Inclusion Criteria

- Suspected COVID-19 acute infection
- Fever AND critically ill
- Persistent fever ≥3d AND ill-appearing AND concern for MIS-C
- Persistent unexplained fever ≥5 days

The features of acute COVID infection complicated by hyperinflammation and MIS-C may overlap; consider time course and clinical scenario and refer to both MIS-C and acute COVID algorithm as needed (Adapted from Siddiqi, HK, and Mehra, MR. 2020).

Acute COVID Care and Treatment

MIS-C Care and Treatment

Monoclonal Antibody Products for Mild-Moderate COVID-19

Anticoagulation in COVID-19 and MIS-C

Differential Diagnoses & Labs to Consider with Consultants

Definitions of Organ System Involvement

SIU Guidance

Appendix
COVID-19 Pathway v6.0: Acute COVID

Inclusion Criteria
- Suspected COVID-19 acute infection

PCR+ or high clinical suspicion for COVID

Illness Severity Definitions
Mild
- Symptoms of viral illness or upper respiratory tract infection (such as fever, cough, diarrhea, myalgias, rhinorrhea, sore throat, etc.)

Moderate
- Signs or symptoms of pneumonia (such as tachypnea, retractions, abnormal chest xray, etc.) AND
- No sustained hypoxia

Severe
- Signs or symptoms of pneumonia AND
- New or increased oxygen requirement

Critical
- Pneumonia AND one of the following:
  - Requiring positive pressure ventilation
  - Signs of sepsis or multi-organ failure

Asymptomatic, Mild, or Moderate Illness
No hypoxia
- No labs indicated
- Review admission criteria
- Inpatient or outpatient supportive care and monitoring for increasing severity
- Home Quarantine Handout
- Monoclonal antibodies

Severe Illness
New or increased oxygen requirement
- Tier 1 labs
- EKG, CXR
- Trend labs and add Tier 2 if symptoms worsen to monitor for complications such as hyperinflammation or MIS-C

Clinically worse OR lab evidence of hyperinflammation?

Phase Change
Go to Acute COVID Treatment

Inpatient Admit Criteria
Admit to Special Isolation Unit (SIU)
- Hypoxia
- Inability to tolerate PO
- Increased work of breathing (grunting, retracting, tachypnea)

PICU Admit Criteria
- Concern for respiratory failure, sepsis
- Need for positive pressure ventilation
- Hypotension requiring inotropic support

Lab Evidence of Hyperinflammation
No lab criteria is diagnostic; consider if multiple markers of inflammation

Common values:
- CRP >3 mg/dL
- ESR >40 mm/h
- Ferritin >500 ng/mL
- ANC >7700
- ALC <1500
- Platelet <150k
- D-dimer >2 ug/mL
- Fibrinogen >400 mg/dL
- Albunin <3 g/dL
- Anemia for age
- ALT >40 U/L
- INR >1.1

To Table of Contents
### Acute COVID Treatment for Patients with Severe or Critical Illness

- Review [MIS-C algorithm](#) if indicated
- Plan for daily multi-disciplinary consultants and primary team discussion, and more often if escalation of care
- Consider if clinical trials are applicable
- For patient ≥18, please refer to [NIH COVID-19 Treatment Guidelines](#)

### Pathogen-directed:
- Remdesivir: Suggested for patients with severe illness and consider for patients with critical illness. Infectious Disease approval required.
- Convalescent plasma: (In rare circumstances) Contact transfusion services to obtain

### Immunomodulatory:
- Dexamethasone: Consider for patients, especially adolescents, with critical illness or rapidly progressive severe illness
  - 0.15 mg/kg/dose (6 mg max) once daily for up to 10 days or until discharge
- Other corticosteroids: Consider for ARDS or in consultation with Rheumatology for hyperinflammation
- Biologic immunomodulatory medications
  - In consultation with Rheumatology for hyperinflammation

### Adjunctive:
- Mechanical thromboprophylaxis with SCDs if possible
- Prophylactic anticoagulation with heparin or enoxaparin if severely or critically ill with risk factors (see anticoagulation page)
- Stress dose hydrocortisone: For patients on chronic glucocorticoids if febrile, requiring O2, hypotensive, or unexplained vomiting

## Discharge Instructions

### Isolation:
- Determine length of isolation and need for repeat testing based on severity of illness, first positive PCR or onset of illness, and immunosuppression (patients receiving steroids are considered immunosuppressed by IP) using Infection Prevention Guidance document
- Advise family, PCP, and followup providers of end date of isolation and, if immunosuppressed, that repeat PCR x2 after 20 days of isolation is needed to end healthcare facility-based isolation (it should not be needed to end home isolation)
- Please obtain repeat PCR if result may clear patient from healthcare facility-based isolation (ex: if immunosuppressed and 20 days have passed since first positive PCR)

### Return to sports or exercise:
- **Children with asymptomatic/mild illness**: PCP evaluation after isolation period.
- **Children with moderate/severe illness (prolonged fever or hospitalized)**: PCP evaluation and an ECG after symptom resolution and after isolation.
- **Children with critical illness/MIS-C**: No strenuous exercise for least three to six months and obtain cardiology clearance prior to resuming training or competition (refer prior to discharge).
COVID-19 Pathway v6.0: MIS-C

**Inclusion Criteria**
- Fever AND critically ill OR
- Persistent fever >3d AND ill-appearing AND concern for MIS-C OR
- Persistent unexplained fever >5 days

**MIS-C Case Definitions**
- [CDC](https://www.cdc.gov)
- [WHO](https://www.who.int)

**Clinical Features/Evidence of MIS-C**
- Most patients have ≥4 organ system involvement; ≥2 required for diagnosis
- Involvement of following systems (percent of patients in case series):
  - Gastrointestinal (92%)
  - Cardiovascular (80%)
  - Hematologic (76%)
  - Mucocutaneous (74%, 59% had rash)
  - Respiratory (70%)
  - Musculoskeletal (23%)
  - Renal (8%)
  - Neurologic (6%)
- See definitions of organ system involvement
- Recent COVID illness OR exposure (note: not necessary to suspect MIS-C)

**Lab Evidence of MIS-C**
- No lab criteria is diagnostic; most patients have 4 or more markers of inflammation
- Evidence of inflammation, common values:
  - CRP >3 mg/dL, ESR >40 mm/h, ferritin >500 ng/mL, ANC >7700, ALC <1500, platelet <150k, D-dimer >2 ug/mL, fibrinogen >400 mg/dL, albumin <3 g/dL, anemia, ALT >40 U/L, INR >1.1
- Other: AKI, hyponatremia, high LDH, high troponin, BNP >400 pg/mL, prolonged PT or PTT; If ESR low but high ferritin and CRP, consider MAS

**No lab criteria is diagnostic:**
- Most patients have ≥4 organ system involvement; ≥2 required for diagnosis
- Involvement of following systems (percent of patients in case series):
  - Gastrointestinal (92%)
  - Cardiovascular (80%)
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**Percentages and values adapted from Feldstein et al, NEJM June 2020**

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**Inpatient Admit Criteria**
Admit to Special Isolation Unit (SIU)
- Suspected MIS-C (review case definition “clinically severe illness”)

**PICU Admit Criteria**
- Altered mental status
- Concern for respiratory failure, sepsis
- Need for positive pressure ventilation
- Hypotension or shock

**Consider differential diagnosis including acute COVID**

**Consider alternative diagnoses**
- Consider discharge with close follow-up

**Evidence of MIS-C without alternate diagnosis?**
- Yes
- No

**Evidence of MIS-C without alternate diagnosis?**
- Yes
- No

**PCR or IgG+ OR cardiac dysfunction**
- Yes
- No

**Patients with MIS-C have significant risk for developing shock**

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For questions concerning this pathway, contact: COVID19Pathway@seattlechildrens.org

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If you are a patient with questions contact your medical provider, Medical Disclaimer
**Review case definition:** age <21, >24h fever, lab evidence of inflammation (most patients have 4 or more markers), multi-system involvement, and clinically seriously ill, without alternative diagnosis (review differential diagnosis) plus confirmed SARS-CoV-2 or known exposure. (For age >21 see NIH Guidelines for adults)

- ECHO if not already done; repeat as indicated
- Antibiotics per Sepsis Pathway only if and while bacterial infection suspected
- Consider supportive care only for patients who have mild* illness; monitor for increasing severity until clearly improving
- Consultations by Infectious Disease, Rheumatology and Cardiology are usually indicated for diagnostic and/or treatment recommendations; huddle as needed to assist decisions by primary ICU or medical team; consultants see patients in SIU per policy

**First-line treatment for all seriously* ill patients with MIS-C:**
- IVIG 2 g/kg (use ideal body weight) over 12 hours
- Anti-platelet: ASA 3-5 mg/kg (max of 81 mg) due to risk of developing coronary aneurysms
- Mechanical thromboprophylaxis with SCDs if possible
- Anticoagulation: see anticoagulation page
- Early initiation of steroids and/or higher dose of steroids is indicated for critically ill patients, such as those with persistent shock/inotropic requirement, respiratory or heart failure, or concern for MAS

**Second-line:** Steroids if not improving ~12 h post-IVIG OR if critically ill
- Methylprednisolone 2 mg/kg/day divided BID, change to PO when tolerating diet
- Consider higher dose steroids (methylprednisolone 10mg/kg/day) for patients with moderately or severely depressed cardiac function, in consultation with heart failure team
- Start H2 blocker for GI ulcer prophylaxis while on both steroids and ASA
- Wean over 2-3 weeks if possible, due to risk of rebound with short course

**Third-line:** Anakinra if not improving post steroid initiation or if labs suggestive of MAS
- 4 mg/kg/dose q6 hours (or frequency per Rheumatology), max dose 100 mg/dose

Trend CBCd, CRP, LDH, ALT, Albumin, Ferritin, Creatinine, Lyses, D-Dimer, Fibrinogen and BNP (frequency dependent on clinical status and medication weaning; post-discharge labs per consultants)

**Classification of illness severity is not well defined. Consider:**
*Mild: Normal vital signs apart from fever, does not meet inpatient criteria other than poor PO, mild dehydration, or monitoring for worsening.*
*Seriou: Definitively meets case definition and any of: ill-appearing, evidence of organ dysfunction/injury, require for respiratory or cardiovascular support.*

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**Discharge Instructions**

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**Return to sports or exercise**
- **Children with asymptomatic/mild illness:** PCP evaluation after isolation period.
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Monoclonal Antibody Products for Mild-Moderate COVID-19

**Background:** Recent FDA Emergency Use Authorizations (EUAs) allow for the use of monoclonal antibody products (bamlanivimab and etesevimab or casirivimab and imdevimab) for early treatment in high-risk patients ≥12 years and ≥40kg for mild-moderate COVID-19.

**Guidance statement:** Based on current available evidence available we suggest *against* routine administration of monoclonal antibody therapy (bamlanivimab, bamlanivimab and etesevimab, or casirivimab and imdevimab), for treatment of COVID-19 in any group of children or adolescents. Rather, the Seattle Children’s Hospital COVID-19 Monoclonal Antibody Approval group will consider the use of monoclonal antibodies on a case by case basis for patients at very high risk of progression to severe disease.

**Rationale:** There are no safety or efficacy data for these products in pediatric patients. Based on our experience both internally and around the globe, pediatric patients in general have lower risk of progression to severe disease and poor outcomes. In addition, clear risk factor stratification data is extremely limited and the adult efficacy data upon which these EUA’s are based demonstrated very small numbers of outcomes in both treatment and placebo groups. Finally, supplies of these products are very limited at this time and based on allotments from the public health department.

**Exclusion criteria:**
Hospitalization for COVID-19, O₂ requirements for COVID-19, SARS-CoV-2 antibody positive, Age < 12 or weight <40kg (per EUA), infection > 10 days

**References:**


Anticoagulation in COVID-19 and MIS-C

Patients with severe or critical acute COVID infection or MIS-C are likely at higher risk for thrombosis and therefore should be considered for anticoagulation; review criteria to determine if they require low dose or therapeutic dosing. Also use mechanical thromboprophylaxis with SCDs if possible.

- Relative contraindications to anticoagulation include active major bleeding, platelet level <50,000, and fibrinogen <100mg/dL.
- Discontinue prophylactic anticoagulation at discharge or earlier if patients are improved and risk factors resolved; consider continuation post-discharge for ongoing severe inflammation with other risk factors.
- Consult Hematology for documented thrombosis or as indicated for recommendations in unusual circumstances.
- Asymptomatic, mild, or moderate COVID is not an indication for anticoagulation, use standard indications.

Indications for low dose anticoagulation (LMWH goal=0.2-0.4units/mL or UFH goal=0.1-0.3units/mL):

Hospitalized with MIS-C or severe/critical COVID-19
AND one or more of the following risk factors:
- D-dimer >2.5 mcg/mL
- Age >12 years or post-pubertal
- Obesity (>95th %ile)
- Concomitant estrogen-containing oral contraceptive use
- First degree family history of unprovoked VTE
- History of thrombosis or acquired or inherited thrombophilia
- Central venous catheter
- Any rhythm abnormalities: heart block, etc.
- Inotropic infusion requirement
- Sedated and muscle-relaxed or complete immobility
- Active malignancy, nephrotic syndrome, flare of underlying inflammatory disease state, sickle cell VOC
- Congenital or acquired heart disease with venous stasis or impaired venous return

Indications for therapeutic anticoagulation (LMWH goal=0.5-1units/mL or UFH goal=0.3-0.6units/mL):

Hospitalized with MIS-C or severe/critical COVID-19
AND one or more of the following:
- Documented thrombosis (also consult Hematology)
- Moderate to severe ventricular dysfunction per Cardiology
- Coronary aneurysm Z score >10
- Consider therapeutic anticoagulation for active malignancy, nephrotic syndrome, flare of underlying inflammatory disease state, heart disease with venous stasis or impaired venous return, personal history of thrombosis, or multiple risk factors – discuss indications with specialist managing underlying condition and/or hematology

Continue therapeutic dosing while indicated and formulate outpatient plan with consultants

Adapted from Goldenberg et al, 2020
Differential Diagnoses

Kawasaki Disease
- More common in younger children, if COVID testing negative, and without shock/cardiac dysfunction

Bacterial Infections/Sepsis
- Obtain cultures and evaluate for source
- Consider meningitis

Staph/Strep Toxin-Mediated or Post-Infectious
- Consider Toxic Shock or Acute Rheumatic Fever
- Obtain cultures and evaluate for source including gynecologic or scarlet fever

Staph Scalded Skin Syndrome (SSSS)
- Increasing erythema and bullae
- Younger children
- Obtain cultures

Tick-Borne Illnesses
- With epidemiologic risk factors
- Rocky Mountain Spotted Fever or Leptospirosis

Viral Infections
- Measles, adenovirus, enterovirus, active COVID infection

Myocarditis
- May overlap with MIS-C or have alternate cause

Drug Hypersensitivity Reactions
- Consider SJS, DRESS, or serum sickness like reaction
- History of recent or semi-recent exposure to drug; consider with arthralgias and diffuse mucositis

Labs to Consider with Consultants
- Quantitative immunoglobulins (IgG, IgA, IgM, red tube)
- Specimen storage, red and lavender (freeze)
- Lymphocyte subset – Full Panel with TCR
- Antiphospholipid Ab (anticardiolipin, β2 glycoprotein, lupus anticoagulant)
- Cytokine panel
- IL-1β (ARUP test code 0051536, collect 2-3mL in gold/red top, spin and freeze within 2h)
- sIL-2R (AKA sCD25)
- ASO
## Definitions of Organ System Involvement

### Gastrointestinal 92%
- Nausea/vomiting
- Diarrhea
- Abdominal pain
- Appendicitis
- Pancreatitis
- Hepatitis
- Gallbladder hydrops or edema

### Cardiovascular 80%
- Hypotension or shock
- Cardiac dysrhythmia or arrhythmia
- Ejection fraction <55%
- Pulmonary edema due to left heart failure
- Coronary artery z score ≥2.5
- Pericarditis or pericardial effusion or valvulitis
- B-type natriuretic peptide (BNP) >400 pg/mL
- Elevated troponin
- Receipt of vasopressor or vasoactive support
- Receipt of cardiopulmonary resuscitation (CPR)

### Hematologic 76%
- Total white blood cell <4k
- Anemia for age
- Platelet count <150,000 /µL
- Deep vein thrombosis
- Pulmonary embolism
- Hemolysis
- Bleeding or prolonged PT/PTT
- Ischemia of an extremity

### Respiratory 70% (more frequent in teens)
- Receipt of mechanical ventilation or any type of supplemental oxygen (or increased support for patients receiving respiratory support at baseline)
- Severe bronchospasm requiring continuous bronchodilators or
- Pulmonary infiltrates on chest radiograph
- Lower respiratory infection
- Pleural effusion
- Pneumothorax or other signs of barotrauma
- Pulmonary hemorrhage
- Chest-tube or drainage required

### Mucocutaneous 74%
- Bilateral conjunctival injection
- Oral mucosal changes
- Rash or skin ulcers
- ‘COVID’ toes
- Swollen red cracked lips
- Erythema of palms or soles
- Edema of hands or feet
- Periungual (nails) desquamation

### Respiratory 70% (more frequent in teens)
- Arthritis or arthralgia
- Myositis or myalgia

### Renal 8%
- Acute kidney injury with or without dialysis

### Neurologic 6%
- Stroke or acute intracranial hemorrhage
- Seizures
- Encephalitis, aseptic meningitis, or demyelinating disorder
- Altered mental status
- Suspected meningitis with negative culture


*Adapted from Feldstein et al, NEJM June 2020*
Summary of Version Changes

- **Version 1.0 (7/9/2020):** Go live.
- **Version 2.0 (8/13/2020):** Removed CK and triglycerides from Labs. Added consult with Cardiology with Echo and added Indications for therapeutic dosing of anticoagulation to Treatment page.
- **Version 3.0 (9/17/2020):** Added Acute COVID algorithm and treatment pages.
- **Version 4.0 (12/21/2020):** Changes include
  - Updated document to the new CSW algorithm template (incl. a Table of Contents)
  - Added illustration of time course highlighting overlap between viral phase and inflammatory phase
  - Acute COVID Tier 1 labs edited to remove D-dimer, LDH, and ferritin; those were moved to Tier 2 due to concern for overuse, guidance added on getting Tier 2 labs for “worsening” cases
  - Added advice on interpreting D-dimer
  - Monoclonal antibody guidance added
  - Updated anticoagulation information: indications for prophylactic and therapeutic dosing as well as contraindications were edited based on Goldenberg et al, 2020.
  - Inpatient and PICU admit criteria added to MIS-C algorithm
  - Steroid wean over “2-3” weeks changed from “minimum 3 weeks” based on ACR guidelines
  - Discharge isolation guidance box added
  - SIU Policies and Guidance page added
  - Bibliography edited to reflect current references
- **Version 5.0 (5/11/2021):** Updated verbiage to reflect appropriate consultation for Acute COVID treatment, updated policy and job aid links, and added appropriate citations to Monoclonal Antibody Products page and Bibliography.
- **Version 6.0 (7/8/2021):** Changed wording to encourage steroid treatment for critically ill patients with MIS-C and added recommendation for post-discharge sports clearance.
Approval & Citation

Approved by the CSW COVID-19 Pathway team for December 21, 2020, go-live

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Retrieval Website: https://www.seattlechildrens.org/pdf/covid-19-pathway.pdf

Please cite as:
Evidence Ratings

This pathway was developed through local consensus based on published evidence and expert opinion as part of Clinical Standard Work at Seattle Children’s. Pathway teams include representatives from Medical, Subspecialty, and/or Surgical Services, Nursing, Pharmacy, Clinical Effectiveness, and other services as appropriate.

When possible, we used the GRADE method of rating evidence quality. Evidence is first assessed as to whether it is from randomized trial or cohort studies. The rating is then adjusted in the following manner (from: Guyatt G et al. J Clin Epidemiol. 2011;4:383-94, Hultcrantz M et al. J Clin Epidemiol. 2017;87:4-13.):

Quality ratings are **downgraded** if studies:
- Have serious limitations
- Have inconsistent results
- If evidence does not directly address clinical questions
- If estimates are imprecise OR
- If it is felt that there is substantial publication bias

Quality ratings are **upgraded** if it is felt that:
- The effect size is large
- If studies are designed in a way that confounding would likely underreport the magnitude of the effect OR
- If a dose-response gradient is evident

**Certainty of Evidence**

🌟🌟🌟🌟 High: The authors have a lot of confidence that the true effect is similar to the estimated effect
🌟🌟🌟🌟 Moderate: The authors believe that the true effect is probably close to the estimated effect
🌟🌟🌟 Low: The true effect might be markedly different from the estimated effect
🌟🌟🌟🌟 Very low: The true effect is probably markedly different from the estimated effect

**Guideline:** Recommendation is from a published guideline that used methodology deemed acceptable by the team
**Expert Opinion:** Based on available evidence that does not meet GRADE criteria (for example, case-control studies)
Literature Search Methods
Both CDC and WHO case definitions were utilized in the development of this pathway. The articles cited are a representation of local and international experts’ and national societies’ resources that were being shared widely, some pre-publication and many that were published by the centers that were diagnosing and treating this new syndrome as the pandemic swept across the globe.

A systematic literature review is in process and may inform future versions of this document. Due to the rapidly evolving literature and the need for urgent guidance, a non-systematic review was used to guide the development of the initial version of this algorithm.

Literature Search Results
The search retrieved 1961 records. Once duplicates had been removed, we had a total of 1550 records. We excluded 1173 records based on titles and abstracts. We obtained the full text of the remaining 94 records and excluded 80. We included 14 studies. The flow diagram summarizes the study selection process.

Identification
- Records identified through database searching (n=1961)
- Additional records identified through other sources (n=2)

Screening
- Records after duplicates removed (n=1550)

Eligibility
- Records assessed for eligibility (n=94)
- Articles excluded (n=80)
  Did not meet quality threshold (n=80)

Included
- Studies included in pathway (n=14)

Flow diagram adapted from Moher D et al. BMJ 2009;339:bmj2535
April 2021 Included Study

December 2020 Included Studies
July 2020 Included Studies


Medical Disclaimer

Medicine is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in treatment and drug therapy are required.

The authors have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication.

However, in view of the possibility of human error or changes in medical sciences, neither the authors nor Seattle Children’s Healthcare System nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information.

Readers should confirm the information contained herein with other sources and are encouraged to consult with their health care provider before making any health care decision.