

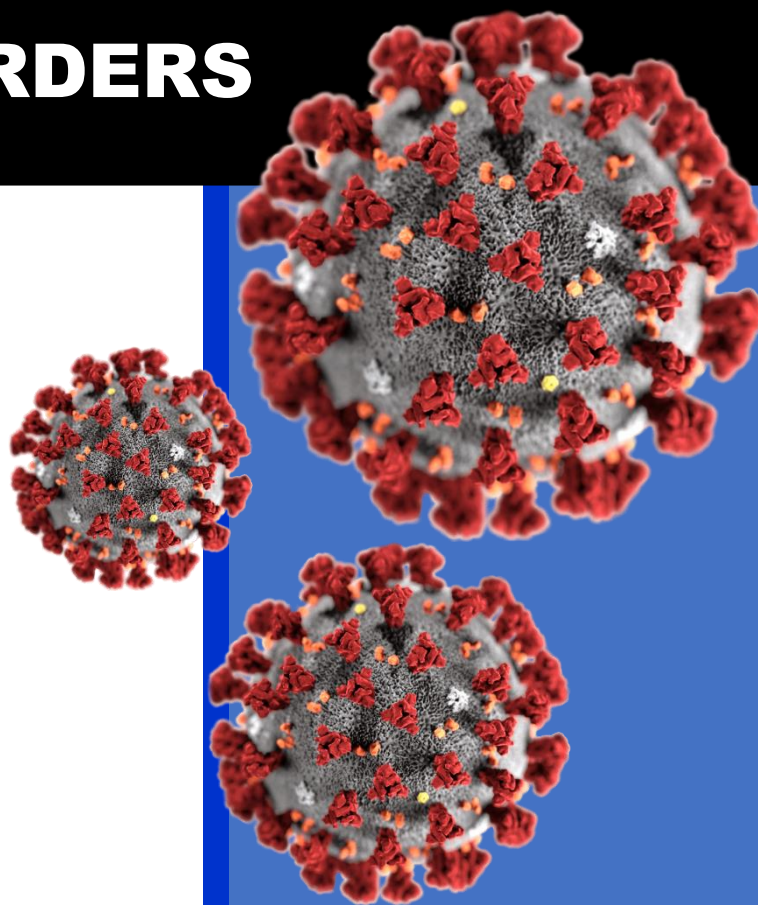
# **THE COVID-19 PANDEMIC AND HAEMOGLOBIN DISORDERS**

**A contribution of  
Thalassaemia  
International  
Federation to its  
global patients'  
community**

**Version III (Updated)**



**THALASSAEMIA  
INTERNATIONAL  
FEDERATION**



# List of Contributors

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# Introduction

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The SARS-CoV-2 infection presents particular challenges and dangers to patients with haemoglobin disorders. The virus affects primarily the respiratory system, from nasopharyngeal symptoms to full blown pneumonia. The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

These symptoms can occur with the common cold or the flu and so it is difficult to know whether a person is really infected by this particular virus. Just in case any person with these symptoms stays at home until the either they subside. If there is prolongation or worsening we seek advice from our doctors by telephone.

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. There is no evidence that children are more affected than other age groups – very few cases have been reported in children. Most people (about 80%) who become infected experience mild illness and recover, but it can be more severe for others. Most deaths are related to respiratory complications requiring intensive care and respiratory support, even though an overexuberant inflammatory response with multi-organ failure may be prevalent in some cases.

So far very little clinical experience of infected patients with haemoglobin disorders has been recorded. Any statement on these subjects may be regarded as speculation; cautionary thoughts are however necessary, in view of the rapid spread of the virus and the possible factors which may render these patients fragile in front of this infection. TIF believes that health services should be alerted to these risks and affected patients warned so that extra precautionary measures can be taken.

Haemoglobin disorders are generally not associated with respiratory conditions. However, complications involving the heart, lungs and the immune system, can be present in these patients and in a SARS-CoV-2 positive patient may trigger very serious complications.

# Sickle cell disease

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One group particularly at risk in this respect are sickle cell patients. One serious complications and major cause of death in this hereditary blood disorder is the acute chest syndrome, which is most often triggered by a respiratory infection.

Compared to the general population, patients with SCD are particularly at risk for acute pulmonary complications, including viral infections. For example, administrative records of children with SCD during two influenza seasons (2003-2005) were examined in four states (California, New York, Maryland, and Florida). Overall, children with SCD were hospitalized 56 times more frequently than children without SCD, and rates were twice as high compared to children with cystic fibrosis<sup>1</sup>.

The SARS-CoV-2 infection may trigger such a serious complication and require special alertness on behalf of physicians treating infected patients. In addition, any hypoxia, dehydration or acidosis due to respiratory infection may trigger a vaso-occlusive crisis (including acute chest syndrome). Underlying pulmonary hypertension or kidney disease can also increase the risk of these patients becoming unwell if they contract the virus.

## Hydroxycarbamide (hydroxyurea):

There is no evidence that being on hydroxycarbamide would increase risk of COVID-19 as long as there is no related myelosuppression. Patients should be urged to remain on their usual hydroxycarbamide dosages to maintain good health and avoid hospital admissions. It may be advisable to avoid routinely starting or dose escalating hydroxycarbamide to reduce need for repeated phlebotomy and hospital visits until the situation has stabilised. For stable patients it is reasonable to extend interval between blood monitoring.

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<sup>1</sup> Bundy DG, Strouse JJ, Casella JF, Miller MR. Burden of Influenza-Related Hospitalizations Among Children With Sickle Cell Disease. *Pediatrics*. 2010; 125 (2) 234-243; DOI: <https://doi.org/10.1542/peds.2009-1465>

**Under no circumstances should the patient make a decision to discontinue or alter his/her treatment protocol(s) without the consent or recommendation of the treating physician.**

The current advice is to continue treatment and monitoring tests as advised by the treating physicians and national and international Guidelines<sup>2</sup>.

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<sup>2</sup> <https://www.sicklecellsociety.org/wp-content/uploads/2018/05/Standards-for-the-Clinical-Care-of-Adults-with-Sickle-Cell-in-the-UK-2018.pdf>, <https://www.sicklecellsociety.org/paediatricstandards/> and <https://thalassaemia.org.cy/publications/tif-publications/>

# Thalassaemia

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Thalassaemia patients do not have the same risk of lung infections as patients with sickle cell disease but, especially adults, often have underlying complications including heart disease, pulmonary hypertension, liver disease, diabetes and severe iron overload may also be particularly vulnerable to complications of the virus. Such complications can occur in thalassaemia major but also in non-transfusion dependent thalassaemia – so each individual case is assessed separately and not by category<sup>3</sup>.

One particular endocrine complication, often not recognised, is underactivity of the adrenal glands (adrenal hypofunction), which may not have been diagnosed. In the presence of a serious infection, however, the ability to limit the effects of the infection may be compromised. Dealing with a thalassaemia patient infected by the virus should take this possibility into consideration and the possibility of low-dose glycocorticoid supplementation considered. However it must be taken into account that corticosteroids slow down clearance of viral RNA from respiratory tract in SAR-CoV e MERS-CoV infections and increase complications rate<sup>4</sup>.

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<sup>3</sup> <https://thalassaemia.org.cy/publications/tif-publications/>

<sup>4</sup> Russell CD, Millar JE, Baillie JK. Clinical evidence does not support corticosteroid treatment for 2019-nCoV lung injury. *Lancet*. 2020 Feb 15;395(10223):473-475.

# Blood transfusion

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At this time there is no evidence that the corona virus may be transmitted through donated blood.

One visible danger is the possibility of under-transfusion during the epidemic due to blood donor reluctance or even infection. Shortage of blood is an issue to be discussed with international, national and local blood authorities and NGOs and further information and guidance is available through their public information sites/services (e.g. Centres for Disease Control and Prevention (CDC), the Advancing Transfusion and Cellular Therapies Worldwide (AABB, formerly know as American Association of Blood Banks), the European Centre for Disease Prevention and Control (ECDC), the World Health Organisation (WHO), the International Society of Blood Transfusion (ISBT) and Thalassaemia International Federation (TIF).

The WHO has provided its member countries globally with resolutions/tools and recommendations on how to best address periods of blood shortage during infectious disease outbreaks<sup>5</sup>. Thalassaemia International Federation (TIF) in continuous and close contact with the WHO and other Official Blood-related Establishments at national and international level to monitor the European and Global situation with regards to the COVID-19 pandemic and its potential impact on blood supplies<sup>6</sup>. (Reference provide some very useful sites for your information)

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<sup>5</sup> WHO, *Protecting the Blood Supply During Infectious Disease Outbreaks, Guidance for National Blood Services*

<sup>6</sup> FDA U.S. Food & Drug Administration <https://www.fda.gov/vaccines-blood-biologics/safety-availability-biologics/updated-information-blood-establishments-regarding-novel-coronavirus-outbreak>

South China Morning Post <https://www.scmp.com/news/china/society/article/3075567/people-blood-type-may-be-more-vulnerable-coronavirus-china-study>

Joint United Kingdom Blood Transfusion and Tissue Transplantation Services Professional Advisory Committee

Canadian Blood Services <https://www.transfusionguidelines.org/dsg/wb/guidelines/coronavirus-infection>

<https://blood.ca/en/covid19>

<https://www.ecdc.europa.eu/en>

<https://www.cdc.gov/>

TIF advises/suggests to its member patient associations to work very closely with their National Transfusion Services (BTS), Treating Physicians and National Healthcare Authorities (NHA) to:

- i. Continue empowering blood donors to give blood provided that safe blood donation environments are ensured for them. BTS and NHA should commit to providing such settings for blood donors, avoiding overcrowding, adopting donations by appointment and increasing visits of mobile units to places where donors can be served in small groups.
- ii. BTS and NHA should make every effort to strengthen existing and developing new mobile unit services for facilitating blood donors to give blood.
- iii. Update and upgrade where necessary the blood donor's Questionnaire to secure the safety of the blood albeit the absence to date of any evidence of transfusion transmittance of this virus.
- iv. Continue to spread reliable and updated information to the patients and the community at large regarding the symptoms and risks related to this viral infection and precautions that should be taken in order to facilitate donors for self-deferral.
- v. An initiative should begin in creating new and/or strengthening existing pools of donors from family members, friends. It is important to develop tools, questionnaires or other means to ensure knowledge of the history of the blood donors that are encouraged to form these pools. It is important to focus on the diversity of the blood groups in order to support coverage of blood groups of the greatest majority of patients using the different pools of donors and in addition on including also rare groups.



Despite the fact that the WHO and TIF have always focused and strongly advocated for voluntary, non-remunerated blood donation practices in extreme circumstances that lead to severe shortages of blood, unfortunately we are left with no other weapons for our patients whose life is depended on lifelong blood transfusion. However, and under no circumstances any paid donation should be encouraged or even considered.

# **Splenectomy**

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Thalassaemia patients, particularly of the older age groups were frequently splenectomised and sickle cell patients have often a condition equivalent to splenectomy (functional hyposplenism or asplenia). This renders all patients vulnerable to bacterial infections and trigger serious and life threatening sepsis. If infected by the virus patients may also develop secondary bacterial infections.

# Recommendations

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1. In patients with symptoms of cough, fever, fatigue or other symptoms suggestive of an acute respiratory illness, test for COVID-19 along with other respiratory viral pathogens
2. If suspicion for COVID-19 is high or test is positive, the treating physician who is fully aware of the individual's care plan, should be contacted immediately, by telephone. Most countries have already given instructions as to how and to whom individuals with suspicious symptoms should contact to report their condition. The affected individual should not proceed either to the haemoglobinopathy centre or to emergency room since he/she may put other patients or healthcare workers at risk. Authorities have developed, or are in the process of developing, a pathway (TIF is working on such a pathway) for haemoglobinopathy patients; the first step being self-isolation and then specific procedures according to the clinical condition. If possible a test for COVID-19 should be performed to include all the family members and recent contacts.
3. A chest X ray for all sickle cell disease and thalassaemia patients who have respiratory symptoms should be obtained. In addition, a chest X ray should be obtained for sickle cell disease patients who are admitted for a vaso-occlusive crisis.
4. If COVID-19 is present or infiltrates present on Chest X-ray suggestive of ACS (Acute Chest Syndrome) in SCD, patients should be admitted to intensive care and managed according to national and international guidelines for addressing ACS. Likewise, for infected with COVID-19 thalassaemia patients, arrangements for admission for increased monitoring and to the intensive care if necessary. The treating haematologist/physician should be notified for close collaboration both by the intensive unit medical staff and the patients' treating physician.
5. Management of ASC in SCD Patients Infected with COVID-19 includes:
  - a) Early exchange transfusion
  - b) Broad spectrum antibiotics – include MRSA coverage, atypicals, pneumococcus
  - c) May be some benefit of plasmapheresis
  - d) Consideration of high dose steroids (although not clearly helpful in COVID-19)
  - e) Consult Paediatric or Adult Pulmonary as well as Haematology

## **Important Note!**

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The effects/consequences and clinical impact of coronavirus particularly in thalassemia (transfusion and non-transfusion depended) patients is not to date well defined or known and meticulous observation and very comprehensive and detailed reporting of the clinical outcome of those patients positive to the coronavirus, whether in intensive care units or other hospital department or quarantine environment, should be ensured.

Such action will contribute to the more prompt management of the various potential medical complications that may arise in infected patients, but also very importantly to the collection and sharing with other treating physicians, of important information and data that will support the better understanding and the consequences of the infection in this special group of patients hence management of the potential medical complications.

Already TIF is collaborating with international medical experts for developing a questionnaire which will focus on the collection of approval and reliable information on clinical outcomes of patients with haemoglobin disorders who had experienced, by confined diagnosis, the COVID-19. The questionnaire will be uploaded on TIF's website and its social media, distributed widely amongst its members - National Thalassaemia Associations and treating physicians and eventually linked to a group of medical experts who handle an international registry.

**Please follow TIF's website and social media for further information and regular updates.**

# Precautionary measures

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## Basic information

Instructions concerning avoiding SARS-CoV-2 infection, reducing spread of the virus, and what to do if infection is suspected are varying from country to country. Local and national guidance should be faithfully followed.

Adherence to the instructions and recommendations of your National Health Committees is of pivotal importance. Patients should be fully aware of the risk of the exposure and ways of transmission of the virus

General rules to apply to stop the spread of the virus include:

- ✓ washing hands often and properly (well and for over 20 seconds) - with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- ✓ covering your cough or sneeze with a tissue, then throwing the tissue in a bin. (Catch it, Bin it, Kill it )
- ✓ people who feel unwell should stay at home and should not attend work or any education or childcare setting
- ✓ avoid to meet people if not absolutely necessary
- ✓ limit the interpersonal relationship
- ✓ maintain at least 2 m of distance when talking to other people
- ✓ avoid touching eyes, nose and mouth with hands that have not been washed or disinfected
- ✓ use antibacterial soaps/spray to disinfect all surfaces you touch or use including TV controls, mobiles, telephones.

# COVID-19 CORONAVIRUS DISEASE

## Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
**1**

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT  
**2**

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT  
**3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
**4**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT  
**5**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



CS17046-A 05/06/2020

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

**It is highly important to alert service providers immediately if patients have scheduled treatments in the hospital (blood transfusions, red cell exchange transfusions, Testosterone injections, Bisphosphonate infusions and others) if they have concerns that they might have come in contact with an infected person or if they have any respiratory symptoms (even mild**

**The treatment centre should plan for triage and should advise if patients can postpone treatment, self-isolate and when a COVID-19 test is indicated and how this can be arranged. This is to stop infected patients enter the common areas used by all, (especially patients with cancer and on chemotherapy). Efforts should be made to establish a special isolated transfusion room for infected patients, who may not be able to postpone a blood transfusion or other treatments until recovery**

**Advice and guidance will be reviewed very regularly as new information and data become available.**

**Keep following TIF for updates**

## **TIF Communication Channels**

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[www.thalassaemia.org.cy](http://www.thalassaemia.org.cy)



[Thalassaemia International Federation - TIF](#)



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**Help Line & Communication Line: [TIF-COVID19@thalassaemia.org.cy](mailto:TIF-COVID19@thalassaemia.org.cy)**

**Please share with us your questions, concerns,  
suggestions good and bad experiences.**

**Your Input is Important to Us!**