

The PRINCIPLE trial has reported a 3-day median benefit in self-reported recovery for patients with COVID-19 in the community setting who received inhaled budesonide.

Covid-19 symptomatic presentation

Individual Case assessment for Budesonide

Age > 65 **OR** Age 50-64
+ co-morbidity*

Must also meet ALL of these criteria

1. Symptom onset within 14 days
2. PCR positive within 14 days
3. Symptoms are ongoing

If patient meets all criteria without exclusions

Explain Budesonide use for Covid-19 is an Off-label use of this drug

Prescribe (By Brand name)
Pulmicort Turbohaler 400mcg
2 doses BD for up to 14 days or until the inhaler is empty (whichever is first)

Off-label' use

-means that the medicine has a license for treating some conditions, but that the manufacturer of the medicine has not yet applied for a license for it to be used to treat your condition.

Co-Morbidity (=Flu 'at risk')

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, such as multiple sclerosis (MS) or cerebral palsy
- a learning disability
- a problem with your spleen, such as sickle cell disease, or you have had your spleen removed
- you are seriously overweight (BMI of 40 and above)

How to use Turbohaler

<https://www.asthma.org.uk/advice/inhaler-videos/turbohaler/>

How to know when a Turbohaler is empty ?

When a red mark first appears in the indicator window as shown, there are about 20 actuations left. When the red mark has filled the indicator window, the Turbohaler is empty. The brown base will still twist and 'click' even when the inhaler is empty. Note: You may hear a sound when you shake your Turbohaler. This is not caused by the medicine but by a drying agent.

Exclusions

- Patient admitted to hospital
- Known hypersensitivity to Budesonide
- Almost recovered
- Known contraindications
- Patient already using inhaled steroids
- Unable to use the inhaler