Interim Guidance for COVID-19 Outpatient Treatment at Nationwide Children's

Updated 12/18/2023

At Nationwide Children's, outpatient treatment for mild to moderate COVID-19 is available for patients who have certain risk factors associated with severe COVID-19 (see below) and are at least 28 days old and weigh at least 3 kg. Data evaluating the use of pharmacologic therapies in non-hospitalized children are limited; the risks and benefits of therapy should be assessed on a case-by-case basis. Oral Paxlovid (nirmatrelvir and ritonavir) may be used for adults and children at least 12 years old (and 40 kg); many drug-drug interactions exist. Intravenous remdesivir may be used in 3 daily doses for younger children and patients with contraindications to Paxlovid. To access therapy, call Physician Direct Connect (614-355-0221) and speak with the Infectious Diseases physician on call. Patients approved for therapy will receive oral Paxlovid or IV remdesivir depending on eligibility. Clinicians may also prescribe Paxlovid to retail pharmacies or NCH Blue pharmacy – all prescriptions will undergo review by an NCH pharmacist prior to transmission to the pharmacy.

Criteria for COVID-19 Treatment:

1. Presence of a condition associated with progression to severe COVID-19:

Strong Association with Progression to Severe COVID-19 (particularly if never vaccinated for COVID-19):
• Moderate or severe immunocompromise (see definitions below)[a] • Severe congenital or acquired heart disease (see definitions below)[b] • Obesity (BMI ≥30 kg/m^2 or ≥95th percentile for age – see table below)[c] • Medical complexity with dependence on respiratory technology • Severe neurologic, genetic, metabolic, or other disability that results in impaired airway clearance or limitations in self-care or activities of daily living • Severe asthma or other severe chronic lung disease requiring ≥2 inhaled or ≥1 systemic medications daily
Moderate or Inconsistent Association with Progression to Severe COVID-19: consider treatment on case-by-case basis[d]
• Sickle cell disease • Diabetes (poorly controlled) • Prematurity and age ≤2 years

2. Age 28 days or older (for Paxlovid, must be 12 years or older)
3. Weighs at least 3 kg (for Paxlovid, must weigh at least 40 kg)
4. Positive viral test for SARS-CoV-2 (including home tests)
5. Has mild to moderate symptoms of COVID-19 and able to be treated within 5 days (Paxlovid) or 7 days (remdesivir) of symptom onset
6. Is <u>not</u> hospitalized due to COVID-19, requiring oxygen therapy due to COVID-19, or requiring an increase in oxygen flow rate due to COVID-19 (for those on chronic oxygen therapy)

Footnotes:

[a]Moderate/Severe Immunosuppression:

- Receiving active systemic anti-cancer treatment for hematologic malignancies or solid tumors resulting in significant immunosuppression or unlikely to have responded to COVID-19 vaccination
- Solid organ transplant within the past 3 months or lung transplant recipient at any time, receiving immunosuppressive therapy
- Bone marrow transplant or chimeric antigen receptor T cell (CART-cell) therapy recipient within the past 12 months or within 2 years and receiving immunosuppressive therapies
- Primary immunodeficiency disorder with profound T or B cell dysfunction
- T-cell depleting therapy with CD4 count <300 cells/mm^3 or, for children, <15%
- B-cell depleting therapy within the past 6 months and no evidence of B cell recovery
- Systemic corticosteroids with prednisone equivalent of ≥20 mg/day or ≥2 mg/kg/day for ≥ 14 days
- Advanced or untreated HIV

[b]Severe Heart Disease:

- Uncorrected or palliated cyanotic CHD
- Hemodynamically significant CHD
- One pumping chamber
- Heart failure
- Significant pulmonary hypertension requiring vasodilatory therapy

[c]Obesity Definitions by BMI:

Age	BMI: weight in kg / (height in m)^2	
	Male	Female
2	19.3	19.1
3	18.2	18.3
4	17.8	18
5	17.9	19.3
6	18.4	18.8
7	19.2	19.7
8	20.1	20.7
9	21.1	21.8
10	22.2	23
11	23.2	24.1

Age	BMI: weight in kg / (height in m)^2	
	Male	Female
12	24.2	25.3
13	25.2	26.3
14	26	27.3
15	26.8	28.1
16	27.6	28.9
17	28.3	29.6
18	29	30
19	29.7	30
20+	30	30

[d]Consider factors such as severity of underlying condition, presence of additional chronic conditions potentially associated with severe COVID-19 (i.e., overweight; non-severe cardiac, pulmonary, neurologic, or metabolic disease; immunosuppression not meeting the definition of moderate/severe), and COVID-19 2023-24 vaccination status when assessing individual benefit vs risk of treatment.