

# CoV-/N-SIGHTS: Evidence-Based Answers to FAQs

## Director General Medical Services (Navy)



### FAQ # 08 (24 May 2021)

### Convalescent Plasma Therapy for COVID-19

#### 1. What is Convalescent Plasma?

Convalescent refers to anyone recovering from a disease. Plasma is the yellow, liquid part of blood that contains antibodies. Antibodies are proteins made by the body in response to infections.

#### 2. What is the role of Convalescent Plasma in COVID-19 Management?

Convalescent plasma from patients who have already recovered from coronavirus disease 2019 (COVID-19) may contain antibodies against COVID-19 and may be effective in treating COVID-19. The potential benefits of the product may outweigh the potential risks of the product for patients hospitalized with COVID-19. Convalescent plasma collected from ABO matched donors with high neutralizing titers can be given to patients at risk of developing severe COVID in early stages of the disease. However, it should be considered an experimental therapy and should be used with caution.

#### 3. I recently recovered from COVID-19, Can I donate Convalescent Plasma?

COVID-19 convalescent plasma must only be collected from recovered individuals if they are eligible to donate blood. Individuals must have had a prior diagnosis of COVID-19 documented by a laboratory test and meet other laboratory criteria. Individuals must have fully recovered from COVID-19, with complete resolution of symptoms for at least 14 days before donation of convalescent plasma.

#### 4. Who are the potential donors and recipients?

Potential donor		Potential recipient
<b>Who can donate</b> - Men - Women who have never been pregnant		In early stage of COVID-19 disease
<b>Appropriate Age</b> 18-60 year		3-7 days from onset of symptoms, but not later than 10 days
<b>Appropriate Body Weight</b> >50 kg		No IgG Antibody against COVID-19
<b>Diagnosis</b> COVID-19 RT-PCR positive or Rapid Antigen Test positive		Informed Consent
<b>Physical Status</b> After 14 days of symptom resolution <sup>7</sup> (testing negative for COVID-19 is not necessary) Screening to rule out ABO incompatibility & blood borne pathogens <sup>8</sup> - HIV - HBV - HCV etc.		
<b>Required Concentration</b> - IgG antibody against COVID-19 Titre of 1:640 (ELISA) OR - 13 AU (Arbitrary Unit)/mL <sup>9</sup> (CLIA) OR - Neutralising Antibody Titres of 1:80 (PRNT/MNT)		

## 5. How much blood is taken during plasma donation?

Maximum volume that can be collected in one session is 500 ml.

## 6. How frequently a donor can donate convalescent plasma if eligible?

Donors are advised to donate not more than twice a month.

## 7. What are the current recommendations of Convalescent Plasma treatment in India?

At present, use of convalescent plasma therapy is **not recommended** due to availability of *inadequate scientific evidence*.

The PLACID trials conducted by ICMR revealed that Convalescent Plasma treatment received by moderate cases **did not** lead to reduction in progression to severe disease/ mortality.

**AIIMS New Delhi had earlier recommended** for selective consideration of Convalescent Plasma treatment only for severe category patients when following criteria are met:-

- (a) Early moderate disease (preferably within 7 days of symptoms onset, no use after 7 days)
- (b) Availability of high titre donor plasma (Signal to cut off ratio >3.5 or equivalent depending on the test kit being used)

**However, these recommendations have been withdrawn/ discontinued wef 19 May 2021.**

## **References.**

1. <https://covid.aiims.edu/clinical-guidance-for-management-of-adult-covid-19-patients/>
2. <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-frequently-asked-questions>
3. <https://www.mohfw.gov.in/pdf/AIIMSelICUsFAQs01SEP.pdf>
4. Louis M. Katz. (A Little) Clarity on Convalescent Plasma for Covid-19. Feb 2021, N Engl J Med 2021; 384:666-668. DOI: 10.1056/NEJMe2035678
5. <https://www.nejm.org/doi/full/10.1056/NEJMe2035678>
6. [https://www.icmr.gov.in/pdf/covid/techdoc/ICMR\\_ADVISORY\\_Convalescent\\_plasma\\_17112020\\_v1.pdf](https://www.icmr.gov.in/pdf/covid/techdoc/ICMR_ADVISORY_Convalescent_plasma_17112020_v1.pdf)

**Disclaimer.** *The information provided is intended only for educational purposes for intra Navy service personnel & their families, and is based on the currently available scientific evidence. It should not be quoted out of context.*