



Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

Elsevier hereby grants permission to make all its COVID-19-related research that is available on the COVID-19 resource centre - including this research content - immediately available in PubMed Central and other publicly funded repositories, such as the WHO COVID database with rights for unrestricted research re-use and analyses in any form or by any means with acknowledgement of the original source. These permissions are granted for free by Elsevier for as long as the COVID-19 resource centre remains active.

in other countries should be done to assess the inter-country variability.

The main clinical advantage of this predictive model is its predictors, which can be easily collected as part of daily routine care and inform stratification of patients on the basis of clinical severity. The 4C Deterioration and Mortality models could be combined and included in the programmatic standard of care adopted by hospitals to better identify the most appropriate clinical pathways for patients with COVID-19. Reliable predictive models can be a means to improve clinical management and, consequently, to better allocate human and economic resources.

We declare no competing interests.

Laure Wynants, *Giovanni Sotgiu
gsotgiu@uniss.it

Department of Epidemiology, Care and Public Health Research Institute, Maastricht University, Netherlands (LW); Clinical Epidemiology and Medical

Statistics Unit, Department of Medical, Surgical, and Experimental Sciences, University of Sassari, Italy (GS)

- 1 Gupta RK, Harrison EM, Ho A, et al. Development and validation of the ISARIC 4C Deterioration model for adults hospitalised with COVID-19: a prospective cohort study. *Lancet Respir Med* 2021; published online Jan 11. [https://doi.org/10.1016/S2213-2600\(20\)30559-2](https://doi.org/10.1016/S2213-2600(20)30559-2).
- 2 Gupta RK, Marks M, Samuels THA, et al. Systematic evaluation and external validation of 22 prognostic models among hospitalised adults with COVID-19: an observational cohort study. *Eur Respir J* 2020; **56**: 2003498.
- 3 Wynants L, Van Calster B, Collins GS, et al. Prediction models for diagnosis and prognosis of COVID-19 infection: systematic review and critical appraisal. *BMJ* 2020; **369**: m1328.
- 4 Moons KG, Altman DG, Reitsma JB, et al. Transparent Reporting of a multivariable prediction model for Individual Prognosis or Diagnosis (TRIPOD): explanation and elaboration. *Ann Intern Med* 2015; **162**: W1-73.
- 5 Van Calster B, Nieboer D, Vergouwe Y, De Cock B, Pencina MJ, Steyerberg EW. A calibration hierarchy for risk models was defined: from utopia to empirical data. *J Clin Epidemiol* 2016; **74**: 167-76.
- 6 Van Calster B, Wynants L, Verbeek JFM, et al. Reporting and interpreting decision curve analysis: a guide for investigators. *Eur Urol* 2018; **74**: 796-804.
- 7 Riley RD, Ensor J, Snell KI, et al. External validation of clinical prediction models using big datasets from e-health records or IPD meta-analysis: opportunities and challenges. *BMJ* 2016; **353**: i3140.
- 8 van Geloven N, Swanson SA, Ramspek CL, et al. Prediction meets causal inference: the role of treatment in clinical prediction models. *Eur J Epidemiol* 2020; **35**: 619-30.

Nebulised heparin for patients on ventilation: implications for COVID-19 pneumonia

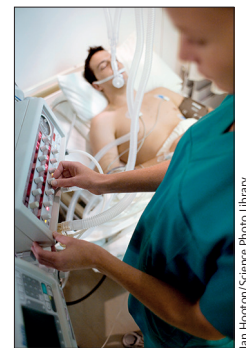


Pulmonary coagulopathy is intrinsic to pulmonary inflammation, occurs in patients with different types of lung injury, and is one of the potential mediators of harm caused by mechanical ventilation.¹ Locally applied anticoagulants, such as heparin, could affect bronchoalveolar haemostasis, including fibrin deposition in the alveoli and possibly also in the vascular compartment.¹ Although several clinical studies have shown that nebulised heparin mitigates both onset and progression of lung injury, one meta-analysis² did not confirm any benefit.

In *The Lancet Respiratory Medicine*, Barry Dixon and colleagues³ report the results of the CHARLI study, a multicentre, phase 3, randomised controlled trial on the effect of nebulised heparin on self-reported clinical outcomes in invasively ventilated patients with acute respiratory distress syndrome (ARDS) or those who were at risk of ARDS. Initially, the findings imply that nebulised heparin has no benefit. Indeed, the primary endpoint, the Short Form 36 Health Survey (SF-36) Physical Function Score of survivors at day 60—a patient-reported numeric scale—was not affected by the intervention (mean score 53.6 in the heparin group

vs 48.7 in the placebo group; difference 4.9 [95% CI -4.8 to 14.5]; $p=0.32$). It is, however, debatable whether the SF-36 is an appropriate outcome measure for this study. Although the SF-36 is perhaps beneficial as a numeric score allowing a smaller sample size,⁴ use of the SF-36 also come with challenges; for example, the SF-36 can only be scored in patients who survive and can also not be obtained from patients lost to follow-up. The loss to follow-up is of concern since it could be caused by a poor functional status. Moreover, the impact on global functioning of a treatment that targets a single organ could be limited or influenced by confounding factors.

While secondary outcomes should always be interpreted carefully, the CHARLI study does suggest some potential benefits of nebulised heparin. A faster improvement in the Murray Lung Injury Score suggests faster recovery of lung function, and the finding that fewer patients at risk for ARDS actually developed ARDS suggests a prophylactic effect of nebulised heparin. Also, patients who received the intervention were discharged home at day 60 more often than those who received standard care.



Ian Heston/Science Photo Library

Published Online
January 22, 2021
[https://doi.org/10.1016/S2213-2600\(20\)30513-0](https://doi.org/10.1016/S2213-2600(20)30513-0)
See [Articles](#) page 360

These results fit with the results of an earlier study⁵ by these investigators, namely that nebulised heparin is associated with fewer days of invasive ventilation in a similar cohort of patients.

More studies are needed that use clinically relevant outcomes, such as mortality, duration of ventilation, or length of stay in the intensive care unit, and these studies should be adequately powered. The CHARLI study helps somewhat in these aspects—it is important to see that nebulised heparin at dosages of 25 000 UI every 6 h, as used in most studies to date,² is a safe strategy, with concomitant use of systemic low molecular weight or unfractionated heparin. Despite the increase in the activated partial thromboplastin time (aPTT), suggesting some systemic effect of nebulised heparin, the number of transfusions and major bleeding events was not affected. Withholding of treatment was only necessary in small proportion of patients in response to blood-tinged sputum or an excessive prolongation of aPTT. Conversely, in another study⁶ of burn patients with inhalation trauma, a much higher withholding rate related to the presence of blood-tinged sputum was seen than that seen in the CHARLI study.³ It could be that this difference is the result of the specific lung injury.

Pulmonary coagulopathy is once again receiving attention because pulmonary thrombosis is frequently seen in patients with COVID-19 pneumonia,^{7,8} causing increased dead space and severe hypoxaemia. The promising findings of the CHARLI study³ underline the importance of considering studies of nebulised heparin in patients with COVID-19 pneumonia,⁹ and some studies have already been registered on ClinicalTrials.gov (NCT04397510, NCT04530578). The CHARLI study investigators discuss the need for future studies in more

homogeneous populations and we could not agree more; the surges of COVID-19 pneumonia in many countries should trigger the scientific community to test nebulised heparin in these large, uniform populations.

We declare no competing interests.

Lorenzo Ball, Marcus J Schultz, *Paolo Pelosi
ppelosi@hotmail.com

Department of Surgical Sciences and Integrated Diagnostics, University of Genoa, Genoa, Italy (LB, PP); Anesthesia and Intensive Care, Ospedale Policlinico San Martino, IRCCS per l'Oncologia e le Neuroscienze, Genoa, Italy (LB, PP); Department of Intensive Care & Laboratory of Experimental Intensive Care and Anaesthesiology, Amsterdam University Medical Centers, Amsterdam, The Netherlands (MJS); Mahidol Oxford Tropical Medicine Research Unit, Mahidol University, Bangkok, Thailand (MJS); and Nuffield Department of Medicine, Oxford University, Oxford, UK (MJS)

- 1 Tomaszefski JF, Davies P, Boggis C, Greene R, Zapol WM, Reid LM. The pulmonary vascular lesions of the adult respiratory distress syndrome. *Am J Pathol* 1983; **112**: 112–26.
- 2 Glas GJ, Serpa Neto A, Horn J, et al. Nebulized heparin for patients under mechanical ventilation: an individual patient data meta-analysis. *Ann Intensive Care* 2016; **6**: 33.
- 3 Dixon B, Smith RJ, Campbell DJ, Moran JL. Nebulised heparin for patients with or at risk of acute respiratory distress syndrome: a multicentre, randomised, double-blind, placebo-controlled phase 3 trial. *Lancet Respir Med* 2021; published online Jan 22. [https://doi.org/10.1016/S2213-2600\(20\)30470-7](https://doi.org/10.1016/S2213-2600(20)30470-7)
- 4 Bhandari M, Lochner H, Tornetta P. Effect of continuous versus dichotomous outcome variables on study power when sample sizes of orthopaedic randomized trials are small. *Arch Orthop Trauma Surg* 2002; **122**: 96–98.
- 5 Dixon B, Schultz MJ, Smith R, Fink JB, Santamaria JD, Campbell DJ. Nebulized heparin is associated with fewer days of mechanical ventilation in critically ill patients: a randomized controlled trial. *Crit Care Lond Engl* 2010; **14**: R180.
- 6 Glas GJ, Horn J, Binnekade JM, et al. Nebulized heparin in burn patients with inhalation trauma—safety and feasibility. *J Clin Med* 2020; **9**: 894.
- 7 Ackermann M, Verleden SE, Kuehnel M, et al. Pulmonary vascular endothelialitis, thrombosis, and angiogenesis in COVID-19. *N Engl J Med* 2020; **383**: 120–28.
- 8 Barisione E, Grillo F, Ball L, et al. Fibrotic progression and radiologic correlation in matched lung samples from COVID-19 post-mortems. *Virchows Arch* 2020; published online Sept 28. DOI:10.1007/s00428-020-02934-1.
- 9 van Haren FMP, Page C, Laffey JG, et al. Nebulised heparin as a treatment for COVID-19: scientific rationale and a call for randomised evidence. *Crit Care* 2020; **24**: 454.



Trends in COVID-19-related in-hospital mortality: lessons learned from nationwide samples

SARS-CoV-2 infectivity remains widespread across the world, with the resulting disease, COVID-19, causing devastating sequelae. With disease-modifying therapy but no cure, and a long road to developing immunity through vaccination, understanding and identifying risk factors contributing to mortality must remain a priority. In *The Lancet Respiratory Medicine*, two Articles—one

from England,¹ the other from Brazil²—offer insights into nationwide trends for inpatient mortality due to COVID-19.

These Articles contribute considerably to the growing literature on the markedly diverse inpatient mortality due to COVID-19 across jurisdictions, by providing nationwide, high-quality, population-level health-system

Published Online
February 15, 2021
[https://doi.org/10.1016/S2213-2600\(21\)00080-1](https://doi.org/10.1016/S2213-2600(21)00080-1)

See **Articles** pages 397 and 407