

Clinical Management of COVID-19 in India

The Covid-19 pandemic has affected the physical, mental and social well-being of almost every human on this planet. It has challenged the global health system and healthcare workers like none other. *Clinical Management of Covid-19 in India* lays down the latest information on Covid-19 with respect to its epidemiology, pathogenesis, and treatment guidelines concisely and lucidly. Moreover, the multisystemic effects of this virus have been extensively dealt with in respective chapters contributed by leading experts and eminent faculty in their corresponding specialties. This book has been written keeping in mind the frontline doctors and residents who have tirelessly served the public in its greatest hour of need.

Suresh Kumar MD, FICP is Director Professor and Head, Department of Medicine, Maulana Azad Medical College and Associated LNJP and GB Pant Hospital, New Delhi. He is a postgraduate teacher at MAMC in Department of Medicine. He has guided more than 40 MD Medicine students and many PhD students of Delhi University. He is a speaker at several national and international conferences. He is an expert for Covid task force of Govt of NCT of Delhi. He is a pioneer in starting plasma bank for COVID in India and started genome sequencing laboratory at LNH. He is the chief of Centre of Excellence of COVID at LNH and Maulana Azad Medical College.

As Medical Director of Lok Nayak Hospital he has played a key role in COVID Management in South-East Asia. His clinical work is appreciated globally. He and his team successfully treated more than 20 thousand COVID patients at Lok Nayak Hospital (MAMC), New Delhi.



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CBS Catalogue

ISBN: 978-93-54660-32-0



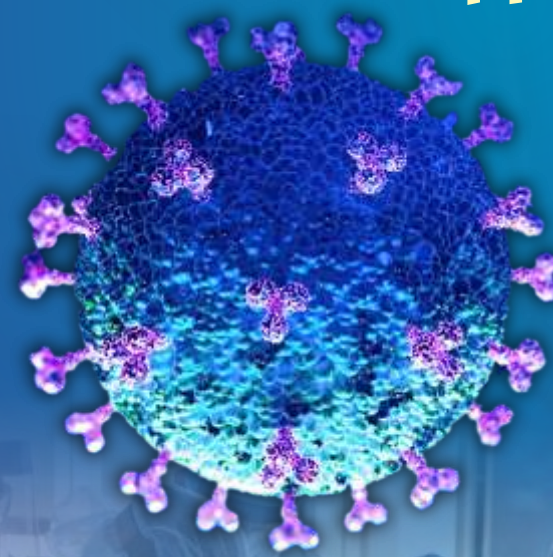
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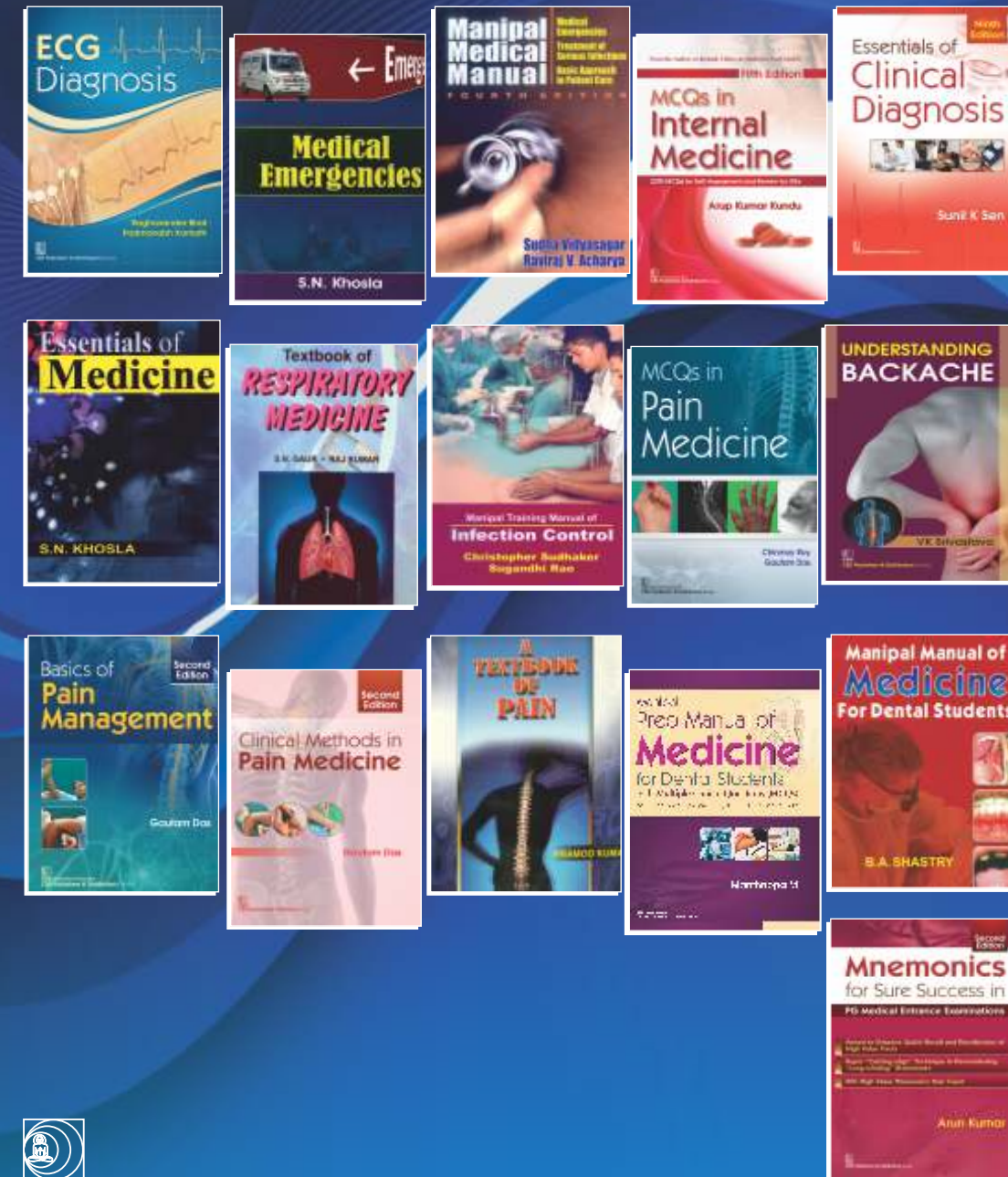
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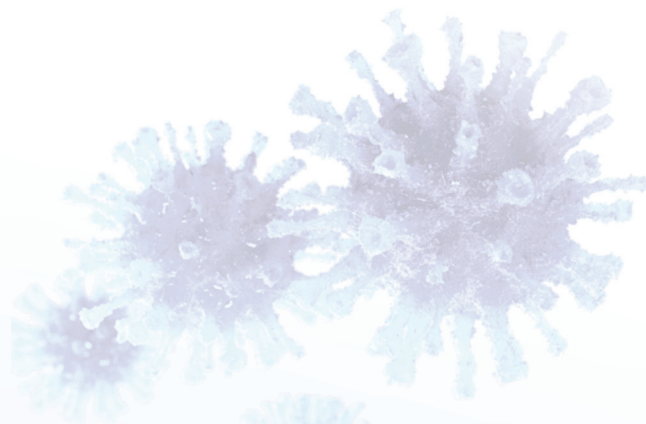
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ISBN: 978-93-54660-32-0

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First Edition: 2022

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Published by **Satish Kumar Jain** and produced by **Varun Jain** for

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Printed at

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Foreword

Coronavirus disease 2019 (COVID-19) (severe acute respiratory syndrome coronavirus 2 [SARS-CoV-2]) is a global health and economic crisis. This pandemic has affected over 215 countries around the world with 19.1 Cr cases (as on July 20, 2021) globally with more than 41 lakh deaths, and the number is increasing rapidly.

This is a great challenge for healthcare providers of India as there is a substantial risk to the life of doctors and healthcare workers because of this deadly virus. Advances in medical sciences have been spectacular, but at the same time, newer viruses, like Ebola, Hantavirus and SARS-CoV-2 have posed new challenges to the existence of mankind.

In India, molecular diagnostics RT-PCR labs are limited in number for diagnosis of all suspected cases. Social distancing, quarantine and isolation, active tracing of contacts of suspected and treatment of confirmed cases are at war footing in India. This has been very successful so far for breaking the chain of viral transmission.

We are greatly successful in containing the virus so far and limiting the number of deaths in India.

Rapidly expanding genetic knowledge and antiviral drugs have made significant improvement in HIV and HCV treatment. We hope, new treatment will soon be available of COVID-19 patients also.

This book has been developed with a comprehensive and analytic approach with excellent flowcharts for day-to-day management of COVID-19 patients.

This will be very useful for physicians, researchers and healthcare workers. All the best for great work of Prof Suresh Kumar and his team for the highly incredible job they have done in such a short period.

SK Sarin

Director
Institute of Liver and Biliary Sciences
New Delhi

Preface

We decided to write a medical book about the ongoing SARS-COV-2 pandemic, presenting the scientific data and up-to-date literature for the fellow physician community and a guide for residents doing COVID duties. A scientific book presents “plenty of information”, however, when we became aware of the new coronavirus epidemic in mid-January 2020, we immediately felt that time had come to bring out a textbook from the largest COVID dedicated centre in NCT of Delhi fulfilling the purpose.

People all over the world will have to adapt and invent new lifestyles in what has been the most disruptive event since World War II. Imposing and enforcing strict quarantine measures and isolating millions of people might have seemed a distant possibility before the year 2020, but is now a reality in many countries.

We believe that the current situation needs a new type of textbook with continuous updates. Humanity is confronting an unknown and threatening disease which is often severe and fatal. Healthcare systems are overwhelmed and the treating physicians need clear understanding and concepts to provide optimal standard of care.

We believe a clear head is crucial in times of over-information, with dozens of scientific papers and research published everyday, news about hundreds of studies being planned or already on the way and social media blending hard data with rumors and unverified news. The tedious work of screening the scientific literature and the scientific data has to be done—regularly and constantly, like a Swiss watch. The proposed book covers relevant chapters from apex faculty who are masters in their respective fields from the premier teaching institutes in India.

Suresh Kumar

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