



## Some Suggestions on the Treatment of Covid-19 Pneumonia

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### Short Communication

Dear friends, as Chinese doctor, I have some suggestions to your anti-epidemic situation on the Covid-19.

1. Pulmonary lavage may be the most effective treatment for the patients. As you know, the pathological changes in the patient's lungs were that a large amount of effusion was gathered in peripheral bronchiole and formed into thick sputum which could not be sucked out easily. We can see the white lungs in these patients' thoracic CT for the reason of the effusion. Not only the thick sputum can lead to respiratory failure but also it can develop bacterial infection which cause the sudden worsen of the disease and even death. Only pulmonary lavage can remove the thick sputum and cure these patients.

2. Patients can benefit from these special measures, such as clapping their back, prone ventilation, criticality monitoring the humidity of inhaling mixed gas on the respirator lest forming the phlegm embolism.

3. Massaging the lungs Once the phlegm embolism have formed and could be drained out easily, the lungs could be shrinked and swelled easily so that the phlegm could be eliminated out freely. Against this, we can open the patient's chest a small incision, insert a balloon into it and inflate the balloon. Then the lungs may be shrinked and the phlegm may be moved.

4. ECMO should be used prudently. In China, the ECMO was took high hopes at the starting of the plague. But we have found that its side effects could not be accepted. Actually, it can provide oxygen only, cannot treat the viruses and change the pathological damages in the lungs, for example, the thick sputum.

5. Infusion of whole blood of normal people or plasma of a recovered Covid-19 patient we have found that the total lymph cells in these pneumonia patients' blood have reduced markedly on the report of the Blood Routine. So, it may be useful for them to infusing whole blood of normal blood donor. As you have known, a recovered Covid-19 patient's plasma can kill the viruses very effectively.

6. Points to note of the patients developed respiratory failure. These patients may be tracheal intubated to ventilate. First of all, in order to avoid the germs infection in the lungs because of tracheal intubation, performing suction regularly is very important. And that, the tracheal catheter should be exchanged regularly in 24 h. To perform this measure, there are two methods, one is that we can extubate the original catheter and intubate a new tracheal catheter once again, the other is to exchange the catheter employing the LANSHAN tracheal catheter and guide bougie. As you can see the two figures, we can intubate the guide bougie into the original catheter up to the patient's tracheal, and extubate the original catheter, retain the guide bougie, then intubate the LANSHAN

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Figure 1:

tracheal catheter into the patient's tracheal along the guide bougie. By means of the LANSHAN suit, the doctor will work very easily and cannot be infected easily by the Covid-19 pneumonia patients. (The LANSHAN suit was produced by Shanghai LanShan Medical Instrument Company Ltd.) (Figure 1).

7. Above the preventions of disseminating Similar to many other viruses, air humidity is very important, viruses cannot be alive in dry air for a long time. So, I suggest that the dehumidification function key on the air conditioner must be switched on (Figure 2).



Figure 2: