COVID-19 from a recovered healthcare worker’s perspective

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Disclosure slide

I do not have a conflict of interest
COVID-19 in Piedmont, North-West Italy

By Region/Autonomous Province of diagnosis

ISS, Italian Ministry of Health; SEREMI
COVID-19 and me
From Doctor to Patient
A Clinical Case (no consent needed)

- Male, 41 years old, European ancestry
- No relevant past medical history, not taking medicines
- Works as ID Physician at the “Amedeo di Savoia” Hospital in Turin (now COVID Hospital)
- Several meetings for discussing management of COVID-19 patients (including some with colleagues turned positive after 1-2 days)
- March 17th severe back pain (paravertebral muscles cramps)
- March 18th asthenia and back pain ➔ NP swab ➔ positive
  - Home isolation
  - Hydroxychloroquine
  - Bought a pulse oximeter (SatO2 97-98%)
- March 19th partner tested ➔ positive
A Clinical Case (2)

- March 23rd profound asthenia, fever (max 38 °C), HR 100-125 bpm, SatO₂ 93-95%
- March 24th to the ER after calling for “what would you do if you were me?”
  - Blood test OK
  - Lung US: basal B-lines
  - Arterial blood gas analysis: P/F 345
  - Lung CT scan:
Basal ground-glass and consolidations (3/24)
A Clinical Case (2)

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  SatO\textsubscript{2} 93-95%
- March 24\textsuperscript{th} to the ER after calling for “what would you do if you were me?”
  - Blood test OK
  - Lung US: basal B-lines
  - Arterial blood gas analysis: P/F 345
  - Lung CT scan: Basal ground-glass and consolidations (3/24)
  - Lopinavir/ritonavir added
- Admitted until March 29\textsuperscript{th} to the COVID ward
  - No need for oxygen
- Home isolation until April 20\textsuperscript{th} (NP swab -/+ and then -/-)
WHAT HAVE I LEARNT?

1. Patients do not lie!

BACKPAIN IN COVID-19 IS REALLY PAINFUL
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   BACKPAIN IN COVID-19 IS REALLY PAINFUL

2. SARS-CoV-2/Hydroxychloroquine/Lopinavir/ritonavir Diarrhoea is bad

   BUT IT IS EVEN WORSE IF YOU HAVE IT IN A ER ROOM WITH OTHER 20 PATIENTS AND THERE IS ONLY ONE BATHROOM
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   BUT IT IS EVEN WORSE IF YOU HAVE IT IN A ER ROOM WITH OTHER 20 PATIENTS AND THERE IS ONLY ONE BATHROOM

3. Arterial blood sampling is painful
   
   PERFORM IT IF IT IS NECESSARY (PLEASE)
WHAT HAVE I LEARNT?

4. A small gesture sometimes warms up

NURSES COOKED FRIED EGGS ONE NIGHT AND SMUGGLED THEM IN THE RED ZONE
WHAT HAVE I LEARNT?

4. A small gesture sometimes warms up nurses. One night, nurses cooked fried eggs and smuggled them into the red zone.

5. Doctors usually spend little time talking to patients, and they often need to. (When my neighbor discovered I was an ID physician, he asked me a thousand questions while just answering “fine” to the visiting doctors.)
WHAT HAVE I LEARNT?

4. A small gesture sometimes warms up nurses: cooked fried eggs one night and smuggled them in the red zone.

5. Doctors usually spend little time talking to patients, and they often need to (when my neighbour discovered I was a physician asked me a thousand question while just answering “fine” to the visiting doctors).

6. Recovering from COVID-19 can be useful to others...
AND...

IT WAS HARD TO ME NOT THINKING WHERE/WHEN I RECEIVED SARS-COV-2 AND THAT SOMEONE IN MY FAMILY GOT IT

(NO MATTER WHAT YOUR DOCTORS TELL YOU AND WE ALWAYS SAY THAT TO PATIENTS WITH NEWLY DIAGNOSED HIV INFECTIONS)
FEAR IS SOO COMMON IN COVID TIMES...

• The greatest fear most colleagues had was to infect their families
  • Some isolated themselves in a room
  • Others rented a small flat when working in COVID wards
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- Fear of being scaremongers
  - Some hospitals forbade the use of facial masks when NOT visiting patients
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• Fear of being scaremongers
  • Some hospitals forbade the use of facial masks when NOT visiting patients

• Fear of being inadequate and not doing “enough”
  • Some of the treatment decisions we made were based on no evidence

Finding Effective Treatments for COVID-19
Scientific Integrity and Public Confidence in a Time of Crisis

Jesse L. Goodman, MD, MPH
Georgetown University, Washington, DC.
PATIENTS’ FEARS ARE CERTAINLY MORE PROFOUND AND INCLUDE FEAR OF DYING, FEAR OF HAVING INFECTED SOMEONE IN THE FAMILY, IF BOTH PARENTS ARE SICK FEAR OF WHO IS GOING TO CARE FOR CHILDREN IN A SARS-COV-2+ FAMILY AND ISOLATION ENHANCES SUCH FEARS...
TECHNOLOGY AND COVID-19
THE GOOD, THE BAD AND THE UGLY
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Use of Commercial Disinfectants to Treat Novel Coronavirus (Covid-19) through Oral Administration or Subdermal Injection
Amanda Kerri, M.D., Andre Young, M.D., Trapper John, M.D., Meredith Gray, M.D., Douglas E. Powers, M.D.

BACKGROUND
On March 23rd, 2020, President Donald J. Trump, during his daily briefings on the response to Covid-19, suggested the use of disinfectants to treat patients infected with the novel coronavirus Covid-19. We conducted a study on the efficacy of using commercial disinfectants through oral administration or subdermal injection.

METHOD
We read the labels on the bottles we found in the janitors closet.

CONCLUSION
This will kill you. Don’t do it.

I am Dr. XXX and I have discovered the cure for COVID-19...
THE RISK OF SARS-COV-2 IN HEALTHCARE WORKERS IN TURIN, NORTH-WEST ITALY (SUBMITTED)

N=5444

SEROPREVALENCE 6.9%

DIASORIN LIAISON SARS-CoV-2 S1/S2 IgG Test (chemiluminescence immunoassay)
Sens 90.4% (after 5 days) Spec >98%

Direct contact with patients (7.5%)
Indirect or no contact with patients (5.2%)

Chi-square 5.970, p=0.013
ACKNOWLEDGEMENTS

28,924 health-care workers (out of 237,695 confirmed COVID-19 cases, on June 15th) have been infected in Italy since the beginning of the epidemics. Unfortunately 163 doctors and 40 nurses lost their lives due to COVID-19. The list of their names is reported on the website of the National Federation of Medical Doctors and Dentists (https://portale.fnomceo.it/elenco-dei-medici-caduti-nel-corsodellepidemia-di-covid-19/).
PERSONAL ACKNOWLEDGEMENTS

To Gloria
For sharing the good and the bad moments and even COVID-19... and taking care of 3 kids during the lock down

To the Children
For being patient, for doing their best with all the online classes and also for asking during one dinner “Daddy what is tocilizumab?”

To my mother and to my sister
For taking care (including cooking and shopping) of us when we were sick