



Ebola Virus Disease (EVD): Overview, Diagnosis & Clinical Management

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Outline

- Introduction
- 2. UN Resources
- 3. Clinical & Lab Diagnosis
- **4.** Contact Management
- **5.** Clinical Management

Note: Complete WHO guidelines for the management of EVD patients can be found here:

Optimized Supportive Care for Ebola Virus Disease https://apps.who.int/iris/handle/10665/325000

Implementation and management of contact tracing for Ebola virus disease https://www.who.int/publications/i/item/WHO-EVD-Guidance-Contact-15.1



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Introduction

Introduction

- First appeared in 1976 in 2 simultaneous outbreaks in South Sudan and DRC
- DRC outbreak occurred in a village near the Ebola River
- Virus family Filoviridae includes three genera: Cuevavirus, Marburgvirus and Ebolavirus
- Within the genus Ebolavirus, six species identified including Zaire and Sudan
- 2014-2016 outbreak in West Africa was the largest outbreak since starting from Guinea and moving across to Sierra Leone and Liberia





Introduction

- Ebola virus disease, formerly known as Ebola haemorrhagic fever
- Fruit bats of Pteropodidae family are natural Ebola virus hosts
- Rare, but severe and often fatal illness in humans
- Transmitted from wild animals, and spread into human population through human-to-human transmission
- Average CFR is around 50% (range 25-90%)
- Community engagement key to successful control
- Case management, infection prevention and control practices, surveillance and contact tracing, good lab service, safe and dignified burials, mobilisation







Current Outbreak in Uganda

- On 20 September, health authorities in the Republic of Uganda declared an outbreak of EVD caused by Sudan ebolavirus (SUDV)
- As of today, 2 November, there were:
 - Confirmed cases:129
 - Confirmed Deaths: 37
 - CFR = 28%
 - Recoveries: 43
- This is not the first Ebola outbreak caused by the Sudan strain. 7 previous outbreaks have been reported, four of which occurred in Uganda and three in Sudan







Current Sudan Strain Has <u>No</u> Approved Vaccine

- EVD vaccine has only been approved to protect against the Zaire strain of Ebola
- Three candidate vaccines may be trialed but have yet to be specifically tested against the Sudan strain





Helpful UN Resources on EVD





UN Medical Directors' EVD Risk Mitigation Plan (English/French available)

https://hr.un.org/sites/hr.un.org/files/file/refmaterials/ID_Ebola_UNMDRMP_2021-08-%2027.pdf https://hr.un.org/sites/hr.un.org/files/file/refmaterials/ID_Ebola_UNMDRMP_2021-08-%2027%20FR.pdf

Reducing the	Risk of Acquiring Ebola Virus Disease (EVD) in Countries/Areas with the Outbreak Recommendations for All UN Personnel
 The following occup risk of UN personnel These recommenda If this is a hard copy the latest version. Please contact dosing 	ational health recommendations are provided by the UN Medical Directors to all Organizations and UN personnel to reduce the acquiring Ebola virus disease (EVD) in countries/areas with the outbreak. tions should be applied to all UN personnel traveling to or residing in countries/areas with an outbreak of EVD of the document, please be sure to check the https://hr.un.org/page/travel-health-information on the United Nations HR Portal for dhmosh-public-health@un.org if you have any questions on this document.
References:WHO's Ebola webpagUN's Ebola webpag	ige: <u>http://www.who.int/ebola/en/</u> e for staff: <u>https://hr.un.org/page/ebola</u>
UN Personnel Risk Categories	UN Medical Directors Recommendations
UN personnel travelling into or residing in countries / areas with an EVD	 Ensure that you are aware of, and implement, the following EVD precautionary measures: Avoid contact with other people's blood or bodily fluids. Avoid funeral or burial rituals that require handling a dead body. Do not handle items that may have come in contact with an infected person's blood or bodily fluids (e.g. clothes, bedding, needles, and medical equipment).

VEPARTMENT OF SUPPORT UN Ebola Preparedness and Response: A Checklist for UN Health Facilities (English & French available)

https://hr.un.org/sites/hr.un.org/files/Ebola%20Checklist_DHMOSHPH_2019-05_FINAL_Eng_2.pdf https://hr.un.org/sites/hr.un.org/files/Ebola%20Checklist_DHMOSHPH_2019-05_FINAL_Fr_0.pdf

EBOLA (MAY 2	CHECKLIST FOR UN HEALTH FACILITIES 19)
EB	OLA PREPAREDNESS AND RESPONSE: A
CH	ECKLIST FOR UN HEALTH FACILITIES
BA	CKGROUND
The a prepa Healt	im of this checklist is to provide an outline of the essential minimum elements of Ebola virus disease redness and response, as well as specific elements that are considered desirable by UN's Division of care Management And Occupational Safety and Health (DHMOSH).
It is no diseas Ebola curren	commended that all duty stations globally, including in locations where active outbreaks of Ebola virus as are occurring, should review this checklist in detail. Duty stations that already have their own specific preparedness and response plan in place may use the checklist to evaluate the completeness of their tplan.
While some medic	most of the actions listed here fall under the responsibility of the UN medical staff in each duty station, of these actions also would need to be implemented in coordination with the country office/missions' non- al senior management and other non-medical stakeholders.
All dur and a	ty stations globally, regardless if Ebola is occurring in your duty station or not, should review this checklist dapt it in accordance with the Ebola plans and guidelines from the local and/or national authorities.
A)	PLANNING AND COORDINATION
	UN country office/mission's senior management or stakeholders should be briefed regarding the current Ebola outbreak situation globally, its possible outcomes, and any related resource requirements for the country office/mission to be prepared to respond.
	 UN senior medical staff should ensure systems are in place for close coordination with relevant stakeholders (e.g. WHO country office, national government, health authorities).
	UN country office/mission should convene either a formal coordinating committee for Ebola or an equivalent committee (e.g. SMT/CMT) for management of the outbreak, or if the need should arise later.
	UN health facility should have a business continuity plan that will allow performance of critical functions with reduced numbers of staff.
	 UN health facility should assess medical preparedness status related to Ebola and identify any actions needed to fill gaps.
B)	PUBLIC HEALTH AND MEDICAL MANAGEMENT
B1 -	PREPAREDNESS
	 UN medical staff and other relevant stakeholders should review, become familiar with, and implement the WHO and any DHMOSH guidelines related to Ebola.
	 UN medical staff, in coordination with the country office/mission management, should define the UN personnel who are considered high risk for Ebola infections (e.g. medical staff, cleaners of the
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UN Guidance: PPE Stocks & Calculation of Quantities Needed

- Use the following PPE calculator to procure needed supplies: <u>https://www.cdc.gov/vhf/ebola/healthcare-us/ppe/calculator.html</u>
- This calculator provides you the necessary number of individual PPE needed per VHF/EVD patient seen by your facility
- If you need training on how to use the EVD PPE Calculator, please watch this training video by DHMOSH Public Health at

https://www.youtube.com/watch?v=EyJqhhLwgX4







ePROTECT Ebola (EN)	https://openwho.org/courses/e-protect
Ebola: Clinical management of Ebola virus disease	https://openwho.org/courses/ebola-clinical-management
Ebola: GO 2.0	https://openwho.org/courses/GO-en



Clinical and Lab Diagnosis





- Fever, fatigue, muscle pain,
- Headache, sore throat



This is followed by:

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- Vomitting, diarrhoea, rash, symptoms of kidney and liver function, internal and external bleeding (e.g. from gums or blood in stools.
- Lab findings include low white blood cell and platelet counts and elevated liver enzymes





Disease Progression of EVD

- Not contagious until symptoms develop
- Wet symptoms develop approx. day 4 of illness
- Patient becomes more and more contagious as the illness advances
- Without treatment, death occurs 7-10 days after illness onset
- Amount of Ebola virus in the body is highest at the time of death



Suspect / Confirmed Case Definition

Suspect Case

- Signs and symptoms consistent with Ebola virus infection AND
- An epidemiological risk factor (exposure to blood or body fluids of infected person, objects contaminated from infected person, infected fruit bats or non-human primates, semen from a man recovering from Ebola)

Confirmed Case

 Laboratory-confirmed diagnostic evidence of Ebola virus infection













IF TO I HAVE ANY OF THESE SILVE, REPORT IMMEDIATELY TO THE BEAREST HEALTH CENTRE FOR MANAGEMENT.



- Signs and symptoms of SUDV are similar to other infectious diseases and conditions such as:
 - Malaria
 - Typhoid fever
 - Meningitis
 - Pregnancy
- Use proper precautions when testing due to possibility of co-infection with the above
- Pregnant women should be tested rapidly if Ebola is suspected





Confirmation of Diagnosis by Lab Testing

- Ebola virus is detected in blood only after onset of symptoms, most notably fever,
- However, it may take up to 3 days after symptoms begin for the virus to reach detectable levels
- Polymerase chain reaction (PCR) is one of the most commonly used diagnostic methods because of its ability to detect low levels of Ebola virus.
- WHO recommends PCR tests as gold standard for Ebola confirmation.





What To Do for Test-Negative Suspect EVD Cases?



- PCR tests are often negative in patients with symptoms less than 3 days
- Repeat the test at 72 or more hours after onset of symptoms
- Keep patient in suspect area until a sample taken 72 hours after symptoms begin is negative
- Testing negative does not equal to having immunity
- Repeat diagnostic testing when indicated







Confirmation of Diagnosis by Lab Testing

- According to WHO:
- Rapid antigen detection tests can be used in remote settings where PCR tests are <u>not</u> readily available
- However, such rapid tests are recommended only for screening purposes as part of surveillance activities
- If rapid antigen test is positive, it should always be confirmed with a PCR test







Specimen Collection

- The preferred specimens for diagnosis include:
- Whole blood collected in ethylenediaminetetraacetic acid (EDTA) from live patients exhibiting symptoms
- Oral fluid specimen stored in universal transport medium collected from deceased patients or when blood collection is not possible







Specimen Collection & Transport

- Blood and other samples from symptomatic EVD patients are highly infectious
- All biological specimens should be packaged using the triple packaging system when transported nationally and internationally
- Laboratory testing on non-inactivated samples should be conducted under maximum biological containment conditions





Contact Management

SUPPRATIONAL SUPPRATIONAL SUPPRATIONAL TO Do if Someone Has Been Exposed?

- If you're exposed, immediately clean the area with soap and water or in the case of mucous membrane exposure, clean with water
- Immediately call your medical practitioner, UN physician or your organisation's medical services for guidance
- At this time, there is no vaccine available for the Sudan ebolavirus (SUDV)
 - However, vaccines may be trialed for SUDV in the near future

Sick individuals asked to identify contacts. Authorities attempt to find and isolate contacts.

Contact tracing



Hard in urban environments with unknown contacts.

OPERATIONAL What To Do if Someone Has Been Exposed?

- Assess for any other **blood borne virus (BBV)** exposure (HIV, Hep B, Hep C) and receive prophylaxis and counseling as appropriate.
- Monitor contacts daily for Ebola symptoms for 21 days counting from the last day of exposure
- Educate contacts on signs and symptoms of Ebola, next steps if s/s present, and preventing transmission to family members
- Contacts should not travel until cleared by health officials
- Local guidelines should be followed

Community monitoring



Communities with infected individuals monitored daily. Travel between communities limited.

Effective due to early identification of infected.





Clinical Management

Clinical Management

- Predominantly supportive care
- Aggressively replace volume loss from diarrhea, vomiting .etc
- Oral hydration with ORS (even if patient does not have diarrhea or vomiting)
- IV resuscitation with Ringer's lactate (contains some potassium)
- Replace potassium and magnesium loss, likely significant for patients with diarrhea
- There are no approved therapies specific for EVD Sudan virus









Fever and pain

- Paracetamol (acetaminophen)
- Do NOT use NSAIDs (concern for thrombocytopenia, bleeding)
- Opioids (caution in hypotensive patients; may reduce gut transit in diarrhea)

Nausea and vomiting

Promethazine, metoclopramide, ondansetron

Diarrhea

- Aggressive oral rehydration
- IV hydration when possible for those unable to take orally
- Role of anti-motility agents uncertain

Dyspepsia

Cimetidine or omeprazole

Agitation

- Diazepam or haloperidol
- Malaria (empiric therapy for all, or treat rapid diagnostic test positives)

Bacterial co-infections or gut translocation

 Empiric antibiotic therapy aimed at gut pathogens (e.g., cefepime)

WHO's Guidelines on EVD Clinical Management

- 1. Systematic assessment and reassessment of all Ebola patients
- 2. Fluid resuscitation
- 3. Electrolyte monitoring and correction
- 4. Glucose monitoring and management
- 5. Treatment of potential co-infections
- 6. Nutrition
- 7. Symptomatic care and prevention of complications
- 8. Management of complications

The main **priority** is to transfer patients to a location where they can receive supportive care.

Systematic assessment and Re-assessment of all EVD Patients

- Staffing ratio of 1 or more clinicians for 4 patients
- Assessments (evaluation of each patient) performed at least 3 times per 24 hours
- Close monitoring of patients to allow recognition of and reaction to acute changes in condition

Re-assessment of all EVD Patients

- Identification of patients at high risk for complications, including:
 - Low systolic blood pressure (SBP) in either adults or children or delayed capillary refill and cold extremities in a child
 - Altered mentation, delirium or seizure
 - Tachypnea (fast respiratory rate)
 - Weak or rapid pulse
 - Oliguria (urine output < 0.5 ml/kg/hour in adults; < 1.0 ml/kg/hour in children) or</p>
 - Anuria
 - Haemorrhagic manifestations
 - Severe hypoglycaemia (glucose < 54 mg/dl or < 3 mmol/l)</p>
 - SpO2 < 92%</p>
- Severe electrolyte, metabolic, acid-base abnormalities Resuscitation Should be initiated Severe vomiting and/or diarrhoea
- Patients should be placed in the area of the treatment unit designated for the care of the critically ill

WHO's Daily Assessment Checklist

	Plan
I. Is the patient at high risk of complications? a. Airway obstruction or respiratory distress? b. Tachypnea (RR > 22 or fast for age) or SpO ₂ < 92%? c. Shock? Hypotension, weak or rapid pulse, cold extremities or delayed capillary refil? d. Signs of severe dehydration? e. Altered mentation or seizure? f. Oliguria or anuria, urine output < 0.5 (adult)/1.0 ml (child)/kg/ hour? g. Haemorrhagic manifestations? h. Severe hypoglycaemia (glucose < 54 mg/dl or < 3 mmol/l)? i. Severe veakness with inability to ambulate or eat/drink? E.Fluid status assessment a. Able to drink normality? b. Able to drink normality? c. Signs of sepsis or shock (HR > 90, SBP < 100, RR > 22). And for	NOT at high risk Regular assessments – three times a day HIGH risk Increased interval of assessments: Plan: Continue with oral fluids Add maintenance fluids Bolus IV fluids:ml
child: cold extremities, weak fast pulse, delayed capillary reful > 3 sec? 3. Laboratory assessment a. Does potassium or magnesium need to be replaced? b. Is renal failure present? i. If yes, has the patient been adequately fluid resuscitated? ii. Is a urinary catheter needed to monitor urine output?	Replace potassium Replace magnesium Place a urinary catheter Use ultrasounds to assess fluid status
 4. Severe hypoglycaemia a. Evidence of hypoglycaemia (glucose < 54 mg/dl or 3 mmol/l)? ii. If yes, are they symptomatic and require D50 or D10? ii. If no, are they able to eat and drink or do they require continuous infusion of D5 or D10? 	Euglycaemic D50 (adult) or D10 (child) for symptomatic hypoglycaemia D5 or D10 for asymptomatic hypoglycaemia
 Treatment of potential bacterial co-infections a. Is the patient at high risk of co-infections? i. If yes, is the patient being treated with ceftriaxone? ii. If no, is the patient being treated with ceftxime? b. Does the patient still need to be treated with antibiotics? 	Ceftriaxone Cefixime Antibiotics discontinued
 Treatment of potential malaria Does the patient have signs of severe malaria? If yes, is the patient being treated with artesunate? If no, is the patient being treated with an antimalarial medication? Can the antimalarials be stopped due to a negative malaria test? 	□ Artesunate □ Artesunate-amodiaquine (ASAQ) □ Malaria negative □ Malaria treatment completed
7. Nutrition a. Is the patient able to eat and drink? i. If yes, can maintenance fluids be stopped?	 Able to eat and drink NOT able to eat and drink and requires maintenance fluids
8. Prevention a. Can the IV line be removed? b. Can the urinary catheter be removed? c. Does the patient require assistance walking or can they walk on their own?	Remove IV line Yes No Remove urinary catheter Yes No Patient requires assistance walking Yes No
9. Is the patient a pregnant woman?	Date of last menstrual period:

Fluid Resuscitation

- Patients with Ebola often present with or develop one or more of the following:
- Volume depletion (dehydration), sepsis, haemorrhage and/or shock
- Management:
- Oral rehydration in patients who can drink
- Intravenous administration in those who are unable to drink or who have severe dehydration or shock

OPERATIONAL **Electrolyte Monitoring and Correction**

- Complete daily labs during acute phase of illness and haematology on admission and as needed
- Ensure appropriate and timely correction of electrolyte abnormalities, including:

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 Hypokalaemia, hyperkalaemia, hypomagnesemia, hypocalcaemia, hyponatraemia, hypernatraemia

5. ELECTROLYTE MANAGEMENT

The following topics are covered in this section: hypokalaemia, hyperkalaemia, hypomagnesemia, hypocalcaemia, hyponatraemia, hypernatraemia.(6)

Hypokalaemia is a dangerous complication that is associated with arrhythmias and/or death, but repletion must also

5.1 Hypokalaemia

 Children: the m » The maximum It is preferable to Every 0.1 mmol Every 1 g of pota 	e on a caroac monitor. symmm IV infusion rate is 0.5 mmol/kg/hour through a peripheral IV or central line. concentration of IV potassium through a peripheral line in children is 10 mmol/l. infuse potassium using an electric syringe pump to ensure rate. reduction in serum requires approximately 10 mmol KCI repletion in adult patients. assium in a 10 ml ampoule is equivalent to 13.4 mmol or 13.4 mEq of potassium.
Potassium level	Adult dosing
3.3–3.5	40 mmol oral dose. Re-check serum K level and repeat dose if needed.
2.5–3.2	60-80 mmol oral dose. Re-check serum K level and treat if necessary.
< 2.4 (severe)	$10\ mmol\ per\ hour\ IV/\ for\ 4\ hours.$ Re-check serum K level. Give additional dose at 2–4 hours, if still needed. Always re-check serum K level between dosing.
	Paediatric dosing
K 2.5–2.9 mmol/l	0.5–1.0 mmol/kg oral dose. Re-check serum K level. Can repeat every 6–12 hours. Can repeat to a total of 2–4 mmol/kg/day in 2–4 divided doses.
K < 2.5 mmol/l	0.5 mmol/kg/hour IV for 2 hours + 2 mmol/kg oral dose. Re-check serum K level. Can repeat every 12 hours.

can be found in WHO Optimized Supportive Care for Ebola Virus Disease found here.

OPERATIONAL Glucose Monitoring and Management

- Hypoglycaemia is frequently seen in patients with Ebola (especially infants and children) and should be managed to avoid complications
- Recommendations:

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- Serum glucose checked at least 3 times a day with vital signs
- Intravenous (IV) glucose management as needed

HYPOGLYCEMIA **SYMPTOMS**

- Bacterial co-infection
 - -Empiric treatment with antibiotics is recommended for patients with Ebola
- Co-infection with malaria
 - Empiric antimalarial therapy should be administered to all febrile patients with suspect and confirmed Ebola
 - Stop treatment once malaria testing is negative or the treatment course is finished.

- On admission, assess the nutritional status of all patients with Ebola, including:
 - -Body weight, height, and in children, midupper arm circumference
 - -Signs of malnutrition
 - -Current appetite status
- Enteral nutrition should be provided and advanced as tolerated
- IV dextrose provided for patients that cannot take oral food and with evidence of hypoglycaemia

Prevention of Complications

- Feeding
 - -Encourage early enteral nutrition
- Stress ulcer prophylaxis
 - -Use of a proton pump inhibitor or H2 receptor blocker in critically ill patients at high risk of bleeding

Prevention of Complications

Early Mobility

- -Assess patient daily for early mobility
- Once patient is improving, then encourage early mobility and ambulation to prevent pressure ulcers and thrombotic events
- Provide assistance for patient to sit up, dangle on side of bed, then to stand and walk
- If unable to mobilize, turn patient in bed every 2–4 hours to prevent pressure ulcers

Management of complications

• The complications of Ebola include:

Seizure	Bleeding at the site of IV
Altered mental state and encephalopathy	Intracerebral haemorrhage
Haemorrhage	Acute renal failure/kidney injury
Haematemesis	Metabolic acidosis
Haematochezia	Hypoxic respiratory failure
Vaginal bleeding	Sepsis and septic shock
Gingival bleeding	

DHMOSH Ebola Resource Page	https://hr.un.org/page/ebola
UNMD Ebola Risk Mitigation Plan (July 2019)	https://hr.un.org/sites/hr.un.org/files/Ebola%20Checklist_DHMOS HPH_2019-05_FINAL_Eng_2.pdf
Ebola Preparedness And Response: A Checklist for UN Health Facilities (May 2019)	https://hr.un.org/sites/hr.un.org/files/Ebola%20Checklist_DHMOS HPH_2019-05_FINAL_Eng_2.pdf
PPE Calculator	https://www.cdc.gov/vhf/ebola/healthcare-us/ppe/calculator.html
Ebola Virus Disease: Standard Precautions and How to Use EVD PPE Calculator [Video]	https://www.youtube.com/watch?v=EyJqhhLwgX4
Personal protective equipment for use in a filovirus disease outbreak (November 2016)	https://www.who.int/publications/i/item/9789241549721
Optimized supportive care for Ebola virus disease: clinical management standard operating procedures (2019)	https://apps.who.int/iris/handle/10665/325000
Implementation and management of contact tracing for Ebola virus disease (July 2015)	https://www.who.int/publications/i/item/WHO-EVD-Guidance- Contact-15.1
Manual for the care and management of patients in Ebola Care Units/Community Care Centres (Jan 2015)	https://apps.who.int/iris/bitstream/handle/10665/149781/WHO_E VD_Manual_ECU_15.1_eng.pdf

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