

BÖLÜM 11

GÜNCEL TEDAVİ YAKLAŞIMLARI

Şule ÖZDEMİR ARMAĞAN¹

GİRİŞ

COVID-19 vakaları Çin’de ilk olarak Aralık 2019’da bildirilmesinden sonra hızla tüm dünyaya yayılıp pandemi haline gelmiştir. 22 Haziran 2020 itibariyle toplam vaka sayısı 9.079.778, ölüm sayısı 471.289’dur (1).

Şiddetli Akut Solunum Sendromu-Koronavirüs-2 (SARS-CoV-2), asemptomatik, hafif kendi kendini sınırlayan solunum yolu hastalığından, ciddi progresif pnömoniye ve ölüme kadar giden geniş spektrumda bir hastalık tablosundan sorumludur. Ne yazık ki halen COVID-19 için etkinliği ve güvenilirliği ispatlanmış spesifik bir tedavi yoktur. Amerika ilaç ve gıda yönetimi kuruluşunun (FDA, Food and Drug Administration) en son 11 Mayıs 2020 tarihiyle güncellediği verilere göre, terapötik ajanlar için 144 aktif çalışma, 457 geliştirme programı devam etmektedir. FDA, potansiyel COVID-19 terapilerinin gelişimini hızlandırmak için tasarlanmış ‘Koronavirüs Tedavi Hızlandırma Programı’ nı (Coronavirus Treatment Acceleration Program, CTAP)’ oluşturmuştur. CO-

VID-19 için terapötik geliştiriciler, “COVID19-productdevelopment@fda.hhs.gov” CTAP e-postası veya IND-IND Danışma programı aracılığıyla bilgi ve soru gönderebilirler (2). Terapötik ajan geliştirmek isteyenler bu programa başvurabilirler. FDA’nın kendisi de konvalesan plazma ve hiperimmunglobulin araştırmalarına öncülük etmektedir.

Tedavi seçeneklerinin randomize kontrollü çalışmalarla test edilerek kullanılması en akılcı yoldur. Ancak içinde bulunduğumuz pandemi durumunun vehameti ve bilimsel verilerin azlığı nedeniyle, etkin olduğuna dair sınırlı da olsa veri bulunan tedavi seçenekleri, tüm dünyada yaygın olarak kullanılmaktadır. Ayrıca 2003 yılında görülen SARS-CoV pandemisinden elde edilen veriler de günümüz tedavi seçeneklerine ışık tutmaktadır.

Bu veriler doğrultusunda ülkemiz dahil birçok ülke kendine göre bir tedavi algoritması geliştirmek ve uygulamak zorunda kalmıştır. Bu bölümde dünyada COVID-19 tedavisinde en sık adı

¹ Uzm. Dr. Şule Özdemir Armağan, Sağlık Bilimleri Üniversitesi, Konya Eğitim ve Araştırma Hastanesi, Enfeksiyon Hastalıkları ve Klinik Mikrobiyoloji Kliniği, dr_suleozdemir@hotmail.com



kısa süreli (1-2 mg / kg/gün metilprednizolon, 5 gün) kullanılabilir.

Ciddi hastalıkta ek tedavi olarak Xuebijing 100ml/saat günde iki kez İV olarak uygulanabilmektedir.

Bağırsak mikroflora regülatörleri, bağırsak dengesini korumak ve sekonder bakteriyel enfeksiyonları önlemek için kullanılabilir.

Ağır ve kritik çocuk vakalara İV γ -globulin infüzyonu yapılabilir.

Geleneksel Çin Tıbbi Tedavisi

Bu hastalık, geleneksel Çin tıbbında veba kategorisine aittir. Hastalık tıpkı medikal tedavi olduğu gibi klinik manifestasyonlarına göre kategorize edilerek tedavi edilir. Ulusal devlet ofisi tedavi rehberinde genişçe yer verilmiştir. Detaylı bilgi için ilgili kaynaklara başvurunuz (69, 107).

İNGİLTERE ULUSAL SAĞLIK KURULUŞU (NATIONAL HEALTH SERVICE) KILAVUZU (SON GÜNCELLEME; 12 MAYIS 2020) (108)

Randomize kontrollü çalışmalara dayandırılmadığı için henüz antiviral öneri yoktur, hekim bazında kullanılan tedavi yöntemlerinin ulusal sisteme kayıt edilmesi istenmiştir.

Avrupa Enfeksiyon Hastalıkları kuruluşları herhangi bir genel tedavi rehberi yayınlamamıştır.

Sonuç

COVID-19 pandemisi halen devam etmekte olup henüz spesifik ve onaylanmış bir tedavi ve profilaksi seçeneği yoktur. Standart hasta bakımı, oksijenasyonun desteklenmesi, komplikasyonların önlenmesi tedavide temel unsurlardır. Tedavi seçenekleri, geçmiş koronavirüs pandemilerinden veya in-vitro koşullarda antiviral etkinlik konusunda elde edilen veriler doğrultusunda etkisi olması ümit edilen ajanlardan oluşmaktadır. Klo-rokin ve HCQ en çok konuşulan ve denenilen ajanlar olmakla birlikte çalışma verileri açıklandıkça yan etkileri nedeniyle daha temkinli yaklaşılma-

tadır. Asemptomatik olgularda tedavisiz izlem mümkün olmakla birlikte, hastalık şiddeti ilerleyen olgularda güncel bilgiler ışığında favipiravir, remdesivir, arbidol, konvalesan plazma ve kök hücre tedavisi umut vadetmekte, sitokin fırtınası gelişen olgularda immunmodülatör ajanlar etkili gibi görünmektedir. Ancak henüz etkinlik ve güvenilirlik verileri yetersizdir. Tedavi konusunda birçok randomize kontrollü çalışma başlatılmış olup halen devam etmekte, etkinlik ve güvenlik sonuçları beklenmektedir.

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