



Journal of Hospital Pharmacy
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled as Health-Education, Bureau)

**A Review On Safety And Efficacy of Steroids
 in the Management of Covid-19**

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ABSTRACT:

Background: Using corticosteroids to manage COVID 19 is debatable because of conflicting scientific evidence on its use and inconsistent results. The purpose of this review was to evaluate the role of corticosteroids in management of COVID-19.

Methods: PUBMED, ELSEVIER, EMBASE, CUREUS, SCIENCEDIRECT and other major data bases were reviewed. Reviewing selected studies related to the use, efficacy, and safety of corticosteroids in covid-19 patients. The patients progress in regards to factors like hospital stay, viral clearance, death, mechanical ventilation, 28-day mortality. Studies using biological substances/agents as a form of therapy were excluded

Results: 22 different studies that comprised 25590 patients were included in our search. The effectiveness of corticosteroids in covid-19 was seen in these 22 papers. The administration of steroids for patients with COVID-19 was studied in randomized controlled trials (RCT), controlled clinical trials, prospective and retrospective investigations, and case series with controlled group.

Conclusion: Use of steroids in management of covid 19 should be cautious and all risks and benefits should be calculated before beginning the therapy. We concluded that steroids benefited critically ill patients, reduced mortality and reduced length of hospital stay, unlike non-steroid group where the results seem to be opposite. In mild covid-19 cases use of steroids can be detrimental rather than beneficial.

Keywords:

COVID-19, Corticosteroids, Steroids, Glucocorticoids, Prednisolone, Methylprednisolone. Dexamethasone, Mometasone, Ciclesonide, Randomized control trials, Case series, Inflammation, CRS, ARDS.

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Website: <http://www.journalofhospitalpharmacy.in>

Received on 11/07/2023

Accepted on 28/07/2023 © HEB All rights reserved

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