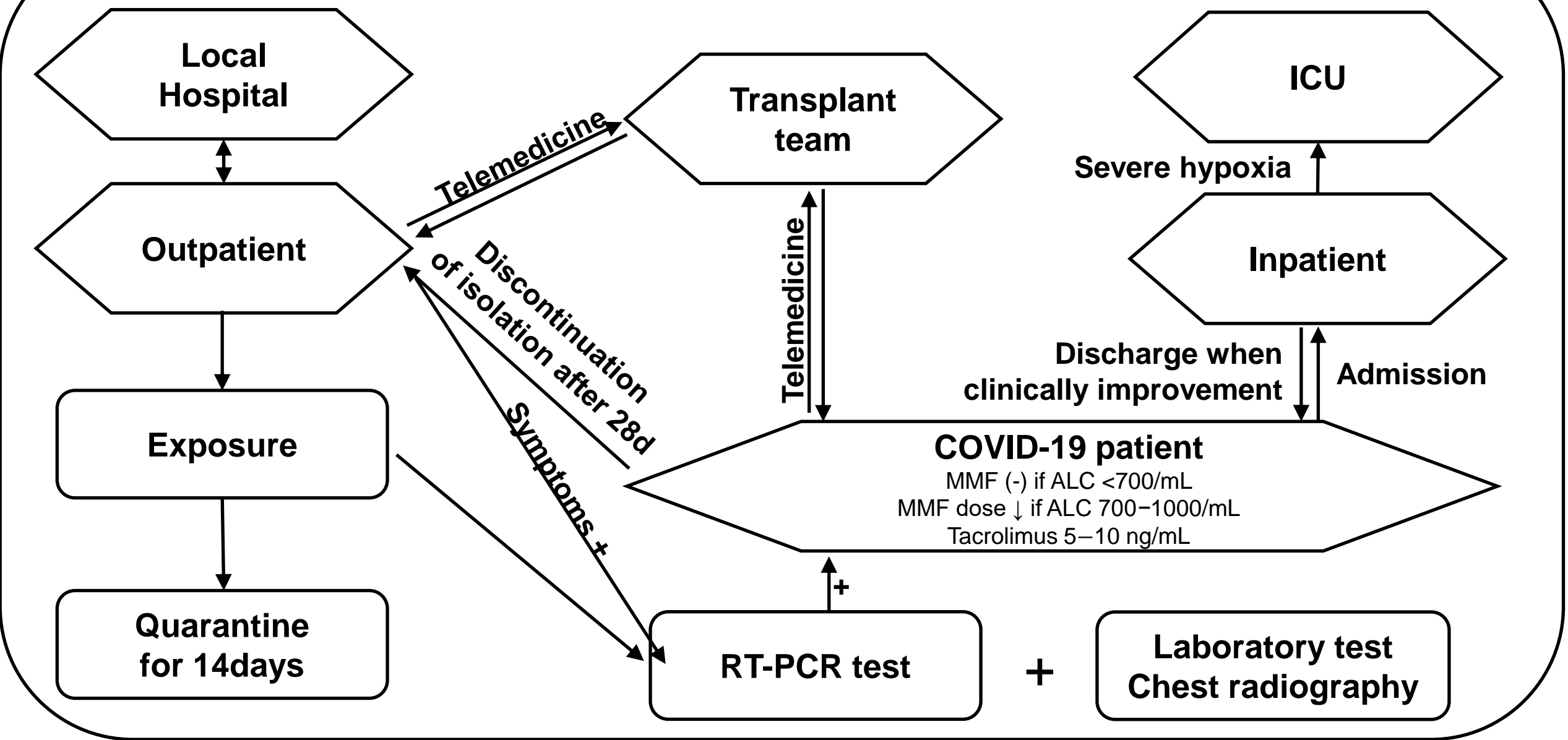


Hopkins Approach to COVID for SOT

Daniel C. Brennan, MD

Masks, Social distancing, Hand hygiene
Kim MY, Current Opinion Transpl Rep 2020;29,1-3



Johns Hopkins Approach to COVID-19

- Review labs for lymphopenia in all patients
 - Reduce MMF/MPA/Aza for ALC<1000
 - Stop MMF/MPA/Aza for ALC <700
- Start Vitamin D-3 2000 units daily in all SOT patients
- Start Aspirin 81 mg daily in all SOT patients
- Test for COVID-19 if COVID Symptoms or signs
 - Fever, cough, SOB, chills, headache, sore throat, loss of taste or smell, diarrhea, muscle aches.
 - Send pulse oximeter to COVID + pts at home.
 - F/U daily with Txp ID Nurse Practitioner during the week and On Call Nurses on Weekends
- Admit pts if
 - SOB, cannot hold breath for 10 seconds
 - O2 sat < 92%
 - Elevated inflammatory markers
 - CRP
 - D-dimer
 - Ferritin

Johns Hopkins COVID-19 Treatment

- Stop MMF/MPA/Aza immediately and indefinitely
- Start ergocalciferol 50,000 units po daily x 5, then Cholecalciferol D3 2000 u
- Aspirin 81 mg daily
- Consider adding an alpha blocker to medical regimen
- Convalescent plasma
- Remdesivir 200 mg day 1, then 100 mg x 9d ok with CKD
- Dexamethasone 6 mg up to 10 days if hypoxic
 - Acyclovir or valacyclovir prophylaxis for 3 months after the COVID episode if the patient has had dexamethasone or tocilizumab (2 cases of HSV hepatitis reported in the literature)
 - CMV PCR monitoring out to 3 months
 - Repeat beta-d-glucan and galactomannan at some point during followup
- Start tocilizumab ?
 - IL-6 >100 pg/mL or
 - D-dimer >1 ug/mL
 - CRP >10 ug/mL
 - Ferritin >1000 ng/mL
 - Secondary prophylaxis as above
- Investigational Drugs:
 - Clazakizumab, Bamlanimumab, many others

Outpatient management for KT recipients: Prevention

- Social distancing
- Maintain good hand hygiene
- Telemedicine: video and telephone-only encounters
- For-cause renal biopsy
 - Noninvasive measures of transplant rejection
 - Donor-derived cell-free DNA
 - Peripheral blood gene expression test

Strategies for Safer Living During the COVID-19 ERA (After an organ transplant)

THE BEST WAY TO PROTECT YOURSELF

Safety during the COVID-19 pandemic requires you and those around you to adopt the following behaviors:



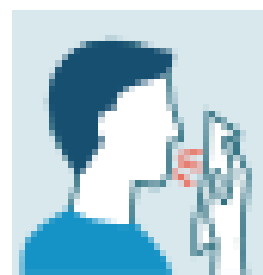
Handwashing

Everyone should wash their hands with soap & water or a hand sanitizer often.



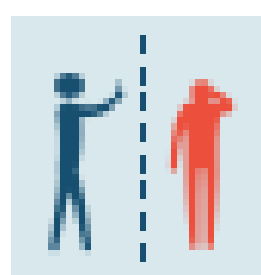
Wear a cloth face mask

You and those around you should wear a facemask to prevent the spread of the virus.



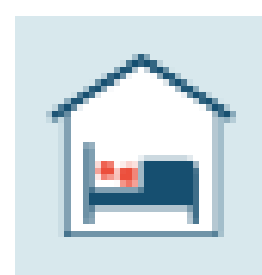
Cough or sneeze

Cough into a tissue or bent elbow. Throw the tissue into the trash right away.



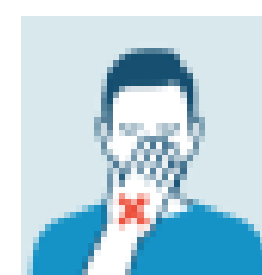
Physical Distancing

Stay 6 feet from other people. Avoid crowds and groups of people.



If you feel sick

Stay home and away from others. Call your healthcare team.



Do not touch your face

Wash your hands before touching your face.



Clean and disinfect

Sanitize frequently touched objects and surfaces.