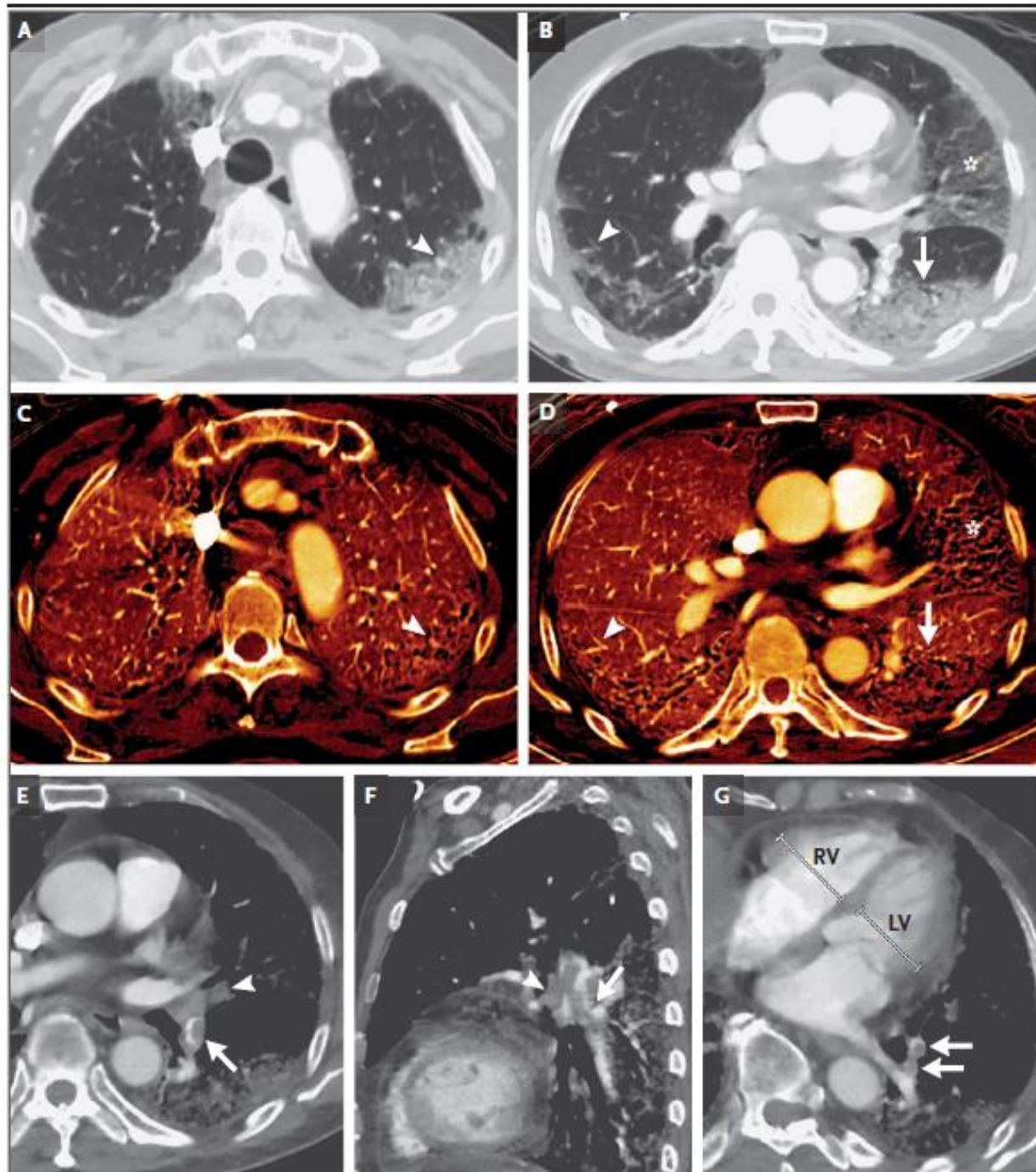
Sağ yüzeyel ve ana femoral venlerde iliak vene kadar uzanan trombus

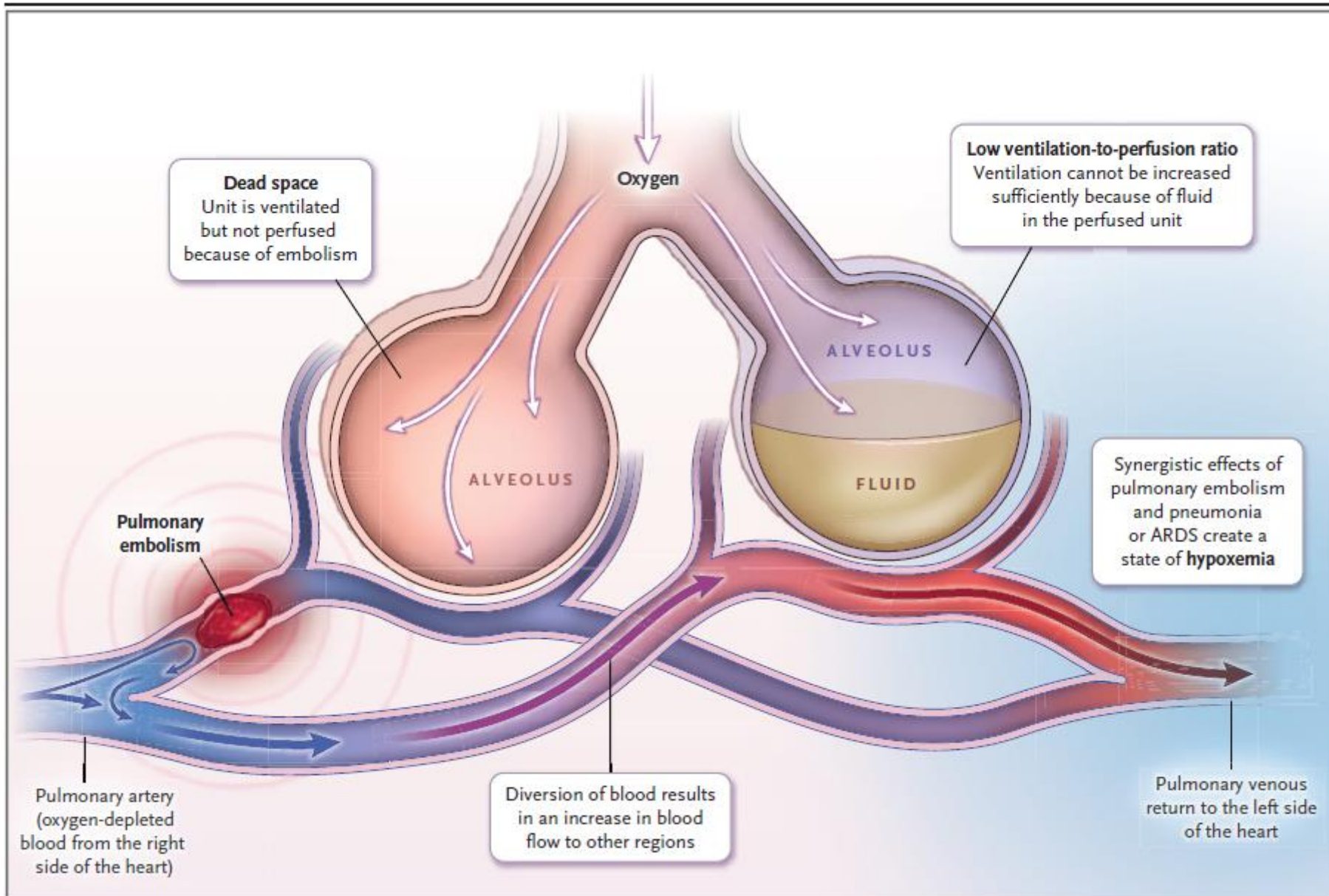
- Covid serviste takiplerde ek sorun yok.
- Ancak hasta oksijensiz desature oluyor.
- Göğüs hastalıkları post-covid servise devir.
- Oda havasında PaO₂: 73.
- Taburcu

4 AY SONRA



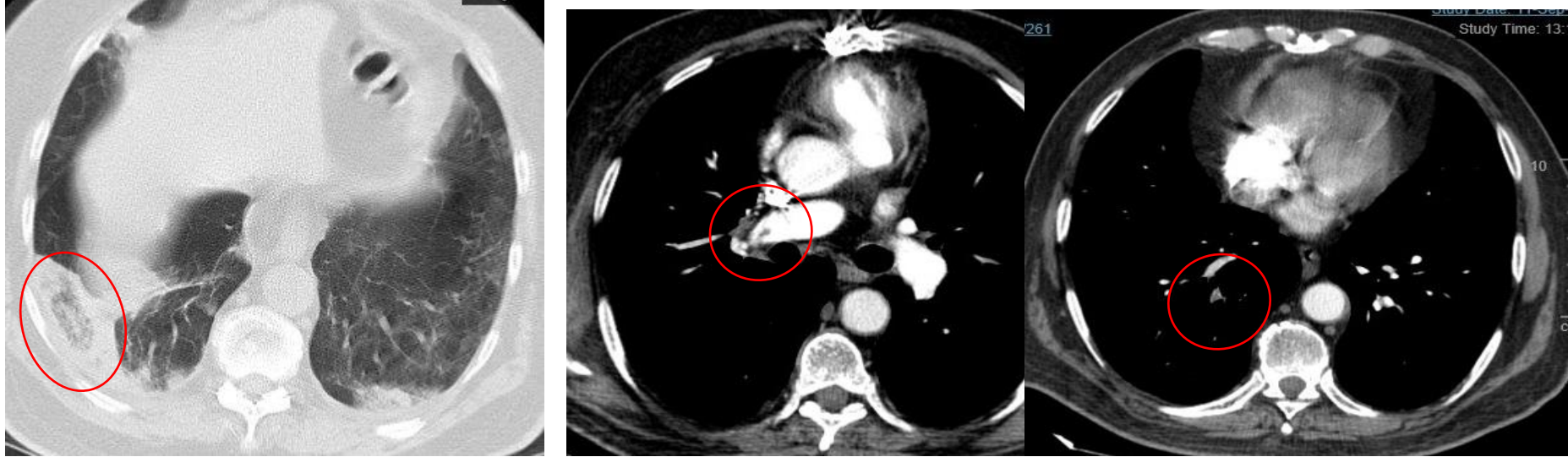
BT de halen bulgular var ancak hastanın saturasyonu efor ve istirahatte normal





OLGU 3

- 68 yař erkek
- Semptomatik. Pcr pozitif. Hafif hipoksemi.
- D-dimer 700.
- Acilde BT yaklaşık %30 tutulum ve sađda enfarkt? ile uyumlu görüntü.
- Bunun üzerine BT anjio çekildi. Sađ akciđerde pulmoner emboli ile uyumlu dolum defektleri.



Covid tedavisine ek olarak tedavi dozunda DMAH

