



### تعميم

#### ( الدليل الإرشادي للجمعية السعودية لطب العناية الحرجة )

تهديكم غرفة حائل أطيب تحاياها ، ونفيدكم بتلقيها خطاب مساعد الأمين العام لشؤون اللجان الوطنية بمجلس الغرف السعودية رقم ل.و/ي/ ١٨٧٥/١١ وتاريخ ١١/١٠/١٤٤١هـ المشار فيه لخطاب المجلس الصحي السعودي رقم (٧ - ٢٥٧٧٧) وتاريخ ٠١/١٠/١٤٤١هـ المتضمن احاطتكم بأن الجمعية السعودية لطب العناية الحرجة قد اصدرت "الدليل الإرشادي للجمعية السعودية لطب العناية الحرجة" الذي يتضمن أهم الطرق العلاجية والوقائية المبنية على الأدلة والبراهين للتعامل مع مرضى فيروس كورونا (كوفيد - ١٩) في العناية الحرجة.

يرجى على نرفق لكم الدليل الإرشادي للجمعية السعودية لطب العناية الحرجة .

وتقبلوا خالص تحياتنا ،،،

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# The Saudi Critical Care Society Clinical Practice Guideline on the Management of COVID-19 Patients in the Intensive Care Unit

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### Guideline

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## The Saudi Critical Care Society Clinical Practice Guidelines on the Management of COVID-19 Patients in the Intensive Care Unit

### Abstract

**Background:** Although recent international guidelines have been published on the management of critically ill patients with the novel coronavirus disease 2019 (COVID-19), there is a vital need to develop clinical practice guidelines tailored to the context of Saudi Arabia. **Methods:** The Saudi Critical Care Society (SCCS) is the sponsor for this guideline. The expert panel consisted of 19 members. All members completed the World Health Organization Conflict of Interest Form. The expert panel formulated questions on the management of critically ill patients in the intensive care unit with COVID-19. Panel members identified relevant studies. The panel used the categories of Grading Recommendations, Assessment, Development, and Evaluation (GRADE) to assess the confidence in the evidence. **Results:** The SCCS expert panel issued 53 statements; of which 7 were strong recommendations, 9 were best practice statements, 32 were weak recommendations, and we were not able to issue recommendations in 5 instances. The statements covered different aspects of the critical illness in COVID-19 patients, including: infection control; therapeutic interventions; supportive care; and crisis management. **Conclusion:** The SCCS guidelines on the management of critically ill COVID-19 patients have been based on the best available evidence and tailored to the context of Saudi Arabia. These guidelines will be updated periodically to incorporate new evidence.

**Keywords:** ARDS, COVID-19, Critical Care, Intensive Care Unit, Practice guidelines, SARs COV-2

### Introduction

The recent viral outbreak first identified in Wuhan, China has now crossed most borders and had spread into more than 224 countries.<sup>[1]</sup> The outbreak is caused by a virus that belongs to the Coronaviridae family of viruses. Coronaviruses are RNA viruses, having RNA as their genome.<sup>[1]</sup> The recent outbreak is caused by a novel strain of coronavirus which is very similar to the SARS-CoV that resulted in the SARS outbreak. Initially, it was named as 2019-nCoV. Recently it has been renamed by the International Committee on Taxonomy of Viruses (ICTV) as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2).<sup>[2]</sup> The World Health Organization (WHO) has termed it coronavirus disease 2019 (COVID-19),<sup>[3]</sup> the WHO characterized the new COVID-19 as a pandemic, the first pandemic ever caused by a coronavirus.<sup>[4]</sup> According to the WHO, as of May 5<sup>th</sup>, 2020, there were over 3 million confirmed COVID-19 cases, causing over 100,000 deaths globally.

Saudi Arabia has commenced number of actions, including screening for travelers that were made to prevent an outbreak. The Ministry of Health and the Saudi Center for Disease Prevention and Control have published the Coronavirus Infection Guidelines along with other guidelines that should help to detect and prevent an epidemic. A decision was made to develop clinical practice guidelines for critically ill patients with COVID-19 in the intensive care unit (ICU) by the Saudi Critical Care Society, as the governing body of critical care practice in Saudi Arabia. The objectives of these guidelines were to provide guidance and recommendations to help hospitals in Saudi Arabia prepare for an outbreak of COVID-19 and standardize clinical management pathways for COVID-19 patients in the ICU.

### Scope of Guidelines

The scope of the current guidelines is to provide recommendations to the critical care teams providing care to critically ill

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