

## Treatment Options for Novel Corona Virus-Current guidelines in Clinical Settings of Pakistan

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### Abstract

As of February 2020, new cases of COVID-19 have been reported in Pakistan, Sindh province initially and then spread to the rest of provinces due to the Foreigners coming back to Pakistan [1]. At present unfortunately no vaccine has been developed moreover we don't have any specific anti-viral for this novel corona virus [2-4]. Three general methods, which include existing broad-spectrum antiviral drugs using standard assays, screening of a chemical library containing many existing compounds or databases, and the redevelopment of new specific drugs based on the genome and biophysical understanding of individual coronaviruses, are used to discover the potential antiviral treatment of human pathogen coronavirus [5-8].

Although till now the patients are being treated on symptomatic basis. Moreover, immune boosting drugs and diet has also been added and have shown positive results too.

**Keywords:** Treatment; Analgesics; Antibiotics; Antivirals; Immune Boosters; Coronavirus; Pneumonia

### Introduction

This new virus seems to be very contagious and has quickly spread globally [9]. The symptoms include mostly due to affecting the respiratory system. The common symptoms include cough, breathing difficulty, dyspnea, fever, Myalgia and GIT symptoms at times are reported as well [10].

The only investigation available till now is PCR to calculate the count of virus (Viral Load). Moreover, the COVID-19 specifically causes opacities in lungs so Chest X-rays are also being done to rule out other diseases from COVID-19 pneumonia [11-13].

Different countries are trying different treatments as per the patient symptoms as vaccine is still a dream. It has been reported further that Virus has many mutant forms till now so preparing vaccine is a big job and will be a breakthrough in the field of medicine [14].

### Treatment options

Most countries are utilizing some type of clinical and epidemiologic information to determine who should have testing performed. In the United States, criteria have been developed for persons under investigation (PUI) for COVID-19. According to the U.S. CDC, most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g. cough, difficulty breathing). If a person is a PUI, it is recommended that practitioners immediately put in place infection control and prevention measures. Initially, they recommend testing for all other sources of respiratory infection. Additionally, they recommend using epidemiologic factors to assist in decision making. There are epidemiologic factors that assist in the decision on who to test. This includes anyone who has had close contact with a patient with laboratory-

confirmed COVID-19 within 14 days of symptom onset or a history of travel from affected geographic areas (China, Italy, Iran, Japan, and South Korea) within 14 days of symptom onset [15,16].

In Pakistan although Triage system has been introduced in which the patients are label as per severity of symptoms. Mild cases are treated by isolating them either at home or at hospitals for 14 days. Moderate cases with cough and fever are treated with antipyretics and analgesics. However, the severe cases with respiratory difficulty are put on ventilators. If patient has developed pneumonia then the antibiotic treatment (Azomax - Azithromycin) was given to the patient [17].

The treatment up till now is not definitive few trials with Resochin have been carried out and the results were variable, few patients did respond while the others didn't [18].

### Conclusion

The vaccine for the COVID-19 is still under trials. The definitive treatment hasn't been found yet.

We are losing so many precious lives on daily basis by this unseen virus.

Although currently the treatment trials have shown that pneumonia due to COVID 19 is responding to azithromycin and Resochin. However, for severe dyspnea the ventilator support is still the last resort.

The trials of Serum of recovered patients is still a question mark in the treatment of this deadly virus. Hopefully in the couple of weeks or months some break through treatment will emerge.

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