

Myositis UK: COVID-19 Webinar

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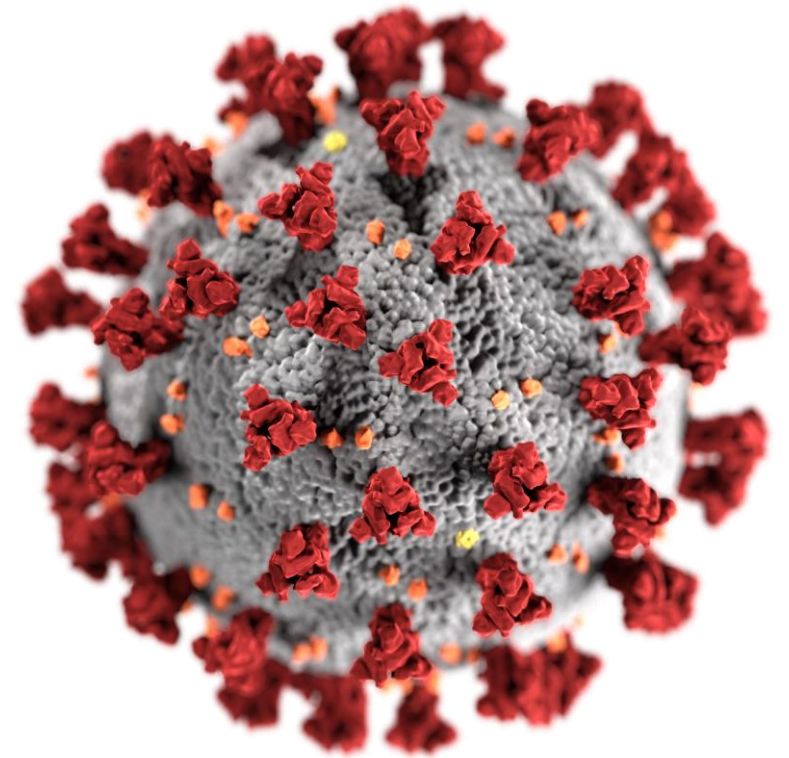


Disclaimers

- We **aren't experts** in infectious diseases or the management of coronavirus specifically.
- We **aren't paediatricians**
- There are still many **unknowns**
- The situation is **changing** minute by minute
- Information given here will be **general and reflects personal views**
- We **cannot** give you specific/individualised advice about managing your condition
- Please **contact your GP or specialist** if you have any concerns

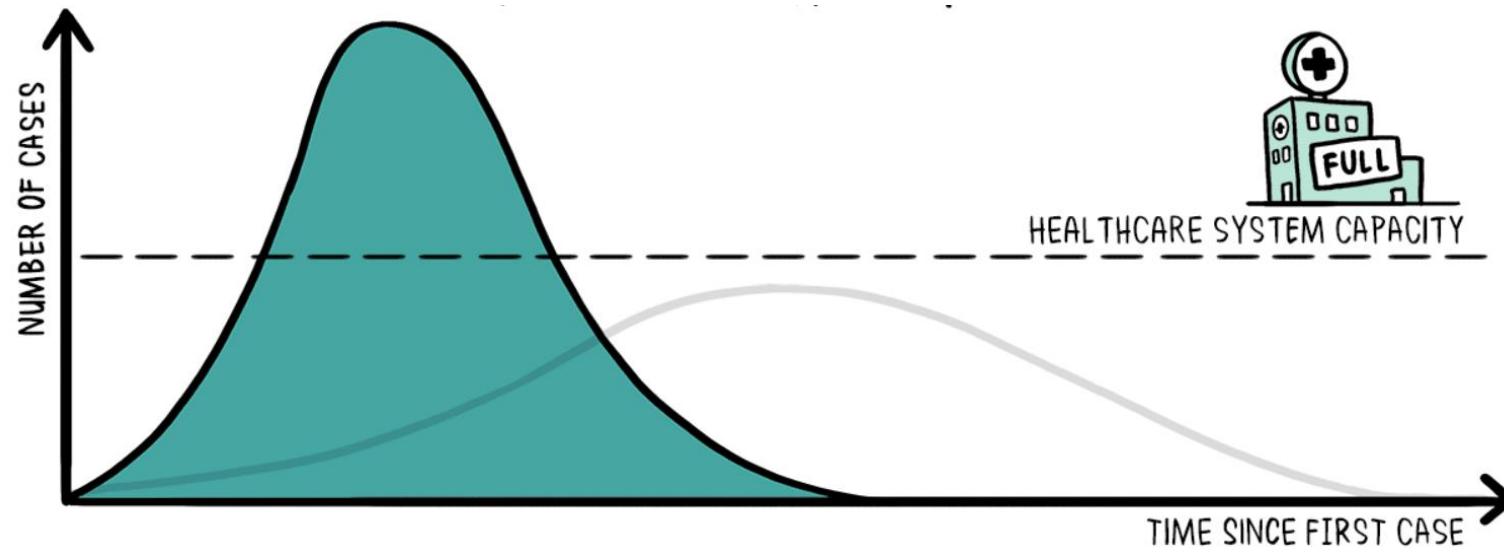
Novel Coronavirus / COVID-19 / SARS-CoV-2

- Wuhan, China
- First case ~ Nov 2019
- Likely transmitted to humans from **bats**
- Human-to-human transmission via **respiratory droplets**
- Initially spread to South Korea, Iran and Italy
- **Pandemic** declared 11th March 2020




Key problems

- **New virus** - No immunity - No vaccine
- **Rapid spread** - Highly contagious - Asymptomatic infectious period
- **Some** patients become very sick
- Health care systems become quickly **overloaded**



What to do - general

- Check **gov.uk** or **nhs.uk** website regularly for up to date info



The image is a screenshot of the official UK government website (gov.uk) page for coronavirus information. The browser address bar shows the URL 'https://www.gov.uk/coronavirus'. The page features the GOV.UK logo at the top, followed by a 'Home' link. The main heading is 'Coronavirus (COVID-19): what you need to do'. Below this, there is a section titled 'Stay at home' with a bulleted list of instructions: 'Only go outside for food, health reasons or work (where this absolutely cannot be done from home)', 'Stay 2 metres (6ft) away from other people', and 'Wash your hands as soon as you get home'. A note states 'Anyone can spread the virus.' and provides a link for 'Full guidance on staying at home and away from others'. At the bottom, there are three logos: 'STAY AT HOME' with a house icon, 'PROTECT THE NHS' with a cross icon, and 'save lives' with a heart icon.

https://www.gov.uk/coronavirus

GOV.UK

[Home](#)

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Anyone can spread the virus.

[Full guidance on staying at home and away from others](#)

STAY AT HOME 

PROTECT THE NHS 

 **save lives**

What to do - general

- **Strict** social distancing
 - 2m separation
 - “Only go outside for food, health reasons or work”

What to do - general

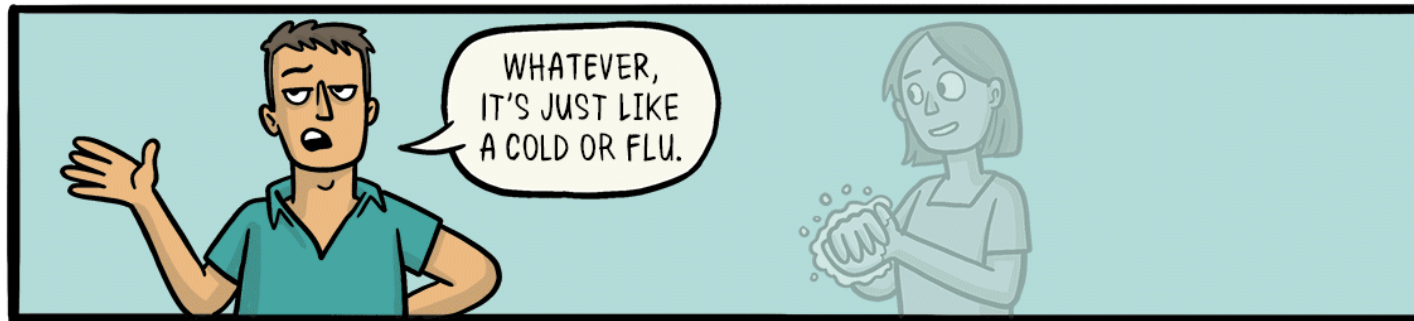
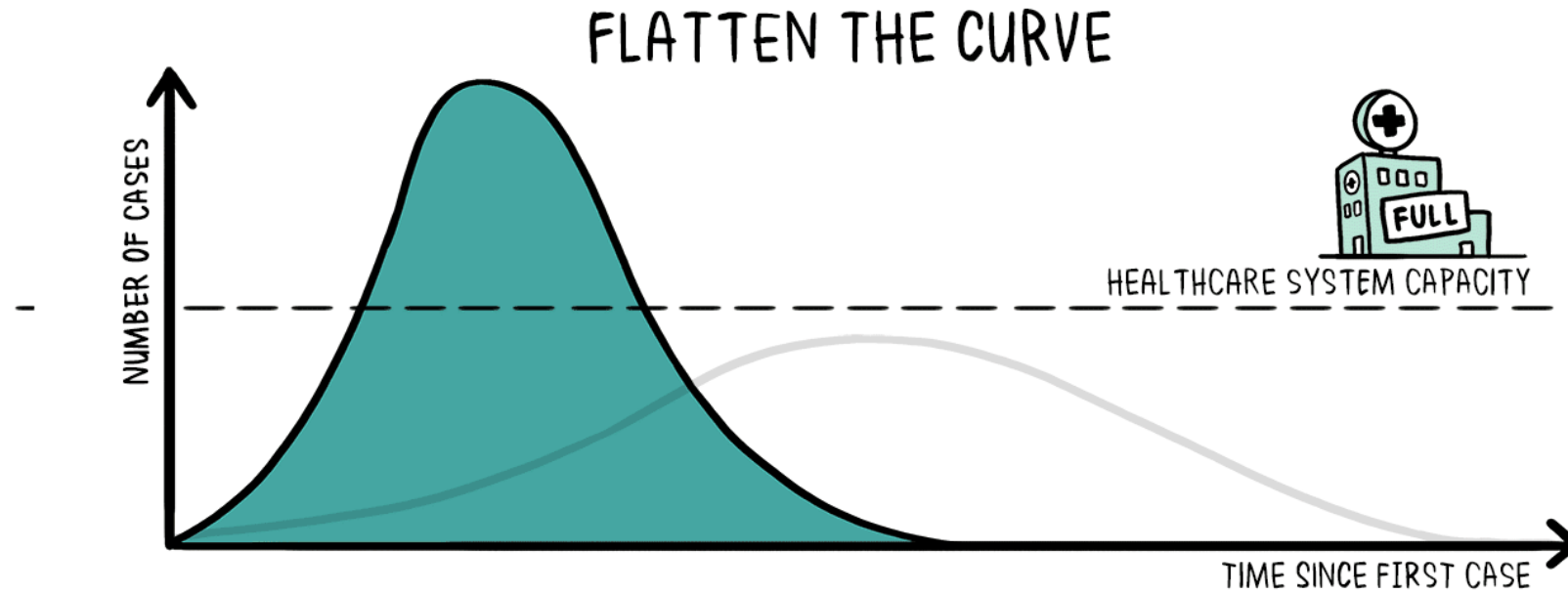
- **Strict** social distancing
- **Meticulous** hand washing
 - Soap is fine
 - Especially when returning home
 - Avoid touching face
 - Sneeze in to a tissue, not your hands

What to do - general

- **Strict** social distancing
- **Meticulous** hand washing
- **Self-isolation** if you **have symptoms**
 - Household to stop work and stay at home

		DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
Example household 1	A		X	+7 days from becoming ill						✓										
	B				X	+7 days from when they became ill						✓								
	C																	✓		
	D																	✓		

What to do - general



What to do – high risk

- Criteria have been defined for **highly vulnerable** people:
 - Solid **organ transplant** recipients.
 - People with specific **cancers**.
 - People with **severe respiratory conditions** including all cystic fibrosis, severe asthma and severe COPD.
 - People with **rare diseases and inborn errors of metabolism that significantly increase the risk of infections** (such as SCID, homozygous sickle cell).
 - People **on immunosuppression therapies** sufficient to significantly increase risk of infection.
 - Women **who are pregnant with significant heart disease**
- See [here](#) for risk stratification table from the BSR
- See [here](#) for Versus Arthritis risk calculator

What to do – high risk

- These individuals are advised to practice “**Shielding**” for at least the next 12 weeks:
 - Strictly **avoid contact** with those displaying symptoms of coronavirus.
 - Do **not** leave your house.
 - Do **not** attend any gatherings.
 - Do **not go out** for shopping, leisure or travel and, when arranging food or medication deliveries, these should be left at the door to minimise contact.

What to do – high risk

- Additional help is available (food, medicines, additional care) for these individuals if required:
 - A letter from the NHS is being sent to those already identified as high risk
 - They can also self register here: [gov.uk/coronavirus-extremely-vulnerable](https://www.gov.uk/coronavirus-extremely-vulnerable)

Am I in this high risk group?

- Patients with myositis can be particularly vulnerable to respiratory infections:
 - On immunosuppression
 - Especially prednisolone >20mg, DMARDS, biologics, JAK inhibitors
 - Combination therapy
 - Respiratory muscle weakness
 - Interstitial lung disease
 - Problems swallowing

See [here](#) for risk stratification table from the BSR

See [here](#) for Versus Arthritis risk calculator

What to do: *Decisions must be individualised*

- Some general rules:
- **DO NOT SUDDENLY STOP TREATMENT**, especially steroids
- Make sure you have a good supply of your medications
- Speak to specialist / GP
 - Your specialist may try to maintain you on the lowest steroid dose possible
 - If you become unwell you may need a higher dose of steroids
 - Scheduled biologics (e.g. rituximab) could potentially be postponed
 - Blood monitoring frequency may need to decrease – **avoid hospital**

STEROID TREATMENT CARD

I am a patient on STEROID treatment which must not be stopped suddenly

- If you have been taking this medicine for more than three weeks, the dose should be reduced gradually when you stop taking steroids unless your doctor says otherwise.
- Read the patient information leaflet given with the medicine.
- Always carry this card with you and show it to anyone who treats you (for example a doctor, nurse, pharmacist or dentist). For one year after you stop the treatment, you must mention that you have taken steroids.
- If you become ill, or if you come into contact with anyone who has an infectious disease, consult your doctor promptly. If you have never had chickenpox, you should avoid close contact with people who have chickenpox or shingles. If you do come into contact with chickenpox, see your doctor urgently.
- Make sure that the information on the card is kept up to date.

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