

COVID-19 Treatment Guidelines: Do They Really Reflect Best Medical Practices to Manage the Pandemic?

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Abstract

SARS-CoV-2 (COVID-19) has been changing the world since December 2019. A comprehensive search into many COVID-19 treatment guidelines was conducted and reported in this article. This is a review paper to probe differences in COVID-19 managing strategies and explore the most common treatment plans among countries. Published guidelines from 23 countries and three references guidelines—until the end of 2020—were included in this article. The majority of COVID-19 treatment options were reported in this review and it includes antiviral drugs, antimalarial drugs, antibiotics, corticosteroids, immunotherapy, anticoagulants, and other pharmacological treatment. The presence of such information from different countries in a single comprehensive review article could help in understanding and speculation of variation in the recommended treatment in each country. This might be related to the cost of medications, the access to the medications, availability of medication that could potentially be useful in managing COVID-19 cases, and the availability/capacity of healthcare facilities. Finally, although there are various treatment groups listed in the published therapeutic guidelines worldwide, unfortunately, there is no evidence for effectiveness of most of these medications in reducing the COVID-19 mortality curve over more than one year of this global pandemic.



Biography

Hala is graduated from Ajman University, School of Pharmacy BSc. 2005 and she got her Master's degree in Clinical Pharmacy 2010 from School of Pharmacy, USM – Malaysia. She completed her PhD. in School of Pharmacy, Queen's University Belfast- UK, 2019. She awarded 'Researcher Plus' award from Queen's University Belfast for her personal skills development and activities beyond PhD programme, She was the elected President of the UNICEF on campus Society in Queen's University, 2017/2018 and 2018/2019. She is a member in the European Society of Clinical Pharmacy (ESCP) and also a member in Clinical and Pharmacy Practice Research Group (CPRG) in UK and UAE. She is now working at City University College of Ajman as an Assistant Professor in Clinical Pharmacy and Pharmacology department

Publications

- Barriers affecting compliance of patients with chronic diseases: a preliminary study in United Arab Emirates (UAE) population
- COVID-19 death and BCG vaccination programs worldwide
- Diabetes knowledge and practice in Malaysian and the United Arab Emirates diabetic patients.
- Antibiotic use and resistance in hospitals: time-series analysis strategy for determining and prioritising interventions
- Testosterone therapy in hypogonadal patients and the associated risks of cardiovascular events

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