Updates in Covid-19 Treatments: Moving Targets

Trends in Covid-19 Care
Context: New cases in the US are down-trending, hopefully indicating progress in combatting the pandemic.
Current: The mortality of patients admitted with Covid-19 also seems to be improving, although huge variability in Covid-19 mortality exists.¹
Cutting Edge: Standardizing care for Covid-19 patients based on current (and dynamic) evidence may standardize and improve mortality across the US healthcare system.

Anti-inflammatory Agents
Context: Dexamethasone is the 1st treatment to demonstrate mortality benefit.²
Current: Tocilizumab is an anti-IL6 receptor that has been shown to potentially reduce LOS and mortality, although the benefit is unclear on meta-analysis.³
Cutting edge: Dexamethasone and tocilizumab may work best in conjunction for selected patients.

Remdesivir
Context: Early studies of the anti-viral remdesivir demonstrated quicker recovery but not improved mortality.
Current: A well-powered (1,062 patients) pragmatic study found reduced time for recovery (10 days vs. 15 days, p<0.001) and trend toward reduced mortality with HR of 0.55 ((5% CI 0.36-0.83) at 15 days and 0.73 (95% CI 0.52-1.03) at 29 days.⁴
Cutting Edge: Remdesivir seems to be most effective for those with <10 days of symptoms and requiring oxygen but not on mechanical ventilation.

Convalescent Plasma
Context: The utility of convalescent plasma for conveying passive immunity to Covid-19 remains unclear.
Current: Recent trials suggest potential benefit with high titers of anti-SARS-CoV2 antibodies.⁴
Cutting Edge: Height titer plasma is potentially beneficial if given within 3 days of symptoms or hospitalization.

References: