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Invited Commentary

An Invited Commentary on 'Evidence Based Management Guideline for the COVID-19 pandemic-Review article'

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ABSTRACT

COVID-19 been declared recently as a pandemic, to date has affected over 1,888,136 with over 119,403 deaths in accordance to the global pandemic Real-Time Report. In this paper, the prime motive is to enlighten the key variables to the public on the pandemic and essential key points to note and practice in accordance to standard regulation to curb the aggressive COVID-19 pandemic.

Background

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) previously named novel coronavirus or 2019-nCov, is a single-stranded RNA virus which forms one of the seven coronavirusae-229E, OC43, NL63, HKU1, severe acute respiratory syndrome coronavirus (SARS-Cov), and Middle East respiratory syndrome coronavirus (MERS-CoV) [1] - now known to infect humans. It is the virus responsible for causing coronavirus disease 2019 (COVID-19), a type of lower respiratory tract infection with the potential to cause severe and possibly fatal atypical coronavirus (2019-nCoV)-infected pneumonia (NCIP) in humans.

MANAGEMENT: The landmark study by Maria Nicola et al. of patients affected by the COVID-19 found that establishing an up to date and reviewed standard global guideline with consideration of routine revision to the guideline did confer some level of benefits to patients affected with the COVID-19. Management guideline was sectioned into various levels both therapeutic and non-therapeutic managements types with priority emphasized on preventive measures such as strict hand hygiene, respiratory hygiene, case isolation at home, voluntary home quarantine, social distancing for those above 70 years and the entire population, closure of schools and universities and personal protective equipment. Surgical and Intensive care unit escalation, operative management involving first double lung transplant successfully performed by Dr. Chen Jinguy et al. of the Wuxi People's Hospital utilizing ECMO and invasive mechanical ventilation, and medical therapies such as antiviral, corticosteroids, oncological drugs and immunity enhancing therapy proved very effective [4].

PROGNOSIS: As of 15 April 2020, a total of 3352 deaths in China and over 124,857 deaths outside of China have been reported [2]. The number of laboratory-confirmed cases and deaths continues to rise. The current reported mortality for COVID-19 is approximately 3.41% compared to 10% for SARS and 35% for MERS. The mortality rate was higher than 3.41% in US and Italy, lower in Japan, Iran, and Republic of Korea. Critically considering the aggressive spread of COVID-19, it is still too early to assess the mortality. All countries should respond attentively and effectively to the epidemic. Approximately 20–50% of SARS-CoV-2 infected patients develop lower acute respiratory distress syndrome and required ICU care with evidence of high risk group been the older age group with co-morbidity posing risk for poor outcome [3].

SUMMARY AND OUTLOOK: The review summarizes the current findings of SARS-CoV-2 along with the treatment for this SARS-CoV-2 infection. The most common symptoms were addressed. Due to the limitation on pathological findings of SARS-CoV-2 epidemic is becoming a global concern. Autopsies are warranted and valuable for futuristic study and research. Although at the moment there is no specific treatment for COVID-19. The best strategy to deal with SARS-CoV-2 epidemic is to strictly implement controlling source of infection, protecting the susceptible people more especially the highly susceptible (the aged), wearing protective equipment, and cutting off the transmission. The global governing bodies in various countries must encourage people to stay at home; cancel or postpone public events or mass gatherings; shut down public institutions and public events. These control measures when effectively and accurately implemented, will control the epidemic effectively. Futuristic research and study will gear focus more on improving accuracy and precision in early diagnostic tests, developing vaccines and identifying effective drugs. Therefore elucidating the pathogenesis of SARS-CoV-2 infection is imperative for achieving such goals.

Ethical Approval

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Author contribution

Dr. Julius Wedam Atogebania: Main First Author lead the team in modules, research findings, data organization and analysis, Conceptualization, Methodology, Software, Assisted in the manuscript reviews, professional guidelines and protocol advancements, supervised
most academic work.

**Provenance and peer review**

Invited Commentary, internally reviewed.

**Author summary**

To date over one(1) million persons have been affected indicating exponential spread of the disease and more rigorous implementation and adherence to more stringent restrictions of social distancing would mitigate the spread of the pandemic disease and may prove to be even tedious.

**Trial registry number**

1. Unique Identifying number or registration ID: Not required.

**Guarantor**

Dr. Julius Wedam Atogebania, MBBS, MD.

**Declaration of competing interest**

All authors contributed equally; Dr. Julius Wedam Atogebania is the First Author of the article, Second Author is Dr. Chen Hualei and others as presented.

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