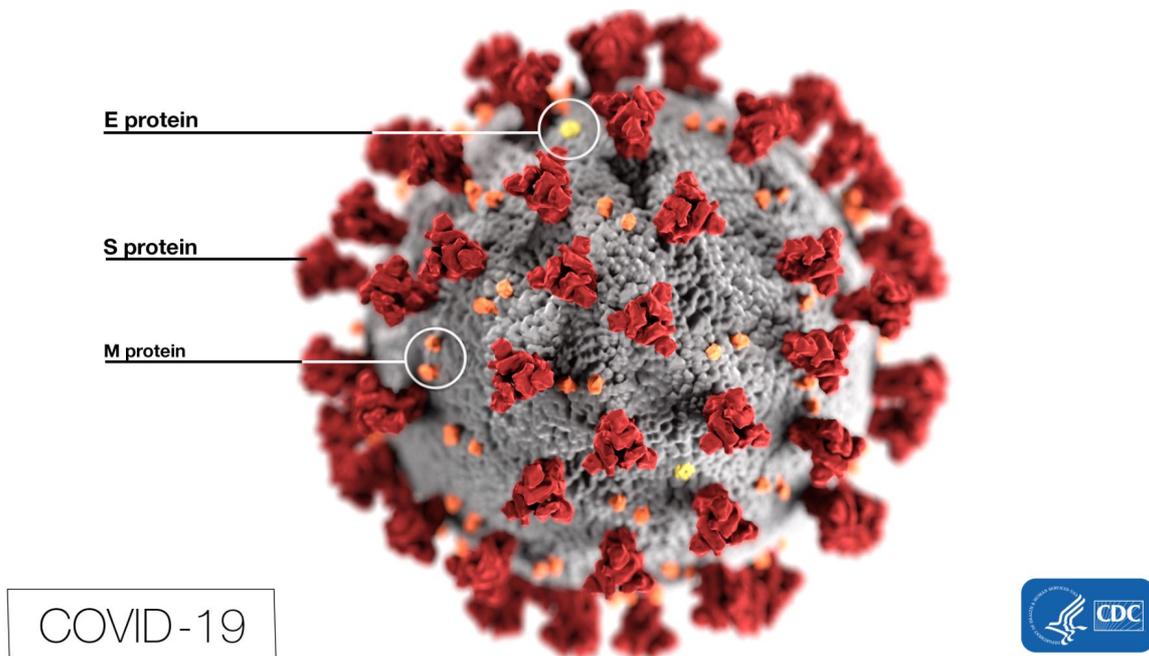


VIRAL NEWS – James Cook Critical Care Covid-19 Updates from Around the Internet

Volume 4 – 31st March 2020



KEY RESOURCES:

Public Health England:

Coronavirus

tracker:

<https://www.arcgis.com/apps/opsdashboard/index.html#/f94c3c90da5b4e9f9a0b19484dd4bb14> (desktop version)

<https://www.arcgis.com/apps/opsdashboard/index.html#/ae5dda8f86814ae99dde905d2a9070ae> (mobile version)

Coronavirus Infection Prevention: <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control>

Coronavirus Case Definition and initial management – can change rapidly:
<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-initial-investigation-of-possible-cases/investigation-and-initial-clinical-management-of-possible-cases-of-wuhan-novel-coronavirus-wn-cov-infection>



KEEP

DRY

AND

ADD

PEEP

Resources

The joint societies Covid-19 Website has launched.



<https://icmanaesthesiacovid-19.org/>

I'd like to draw your attention to this statement:

Please be aware that this is a fast-evolving situation and clinical and public advice may change. Information here will be updated and changed as appropriate so please check for the latest version.

Remember this for all sources of information:

Things are changing fast.

Just because the advice changes it doesn't mean it was wrong: The facts will change and the advice changes with it.

The biggest enemy is fear leading to rumour leading to more fear.

Experiences of MERS

Two of our ICM middle grades have extensive experience working in Saudi Arabia with the Middle-Eastern Respiratory Syndrome outbreak – a coronavirus similar to SARS-Cov-2 and Covid-19, but with a mortality of approximately 35% - at least ten times that of Covid-19 – **the lessons section in particular is fantastic.**

From our middle grades:

“During early 2012. There was a lot of misunderstanding and confusion regarding the seriousness of the disease as well as the source of transmission, which revealed later to be transmitted from Camels to the camels’ breeders then from human to human. I guess the situation was similar to the time where Covid-19 started in China. It was first underestimated then the panic spread then some erratic measures were taken which was changing every day. However, after a few months everything started to settle down and the word "MERS-COV" was not that scary anymore. it started to be part of the daily routine and usually out of 10 ventilated patients we had 2-3 positive cases on a regular day. I think time can calm people down and change their views about everything.

“The loss of a young patient in the battle against those viruses was always traumatic, especially if you allow yourself to be emotionally involved with those patients. Can’t remember how many patients were admitted first with minor symptoms then within a few hours his breathing deteriorated and his O2 requirement would be maximum and his X-ray chest would show a full-blown picture of ARDS. First comes the denial phase, strangely from patients, their families as well as their treating physician! then everyone well realises that intubation and ventilation is a must then within a few days of sedation, muscle relaxant, prone position and even ECMO everyone will realise that we are losing.

“Lessons I have learnt the hard way

1. Don’t spread panic, keep calm.
2. Do your job, don’t push yourself too hard, you can’t control everything.
3. It’s a long race, don’t exhaust yourself or your colleagues. Take breaks if you feel overwhelmed when it’s safe to do so.

4. Be opened and speak about your feelings.
5. Hand Hygiene and PPE is a key point in prevention.
6. Early intubation is usually the best strategy. While non-invasive ventilation is almost always useless in patients impending ARDS, it's a loss of vital hours in the beginning of the fight. Moreover, it is an aerosol-generating procedure that increases the risk of transmission.
7. If you cannot treat patients, don't expose them to complications. I have seen patients who recovered from infection but sustained long-standing iatrogenic complications. In other word do necessary things only and remember that your goal in fighting viruses is to allow the body immunity to take over.
8. We may all have to take critical decisions regarding life and death. Be supportive to your seniors even if you are questioning their decision. Sometimes there are no easy decisions and their well be a lot of lose-lose situations or no-win situations."

The Oxygen Challenge – Trust Guidance

