

THROMBOEMBOLIC EVENTS AS A COMPLICATION OF COVID-19

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ARTICLE INFO ABSTRACT **CASE REPORT Article History** Coronavirus-2 (SARS-CoV2/ Severe Acute Respiratory Syndrome **Received: October 2022** Corona Virus 2) infection has emerged as a global health crisis. The Accepted: November 2022 incidence of thromboembolic disease is very high in SARS- CoV2 Key Words: SARSdisease and involves multiple organ systems ranging from cutaneous CoV2, thrombosis, thrombosis to pulmonary embolism, stroke or coronary thrombosis hypercoagulability sometimes with catastrophic outcomes. Evidence points towards a key role of thromboembolism, hypercoagulability and overproductionn of proinflammatory cytokines mimicking a "cytokine storm" which leads to **Corresponding author** multiorgan failure Dr. D. Giri*

2022, www.medrech.com

INTRODUCTION:

Coronavirus disease 2019 (COVID-19) is a viral illness caused by a novel coronavirus, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It has been rapidly spreading throughout the world, causing a pandemic, involving >188 countries, >24 million cases, and>840,000 deaths. SARS-CoV-2 enters through angiotensin-converting enzyme 2 (ACE2) receptors, which are present in type 2 alveolar cells of the lung, myocardium, and tubules. proximal renal COVID-19 manifestations can range from asymptomatic infections to multiorgan failure and death. The respiratory system is involved in almost all cases. In both proven COVID-19 and COVIDlike illness, fever, cough, dyspnea, chest pain, and oxygen desaturation upon exertion are observed. These symptoms have been associated with increased D-dimer levels and pulmonary microangiopathy on necropsy. The kidneys can be involved, with a similar pathophysiology, presenting with hematuria and rapidly progressive renal failure with oliguria and death. There are various and diverse complications associated with SARS CoV-19 infection. Current data doesn't provide adequate information about the use of anticoagulants and management of thromboembolic events. Many authors suggest that a patient with high risk for development of thromboembolic state should be started with empirical anticoagulant treatment whereas some authors say that the use of full-dose anticoagulation should be done only in cases of confirmed thromboembolism.

PATHOGENESIS AND RISK FACTORS

COVID-19 shares shows rise in pro and anti-inflammatory cytokines. There is evidence of complement activation in COVID-19 by direct endothelial infection which includes release of anaphylotoxin C5a. Complement activation as seen in COVID-19 not only drives neutrophil dysfunction leading to susceptibility to secondary infections but also activates the coagulation system thereby propagating a prothrombotic state. Coagulopathy associated with COVID-19 may be explained by the 'two activation' theory, way as seen bv thrombocytopenia in critically ill patients (TICP) and the encompassing inflammatory and micro-thrombogenic responses that occur when endothelial insult takes place. While the inflammatory pathway releases cytokines, the activation of microthrombotic pathway is mediated by release of large polymers of Von Willebrand factors (VWF). In the face of sepsis- induced endothelial injury, this reaction aggravated causing enhanced platelet is activation and consumption thrombocytopenia. In contrast to the typical consumptive coagulopathy and disseminated intravascular coagulation (DIC) profile observed in sepsis, patients with COVID-19 typically have relatively normal coagulation and platelet profiles. Progression to DIC occurs in a minority of patients, rarely developing in survivors. Therefore it seems that in keeping with Virchow's triad, thrombosis is driven both

by the activation of coagulation factors and endothelium. In-situ immune-thrombosis plays a key role to be the unifying mechanism explaining the micro and macrothrombotic manifestations of the disease. It should however be emphasized that in-situ microthrombosis has also been demonstrated in pulmonary and systemic tissue beds in ARDS and sepsis and therefore may not necessarily be unique to this population.

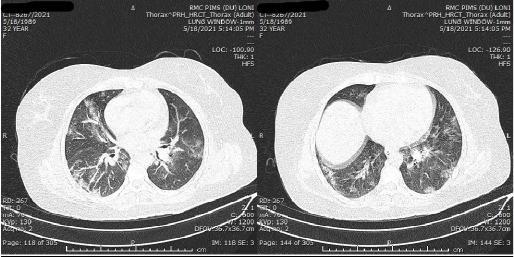
In addition to the factors mentioned above, these patients have additional risk factors for increased thrombosis, most notable among those being hypoxia, and immobility (made worse by frequent use of prone positioning). Although not systematically assessed, reduced staffing coupled with isolation precautions which limit frequent position changes and mobility may further predispose patients to a prothrombotic state **CASE REPORT 1:**

This is a case of a 32 yr female patient who was referred from outside to our hospital for a CT scan of Abdomen and Pelvis (Plain and contrast) with acute pain in abdomen to rule out intestinal perforation. The patient did not fever. cough, cold, have malaise or breathlessness since the beginning. The patient did not pass stools since 4 days. HRCT was done for the same as few ground glass opacities were noted in the visualized lung section during the abdomen scan.

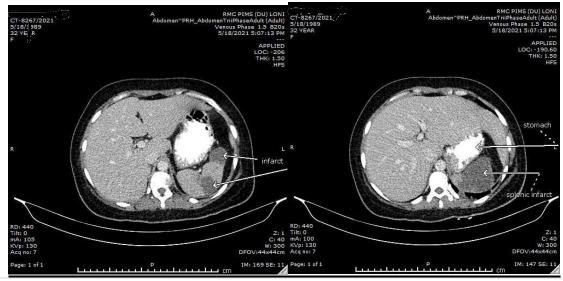
INVESTIGATION:

CT scan of abdomen and pelvis and HRCT thorax was done for the same patient HRCT thorax

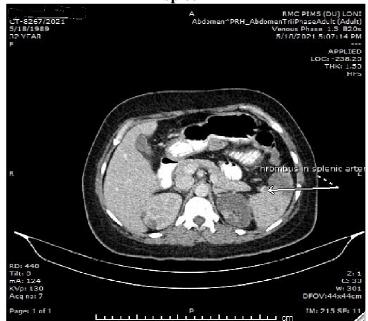




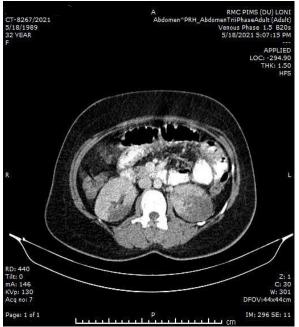
ON HRCT findings were multiple subpleural and intrapulmonary ground glass opacities with interstitial septal thickening involving bilateral lung fields. It was typical for COVID- 19 (CORADS- V) and CT severity score was 12/25. CT ABDOMEN AND PELVIS



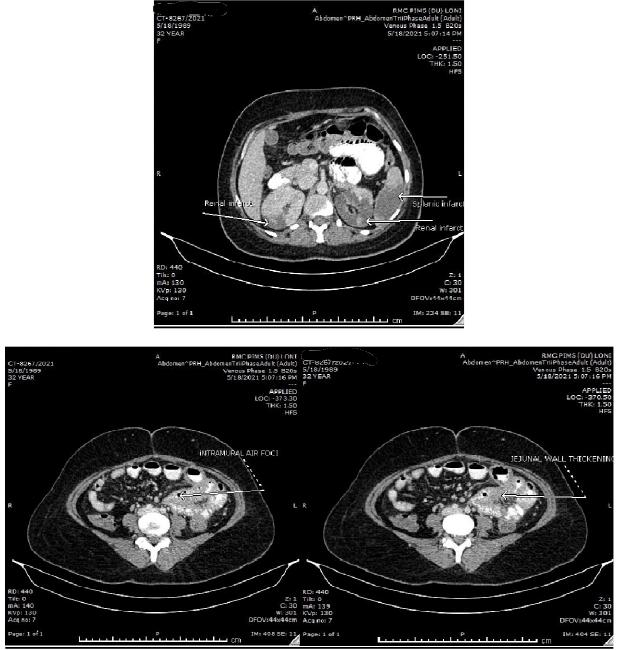
Wedge shaped non enanching hypodensities are noted at the upper pole and interpolar region of spleen



A hypodense filling defect is noted in the splenic artery which suggest thrombus with splenic infarct



Splenic and renal infarct



In these images we can see jejunal wall thickening with intramural air foci with poor wall enhancement on post contrast study

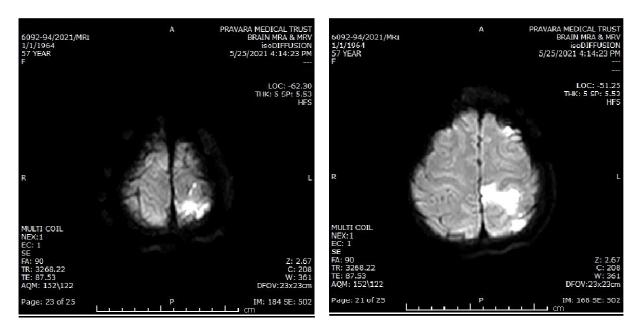
TREATMENT:

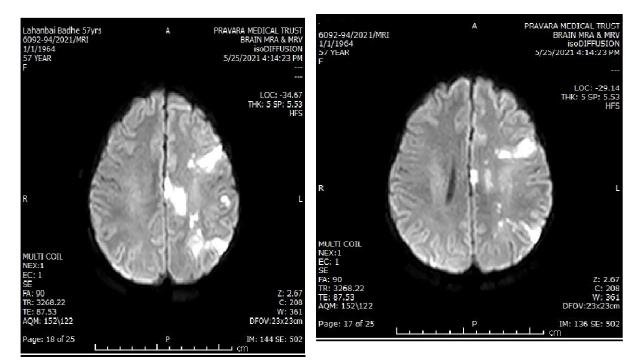
The patient was referred to different hospital after the scan where the patient was given antithrombotics

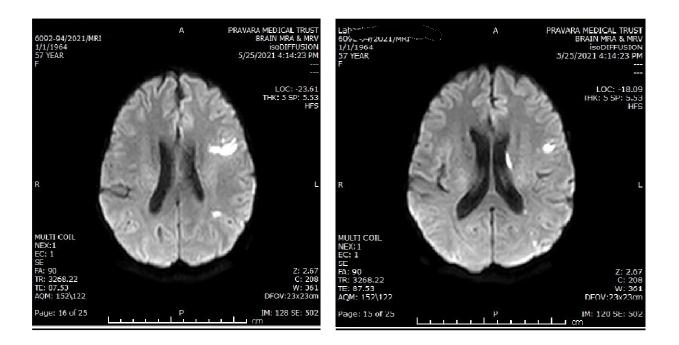
CASE REPORT 2: INVESTIGATION :

This is a case of 57 yr female patient who came for MRI brain with complaints of right sided weakness since morning. She was a known case of COVID-19, 15 days ago.

MRI brain revealed multiple infarcts in left fronto-parieto-temporal region







CASE REPORT 3:

A case of 30 year female patient who came for CT Abdomen and pelvis (Plain and contrast) with complaints of pain in right flank and iliac fossa since 15-20 days.

HRCT thorax of the same patient was done as she also had complaints of fever and cough since 15 days

INVESTIGATION:

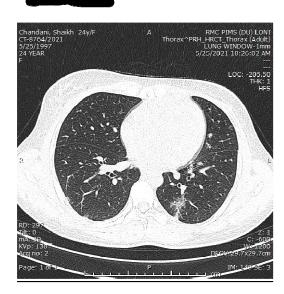
Blood investigation: WBC- 14,460 (Increased) CRP-70.9 (Increased) Urine analysis: Appearance- clear Deposits-absent Rbc- 2-3 (Normal) WBC- 3-4 (0-5) CT scan Abdomen and pelvis (Plain and contrast): CT scan revealed a hypodense non enhancing area involving cortex and medulla of upper

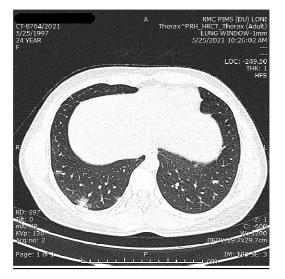


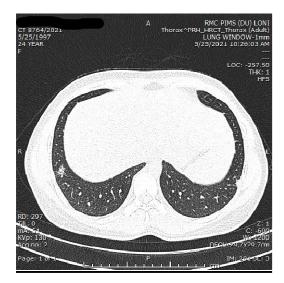
and midpolar region of left kidney

HRCT thorax revealed multiple subpleural and intrapulmonary ground glass opacities in bilateral lung fields with CT severity score of 5/25

CT SCAN ABDOMEN AND PELVIS (PLAIN AND CONTRAST) HRCT THORAX





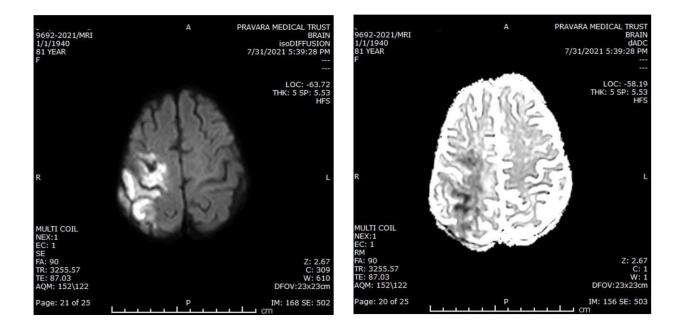




Case no 4

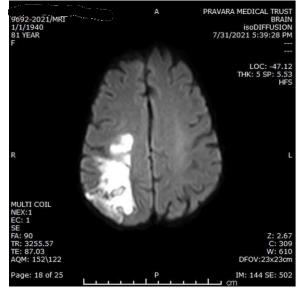
This is a case of 81 yr old female patient with a history of COVID-19 10 days back. The patient came with complaints of left sided weakness and disorientation. There was no known

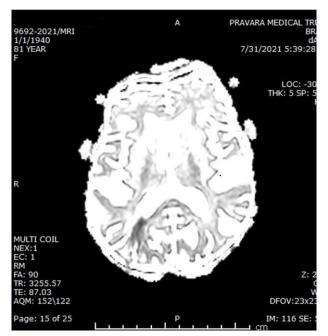
comorbidity documented. The patient came for MRI Brain. Here are the diffusion and ADC images of the brain suggesting infarct on right side secondary to thromboembolic effect of COVID 19 infection.



Giri D. et al., Med. Res. Chronicles., 9(6), 350-369 2022







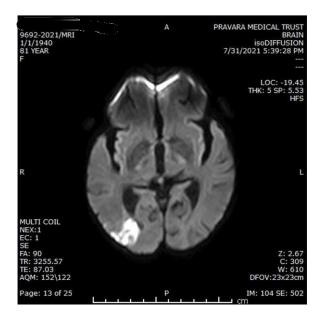


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Case no 5

This is a case of 42 yr male patient with a history of COVID-19 infection. The patient came with complaints of right sided weakness since 1 day. No known comorbidities were

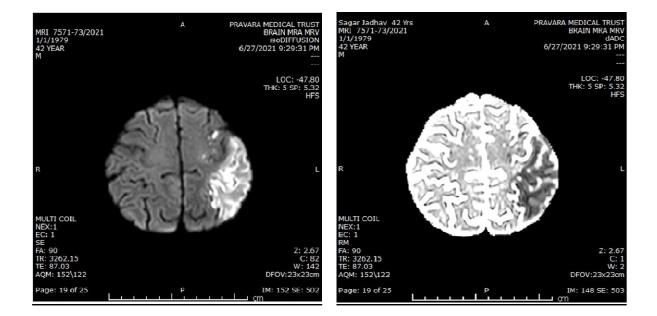
documented. The patient came for MRI Brain to rule out infarct. Here are the diffusion and ADC images of the patient representing left sided infarct. The patient was strated with thrombolytics immediately after the MRI

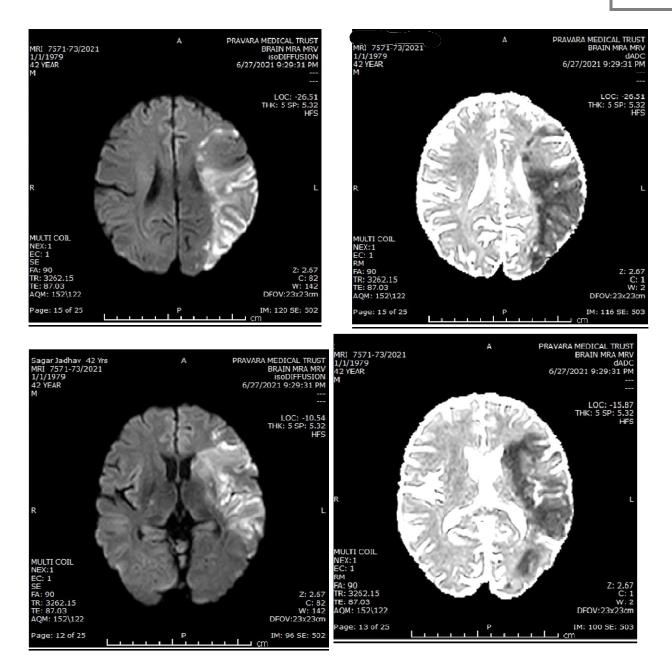
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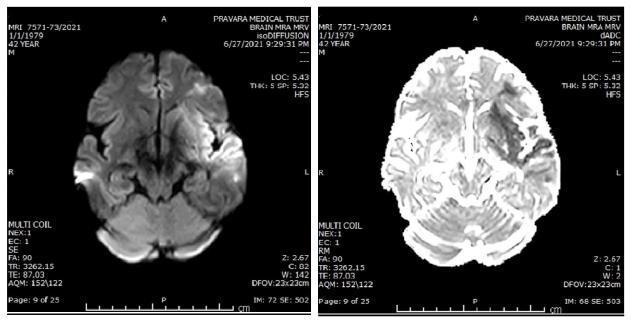
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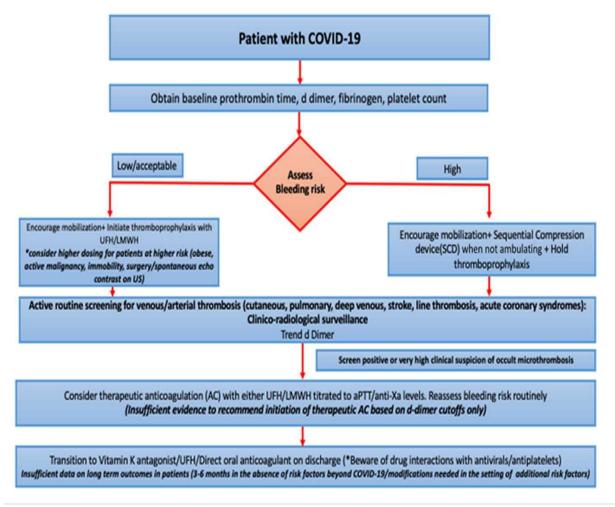
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Protocol for treatment of thromboembolic event in COVID-19 pateint



OF

MANAGEMENT ANTICOAGULATION

The optimal approach to management of anticoagulation in these patients remains unclear in absence of well conducted trials. There remains major uncertainty in the optimal of immune-thrombosis management as commonly seen in COVID-19. In asymptomatic and mildly symptomatic patients who do not require hospital admission, ambulation should continue to be the mainstay of thromboprophylaxis. It is advisable to minimum, institute, at prophylactic anticoagulation in admitted patients without clinical contraindications. Unfractionated heparin and low molecular weight heparin (LMWH) have been successfully used in these prophylactically patients both and therapeutically. Higher doses should be considered for those with higher risk patients (eg, obese, active malignancy, prolonged immobility or recent surgery). As a caveat, it must be noted a high incidence of VTE has been noted even on patients on either prophylactic and therapeutic anticoagulation which makes routine surveillance extremely important.

In addition to the usual indications such as obesity or active malignancy where higher intensity dosing of prophylactic anticoagulation may be warranted, patients with COVID-19 who demonstrate SEC on surveillance imaging may be considered for augmented dosing although high quality data to support routine use of this strategy is currently unavailable. Although some retrospective studies have demonstrated systemic anticoagulation to be associated with improved outcomes in hospitalized patients

CONCLUSION

Systemic thrombosis is frequently associated with critically ill COVID-19 patients and may lead to fatal outcomes if not diagnosed and managed appropriately. Thrombotic risk commonly persists despite initiation of anticoagulation. Until more information is

providers consider available. should prophylactic versus therapeutic anticoagulation based on a combination of patient specific criteria including laboratory results, imaging, clinical suspicion and careful balance of thrombotic and bleeding risks. Routine active surveillance guided by clinical and/or radiological assessment is recommended to either pre-empt or aid prompt diagnosis of macrothrombotic events which may be beneficial in guiding anticoagulation strategies. Larger, well designed prospective studies are urgently needed to further elucidate optimal management strategies mitigate to the thrombotic risks associated with COVID-19.

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