

新冠肺炎合併急性呼吸窘迫症之治療原則

Management of COVID-19 related ARDS

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Patients with COVID-19 who developed pneumonia and meet the Berlin criteria for ARDS have an atypical form of this syndrome. The main characteristics seem to be caused by the dissociation between their relatively well-preserved lung dynamics and the severity of hypoxemia. A possible explanation for the severe hypoxemia that occurs within the complacent lungs is most likely attributed to pro-inflammatory state and the loss of regulation of pulmonary perfusion, causing vasoconstriction of the pulmonary vascular bed. The clinical presentation varies from case to case, including asymptomatic individuals, to mild symptoms which can progress to a serious course of illness. The presence of risk factors, particularly in those over 65 years, such as diabetes and hypertension, can have important implications in the management of the patients. This work has reviewed the literature on managing patients with ARDS and provides a useful guide for clinical teams who are caring for COVID-19 patients with respiratory distress. We have all learned something new in the days of COVID-19, but there is still a large field for research, many uncertainties and controversies continue without a formal answer; we wait for the moment the results of well-run clinical trials that provide clear solutions and guidelines to optimize our management.