

Review

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Gastrointestinal Bleeding in Patients with New Coronavirus Infection COVID-19

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ABSTRACT Currently, the issue of coronavirus infection COVID-19 remains extremely relevant, and the SARS-CoV-2 virus also affects the gastrointestinal tract, and in some cases, coronavirus infection can be complicated by gastrointestinal bleeding. Up to 13% of COVID-19 patients have this complication. At the same time, the issue of determining risk factors for the development of gastrointestinal bleeding in patients with COVID-19 remains unresolved in the world literature. There is no single standardized approach to the treatment of gastrointestinal bleeding in patients with COVID-19. The above reasons served as prerequisites for this literature review. The purpose of the literature review is to establish risk factors and groups for gastrointestinal bleeding in patients with a new coronavirus infection, and to determine current and effective methods of treating this disease.

Keywords: gastrointestinal bleeding, coronavirus infection, COVID-19

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GIB – gastrointestinal bleeding

GI-tract – gastrointestinal tract

PPIs – proton pump inhibitors

INTRODUCTION

The first cases of the new coronavirus infection SARS-CoV-2 were registered and described in December 2019, in the Chinese city of Wuhan, Hubei province [1]. From that moment on, COVID-19 spread like lightning across all continents and grew to the scale of a pandemic. As a rule, the manifestations of this infection are accompanied by acute systemic and respiratory symptoms and syndromes: hyperthermia, cough, shortness of breath, pneumonia, up to the development of acute respiratory distress syndrome, systemic inflammatory response syndrome and multiple organ failure [2]. However, SARS-CoV-2 can also affect the gastrointestinal tract (GIT), and in addition to the usual manifestations: diarrhea, nausea, vomiting, gastrointestinal bleeding (GIB) often occurs [3–6]. According to world literature, GIB occur in 1–13% of patients hospitalized for this infection [4–8]. Predisposing risk factors for GIB in patients with the new coronavirus infection SARS-CoV-2 are the pathogenetic features of the disease, namely the tropism of the SARS-CoV-2 virus to the receptors of angiotensin-converting enzyme 2, which is widely expressed, including in the gastrointestinal tract. Another factor contributing to the occurrence of gastrointestinal bleeding is anticoagulant and antithrombotic therapy, carried out in this group of patients due to the high risk of

thrombotic complications [9, 10]. However, today there is no consensus regarding the treatment tactics of GIB in patients with SARS-CoV-2 infection. And the mutually aggravating effect of GIB on the course of the infectious process can negatively affect the effectiveness of treatment. Thus, GIB among patients with COVID-19 is an extremely urgent and complex problem that requires precision study and a multidisciplinary approach.

DISCUSSION

FREQUENCY AND SOURCES OF GASTROINTESTINAL BLEEDING IN PATIENTS WITH COVID-19

The incidence of GIB among patients with COVID-19, according to the authors, can reach 13%, while according to the results of the latest meta-analysis, which included 1,481,235 patients, the overall incidence of GIB was 2% of them, and in most cases the source of bleeding is localized in the upper sections of the gastrointestinal tract (76.6%) [4]. Similar data were obtained in another meta-analysis by *Umair Iqbal et al.*: in 76.3% of cases, the source of bleeding was in the upper gastrointestinal tract; in 23.7% the source was in the lower one [5]. *Trindade A.J. et al.* when analyzing data of 339 patients with COVID-19 with GIB, they also noted a predominant amount of bleeding from the upper gastrointestinal tract [11]. In endoscopic studies performed at 6 academic centers in New York City in March and April 2020, patients with COVID-19 showed a higher incidence of ulcerations and erosions in the upper gastrointestinal tract (30.1%) compared with uninfected patients (20.8%) [12]. Based on this study, it can be concluded that in patients with SARS-CoV-2 infection with gastrointestinal tract bleeding, the source of bleeding in most cases is located in the upper gastrointestinal tract.

The most common source of bleeding, according to the results of a meta-analysis by *Iqbal U. et al.*, was peptic ulcer, 47.5% [5]. This is also reported by *Trindade A.J. et al.* — gastroduodenal ulcers were identified in 55% of patients with GIB and COVID-19 [11]. In a study by *Martin T.A. et al.* gastric and duodenal ulcers were also the most common cause of bleeding from the upper gastrointestinal tract: in 80% of cases [13]. Similar data are presented in many other studies on COVID-19 and GIB [14–18]. Based on the above data, the source of bleeding during GIB in patients with SARS-CoV-2 infection in most cases is located in the upper gastrointestinal tract, and peptic ulcers of the stomach and duodenum are the most common cause of the development of GIB in this group of patients. Therefore, patients with COVID-19 who have a history of gastric and duodenal ulcers should pay special attention to the prevention and treatment of GIB.

RISK FACTORS

For effective prevention and treatment of GIB in patients with COVID-19, it is extremely important to understand comprehensively the risk factors. It is assumed that one of them may be anticoagulant and antithrombotic therapy, which in most cases is necessary to combat the development of thrombotic complications characteristic of SARS-CoV-2 infection [10, 19]. When analyzing data from more than 2,455 patients who received antithrombotic therapy from January 2017 to December 2021, during the COVID-19 pandemic, an almost twofold increase in the incidence of GIB from the upper gastrointestinal tract was revealed. At the same time, the authors noted significantly higher mortality rates among patients with coronavirus infection with GIB who received antithrombotic therapy compared with uninfected patients: 62.5% and 15.52%, respectively [20].

However, with further study of the literature, the assumption about the relation between the risk of GIB and anticoagulant therapy in patients with COVID-19 began to seem ambiguous. Most publications contain information that patients with GIB associated with COVID-19 were prescribed anticoagulant and antithrombotic therapy. In a multicenter study conducted in northern Italy, the vast majority, 78% of patients with GIB, received anticoagulant therapy. Of these, 35% of patients received a prophylactic dose, and 44% received a therapeutic dose [14]. In the study *Iqbal U.*, conducted using the case-control method, in the study group of patients with COVID-19 and gastrointestinal tract, the majority of patients (72.2%) received anticoagulant therapy, 27.8% of patients received a prophylactic dose, 44.4% received a therapeutic dose [18]. *Holzwanger E.A. et al.* also reported that 73% of patients received anticoagulants based on the results of a study of GIB from the lower gastrointestinal tract in patients with COVID-19 [21].

However, the question arises: is anticoagulant therapy for COVID-19 a risk factor for the development of gastrointestinal tract? In this regard, it is noteworthy that in a certain part of the studies there was no statistically significant correlation between GIB in patients with COVID-19 and anticoagulant therapy. Such data were obtained in a pseudo-randomized study by *Trindade A.J. et al.* of case-control type [11]. There was no increase in the risk of

GIB in patients with SARS-CoV-2 infection during anticoagulant therapy *Abulawi A. et al.*, in a case-control study [22]. In contrast, in the work of *Martin T.A. et al.* performed according to the same methodological principle, the authors still suggest that the use of anticoagulants may increase the incidence of GIB in patients with COVID-19, but the observed relationship was not statistically significant. The above data are consistent with the results of recent meta-analyses, in which the authors also reported that the majority of patients with SARS-CoV-2 infection and GIB received anticoagulants [4, 5]. However, *Marasco G. et al.* (based on the results of a meta-analysis) did not reveal a statistically significant effect of anticoagulant therapy on the incidence of GIB in patients with COVID-19 [4].

Thus, the effect of anticoagulant and antithrombotic therapy on the risk of developing GIB in patients with coronavirus infection remains an extremely controversial and insufficiently studied issue that requires further research, like other risk factors for the development of GIB in COVID-19.

Among other statistically significant risk factors for gastrointestinal bleeding in COVID-19, the authors identify: blood hemoglobin levels less than 10 g/l, severe abdominal pain, systolic pressure less than 90 mm Hg, long stay in the intensive care unit, as well as score 14 or higher according to *Glasgow-Blatchford* scale [17, 21–23].

However, most of these factors are not highly specific and do not allow us to sufficiently assess the risk of GIB in patients with COVID-19. At the same time, assessment of the *Glasgow-Blatchford* scale may be appropriate for risk stratification in cases of suspected GIB in patients with COVID-19. The work of *Prasoppokakorn T. et al.* is of interest, in which the following statistically significant correlation was established: the risk of GIB in patients with COVID-19 was higher if they did not take proton pump inhibitors (PPIs) [24]. Based on the above, we can conclude that reliable risk factors for GIB in patients with COVID-19 have not been clearly defined today.

TREATMENT METHODS

After performing a multicenter study, *Blackett J. W. et al.* found that the need for endoscopic methods to arrest bleeding (clipping, coagulation, injection with epinephrine) in patients with COVID-19 arose more than twofold than in uninfected patients (40% and 17.1%, respectively) [12]. *Mauro A. et al.* report on 23 cases of upper GIB, of which 5 patients required endoscopic clipping and injection of epinephrine and in one case endoscopic injection of cyanoacrylate.

In the early postoperative period, repeated bleeding was observed in 3 patients, in 2 of them embolization was performed under X-ray guidance, and in one case, repeated endoscopic intervention was performed. The mortality rate was 21.7% (5 patients) [14]. *Melazzini F. et al.* presented a series of clinical observations of 5 cases of GIB in patients with COVID-19. At the time of admission, all patients were receiving anticoagulant therapy and had no history of peptic ulcer disease. The manifestation of GIB on average was noted on the day 9, the major manifestations were severe anemia and characteristic symptoms such as melena and a dramatic decrease in blood pressure. In 4 out of 5 patients, endoscopic examination revealed ulcerative lesions of the stomach and duodenum. However, only in one case surgical intervention was required, so endoscopic clipping and injection with adrenaline were performed. The remaining 4 patients underwent conservative therapy with a positive effect. The authors reported one episode of repeated bleeding that required selective arterial embolization [16]. *Iqbal U. et al.* did not reveal statistically significant differences in the frequency of surgical treatment of GIB in patients with COVID-19 and a group of uninfected patients, performing case-control study. Among patients with SARS-CoV-2 infection, interventions were required in 22.2% of cases: endoscopic injection of adrenaline and nebulization of hemostatic spray in two patients for peptic ulcer disease, argon plasma coagulation for arteriovenous malformation of the small intestine, and endoscopic clipping for a single ulcer hepatic flexure of the colon. At the same time, the majority of cases of GIB (66.7%) in patients with COVID-19 required only conservative treatment. The authors found statistically significant differences in the number of patients who required treatment in the intensive care unit: 83.3% of patients in the COVID-19 group and 33.3% in the comparison group. 30-day mortality rates were also higher in the COVID-19 group, 38.9% and 18.5%, respectively [18]. However, these differences could be associated primarily with COVID-19 infection, and not with the fact of gastrointestinal tract. *Abulawi A. et al.* report 76 cases of gastrointestinal tract bleeding in patients with COVID-19; all patients underwent esophagogastroduodenoscopy, and 28 additionally underwent colonoscopy. In 30% of cases ($n = 26$), surgical endoscopic intervention was required: clipping (11), epinephrine injections (2) and coagulation (3), two patients underwent angiography followed by interventional embolization. The average hospital day was statistically significantly higher in the GIB group: 16 and 7 days, respectively [22].

Thus, endoscopic interventions play an important role in the effective fight against GIB in patients with *COVID-19*. However, independent conservative therapy is also effective in many cases. *Shalimar, Vaishnav M. et al.* report on the successful experience of conservative treatment of 24 patients with *COVID-19* and gastrointestinal tract. Conservative therapy included vasoconstrictors-somatostatins in 17 cases (73.9%) and vasopressin analogues in 4 patients (17.4%). All patients received PPIs and antibiotics. According to indications, red blood cell suspension, fresh frozen plasma and platelet mass were transfused to 4, 3 and 3 patients, respectively. In all observations, effective hemostasis was achieved; not a single patient required emergency endoscopic interventions. Moreover, after 5 days of observation there were no relapses of bleeding or deaths. In the further postoperative period, recurrent bleeding was observed in 2 patients [23]. *Holzwanger A. et al.* in the treatment of 11 patients with GIB located in the lower gastrointestinal tract, effective hemostasis was achieved using conservative therapy in 10 cases; only one patient required interventional embolization. However, the vast majority of patients were treated in an intensive care unit. The authors report that none of the observations required endoscopic interventions. Repeated bleeding was observed in one patient [21]. The effectiveness of embolization for GIB in patients with new coronavirus infection was studied by *Ierardi A.M. et al.* [25]. This intervention was performed in 11 patients, while repeated bleeding was observed in only one, which required additional endoscopic hemostasis. Complications were observed in 2 patients: hematoma of the groin area and ischemic rectal ulcer. In both cases, complications were managed with conservative treatment methods, and no 30-day mortality was recorded [25]. It should be noted that arterial embolization, being an effective method of combating GIB, is a technically complex intervention that also requires specialized equipment. However, this procedure has advantages over endoscopy in patients with *COVID-19* due to the reduced risk of spreading infection among staff and patients of the hospital.

Thus, a review of the literature on gastrointestinal bleeding in patients with *COVID-19* showed that in most cases, internal bleeding can be successfully treated with conservative therapy. If it is ineffective, endoscopic and interventional interventions can achieve reliable hemostasis in this group of patients. X-ray-guided embolization offers some benefits in this group of patients by reducing the risk of spread of infection. In this case, the choice of a specific intervention method depends on many factors: the location and severity of bleeding, the general condition of the patient, as well as the technical equipment and experience of the clinic. Despite the large number of publications about the successful experience of treating GIB in patients with coronavirus infection, today there is no single standardized approach to the treatment of these patients. Risk factors for the development of GIB in patients with *COVID-19* are also not well studied. However, studies on this topic with high statistical reliability, such as randomized controlled trials and meta-analyses, are rare in the world literature.

CONCLUSION

The problem of gastrointestinal bleeding in patients with *COVID-19* is extremely relevant today, and, obviously, will not lose its significance for a long time. Risk factors and methods of combating gastrointestinal bleeding in patients with coronavirus infection have not been sufficiently studied. Among the main risk factors for the development of gastrointestinal bleeding in this group of patients, a history of peptic ulcer disease and previous episodes of gastrointestinal bleeding should be highlighted, while the role of anticoagulant therapy as a risk factor is assessed ambiguously. Prophylactic use of proton pump inhibitors may reduce the risk of gastrointestinal bleeding in patients with *COVID-19*, but this statement requires further study. It is obvious that the pathogenetic features of *SARS-CoV-2*, in particular, tropism for ACE-2 receptors (angiotensin-converting enzyme), are the primary factor leading to damage to the gastrointestinal tract and an increased risk of developing gastrointestinal bleeding. The frequency of gastrointestinal bleeding in patients with *COVID-19* is not so high and on average (according to the literature) is about 2%. Patients with *COVID-19* infection and gastrointestinal bleeding are more likely to require treatment in an intensive care unit. Moreover, according to most authors, conservative therapy, endoscopic and interventional intravascular interventions can effectively combat gastrointestinal bleeding in this group of patients. However, in the world literature there is no consensus and a single standardized approach to the management of this group of patients. Interventional embolization for gastrointestinal bleeding in patients with *COVID-19* is of interest due to the reduced risk of spreading the infection. However, studies examining the effectiveness of this technique in patients with coronavirus infection are few in the world literature. Thus, further study of risk factors and methods of combating gastrointestinal bleeding in patients with *COVID-19* is required, in particular in the framework of scientific studies with high statistical reliability.

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