

Challenges in the diagnosis and management of post-covid-19 organizing pneumonia: A clinician's perspective

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Abstract

COVID-19 caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection can result in multiple complications such as long COVID syndrome, pulmonary fibrosis, and organizing pneumonia (OP). Although OP is a well-known complication of COVID-19, several challenges remain; from suspecting and confirming the diagnosis to its management. These challenges are aggravated further in patients who are critically ill and when surgical biopsy is not feasible. Post-COVID-19 OP is a subset of secondary organizing pneumonia that shares similar clinical and radiological characteristics and similar computerized tomography (CT) scan features with OP of various etiologies. In this review, we propose a clinical approach based on current available evidence for the management of COVID-19 patients with suspected OP. Typical CT findings such as consolidations, perilobular opacity, reversed halo sign and ground-glass opacities are highly suggestive of OP, but are not pathognomonic. Confirmation by histopathology should be done but when not possible, a trial of corticosteroid therapy may be considered. However, biopsy should be done if corticosteroid therapy fails or when there is clinical deterioration and worsening of hypoxia while on corticosteroid therapy especially if the onset of the symptoms is longer than two weeks.

Keywords: COVID-19; SARS-CoV-2; organizing pneumonia; corticosteroid; computerized tomography scan

Introduction

Coronavirus disease 2019 (COVID-19), caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection, is an ongoing pandemic with multiple complications including long COVID syndrome, pulmonary fibrosis, and organizing pneumonia (OP). The latter is of particular interest because of the challenges in its diagnosis and management, especially in the early course of the illness, for the clinicians managing these cases.

Defining organizing pneumonia

Organizing pneumonia is a process of pulmonary tissue repair, defined histopathologically by the presence of intra-alveolar plugs of granulation tissue (Masson bodies) consisting of fibroblasts and myofibroblasts mixed with the connective matrix. These granulation tissues extend from the alveoli into the lumen of distal bronchioles.¹⁻⁴ Various etiologies have been identified to cause organizing pneumonia (secondary organizing pneumonia). These secondary causes include viral infection, connective tissue disease, toxic fumes, and drugs.^{2,5,6} When no specific etiologies are found, it is called cryptogenic organizing pneumonia (COP). However, several studies have shown no significant clinical or radiological differences between secondary and COP.⁷⁻¹⁰ Hence, it is conceivable the two share similar pathological and clinical processes; regardless of whether a specific causative agent is found or not. When OP is linked to SARS-CoV-2 infection, it is known as post-COVID-19 OP. The definitive evidence for post-COVID-19 OP is limited as the majority of reported post-COVID-19 OP were not biopsy-confirmed but rather diagnosed based on clinical presentation and computerized tomography (CT) findings [Table I] and hence, should be interpreted cautiously.¹¹⁻²³

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Table I

Case reports & case series on post-COVID-19 OP. Abbreviations: GGO: Ground-glass opacity.

	DATE OF CT SCAN (Day of illness)	CT SCAN FINDINGS	BIOPSY PERFORMED	TREATMENT	TIMING OF TREATMENT (Day of illness)	RESPONSE TO TREATMENT
Okamori et al., July 2020	Day 13 (estimation)	Consolidation with reversed halo sign, traction bronchiectasis, and volume loss of the lower lobes.	No	1,000mg methylprednisolone daily for 3 days, followed by a daily dose of 80mg/day (1 mg/kg) prednisolone. Tapered and off within 18 days of admission (12 days of steroid).	Day 13 (estimation)	Improved, response rate unclear.
	Day 13 (estimation)	Bilateral Consolidations with band-like opacities and distributed in subpleural or peri-bronchial region. Traction bronchiectasis was also present.	No	50mg/day (0.75 mg/kg). Tapered and off within 18 days of admission (12 days of steroid).	Day 13 (estimation)	Improved, response rate unclear.
de Oliveira Filho et al., Feb 2021	Day 21	Peripheral areas of consolidation in both lower lobes.	No	Prednisone at 1 mg/kg. Tapering dose not reported.	Day 26	Improved, response rate unclear.
	Day 14	Patchy areas of subpleural consolidation, peribular distribution with reticular opacities.	No	Prednisone at 1 mg/kg. Tapering dose not reported.	Day 23	Tapering off ventilatory support in less than 48 hours.
	Day 14	Consolidation and GGOs with peribular distribution.	No	Prednisone at 1 mg/kg. Tapering dose not reported.	Day 23	De-escalating to low-flow nasal cannula from CPAP after three doses of steroid.

Kanaoka et al., Feb 2021	Day 26	GGOs and consolidations.	Yes	Prednisolone at 1 mg/kg/day (60mg) for a week and reduced to 0.5mg/kg/day for 6 weeks, followed by 15mg OD.	Day 35	From nasal prong oxygen to room air within 7 days.
	Day 43	GGOs and consolidations.	Yes	Prednisolone at 1 mg/kg/day (60mg) for a week and reduced to 0.5mg/kg/day for 4 weeks, followed by 20mg OD.	Day 51	Improved within 7 days with resolution of hypoxia on exertion.
Horii et al., November 2020	Day 17 (estimation)	Previous ground glass opacities progressed to lung consolidation without new GGOs.	No	Prednisolone ay 1 mg/kg/day (60mg). Then, tapering down gradually (approximately 10mg per week) to 30mg upon discharge (28 days of inpatient steroid). After discharge, prednisolone was tapered down to 20 mg for 20 days, 10 mg for 14 days and 5 mg for 14 days and discontinued thereafter.	Day 17 (estimation)	From 10 L/ min oxygen requirement to 1L/min after 3 days.
Kim et al., October 2020	Day 20	Multiple patchy areas of consolidation, mainly in the sub-pleural zones of the right lower lobe with GGOs.	No	Methylprednisolone at 40 mg for 3 days, followed by prednisolone 30mg for 3 days and 20mg for 2 days.	Day 27	From 4L/ min nasal cannula to 2L/ min within 48 hours.

Simões JP et al., Jan 2021	Day 30	Diffuse patchy consolidations and GGOs with band opacities and perilobular distribution.	No	Prednisolone at 1mg/kg/day for 16 days and were tapered over 13 weeks	Day 30 (presumed)	Improvement within 36 hours and complete resolution of respiratory failure within 7 days.
	Day 30	Patchy consolidations and GGOs with peripheral and peribronchic distribution	No	Methylprednisolone 1mg/kg/day for 20 days and were tapered over 13 weeks	Day 30 (presumed)	Resolution of respiratory failure within 6 days.
Pogatchnik et al., August 2020	3 weeks (approximation)	Patchy GGOs distributed peripherally in the lungs and crazy paving patterns	Yes	Remdesivir; other medications not mentioned.	N/A	Clinically recovers and CT imaging 26 days later showed minimal residual opacities.
Giannakis et al., June 2021	Day 22	GGOS with crazy paving; “bullseye” and “reversed halo” sign.	No	Dexamethasone (unknown dose and duration)	N/A	Improved and discharged home.
Seo H et al., February 2021	Day 17	GGOs with consolidations	Yes	No steroid given	N/A	Improved and discharged home.
Funk et al., April 2021	4 weeks (approximation)	Patchy subpleural GGOs and linear consolidation	Yes	No steroid given	N/A	N/A

Tamura et al., December 2020	Day 19	Consolidation with traction bronchiectasis and volume loss.	No	Methylprednisolone 1000mg for 3 days followed by prednisolone 40mg (0.5mg/kg/day). Tapering regime not known.	Day 19	Extubated 3 days after initiation of therapy.
	N/A		No	Methylprednisolone 1000mg for 3 days followed by prednisolone 30mg (0.5mg/kg/day). Tapering regime not known.	Day 15	Extubated 6 days after initiation of therapy.
	N/A		No	Methylprednisolone 1000mg for 3 days	Day 29	Extubated the next day.
	N/A		No	Methylprednisolone 1000mg for 3 days followed by prednisolone 30mg (0.5mg/kg/day). Tapering regime not known.	Day 14	Extubated 15 days after initiation of therapy.
Cortés Colorado et al., June 2021	Day 11 (approximation)	GGOs, peribronchovascular consolidation, and bilateral pleural effusion.	Yes	Prednisolone 1mg/kg/day. Tapering regime not known.	N/A	Radiological improvement after 15 days of steroid. Clinical details are not available.

Ng et al., October 2021	Approximately 2 months	Bilateral GGOs with visible intralobular lines	No	Methylprednisolone 500 mg/day for 3 days, followed by intravenous dexamethasone 6 mg/day for 10 days. Then, oral prednisolone of 0.5 mg/kg/day for 4 weeks, followed by 20 mg/day for 4 weeks tapered to 10 mg/day for 2 weeks and 5 mg/day for 2 weeks	N/A	Improved over 2 weeks
	Approximately 2 months	Right middle lobe consolidative mass	Yes	Prednisolone at 0.5 mg/kg/day for 4 weeks, then 20 mg/ day for 4 weeks, followed by 10 mg/ day for another 2 weeks and tapered over 3 months.	N/A	Improved at outpatient review at 12 weeks. Inpatient details not reported.

Are post-COVID-19 OP and DAD the same?

Katzenstein et al. introduced the term “diffuse alveolar damage” (DAD) to describe the histopathological changes that occur in the lung after insults from different aetiologies.²⁴ Since then, this histopathological description was considered the hallmark finding for acute respiratory distress syndrome (ARDS), although several later studies showed not all ARDSs have histological findings of DAD.²⁵⁻³² Although DAD is not pathognomonic of COVID-19 pneumonia, the main pulmonary pathology in COVID-19 is DAD characterized by histopathologic evidence of oedema, endothelial and alveolar lining cell injury with the presence of hyaline membrane.³³⁻³⁵

DAD is divided into 3 phases, namely: early exudative phase, proliferative/organizing phase, and the fibrotic phase. The early (acute) exudative phase is characterized by edema, hyaline membranes, and interstitial acute inflammation. This is followed by the subacute (proliferative/organizing) phase with loose organizing fibrosis predominantly within alveolar septa and the presence of type II pneumocyte hyperplasia.^{25,36-39} The proliferative phase typically occurs a week after the exudative phase and is replaced by the fibrotic phase 2-3 weeks later; although these phases tend to overlap.^{40,41}

Thus, one important differential for OP is DAD in the proliferative or organizing phase, but such distinction is not always clear.^{39,42,43} As they share similar histopathological descriptions, it is of interest to know if the organizing phase of DAD is a separate entity from OP or they are inter-related entities within the spectrum of the same pathology. Histologically, the proliferative phase of DAD is evident by the

presence of myofibroblasts in both the intra-alveolar and interstitial space. Although the fibroblast-myofibroblast mixed matrix is also present in OP, the interstitial space is usually spared or only mildly inflamed, with relative preservation of the general architecture of lung parenchyma.^{44,45} Interestingly, foci of OP may also be found in the DAD process, which makes differentiating OP from DAD difficult.^{42,46}

A separate histopathological entity, known as acute fibrinous and organizing pneumonia (AFOP), is worth mentioning here. AFOP is diagnosed by histopathological evidence of intra-alveolar fibrin deposition, often described as “fibrin ball” in addition to the intraluminal loose connective tissue with the absence of hyaline membrane as seen in OP.⁴⁷ It is uncertain whether AFOP is an entity alongside DAD and OP or whether it results from tissue sampling issues.³ A full discussion of AFOP is beyond the scope of this review. However, it is crucial to realize that it shares significant similarities with OP and DAD on CT scan; and responds somewhat well to corticosteroid therapy.⁴⁸⁻⁵¹ AFOP, once thought rare, has been reported fairly frequent in COVID-19 patients with ARDS.^{33,41,52,53} Hence, a patient with COVID-19 may have pneumonia with or without ARDS from DAD, secondary OP, or AFOP; and all 3 are not easily differentiated from each other by CT as described later in this review.

Earlier studies had reported the proliferative phase of DAD to be steroid responsive.^{54,55} However these studies included cases with somewhat preserved lung architecture histologically which might very well be OP after all. It is uncertain if DAD, in its entirety is steroid-responsive or whether the proliferative phase of DAD, which is histologically similar to OP,

determines its responsiveness to corticosteroid therapy. The heterogeneity of histopathological findings in ARDS could explain the mixed responsiveness to corticosteroid therapy.⁵⁶⁻⁵⁹

OP has a wide range of clinical features and severity. They often mimic other lung diseases and requires high clinical suspicion followed by histopathological confirmation for diagnosis.^{8,38} Although OP usually has a subacute presentation with symptoms such as cough, dyspnea, fever, malaise and flu-like symptoms, a more severe and acute form has been reported.^{60,61} Similarly, DAD which is often linked to ARDS, would also have various presentations depending on the underlying causes. Although, DAD are generally more severe and of acute onset.^{44,62,63}

The understanding of the natural course and histopathological process of both OP and DAD is crucial to help us in diagnosing post-COVID-19 OP. Hence, a patient who had a subacute presentation of dyspnea and cough after recovering from COVID-19 weeks later should raise the suspicion of OP rather than DAD. However, difficulty remains in patients with COVID-19 who have progressively worsening respiratory illness within the first two weeks of infection; differentiating between worsening DAD from OP is challenging.

Can CT differentiate between DAD and OP?

Typical CT findings of ARDS include areas of ground-glass opacities (GGO), reticular opacities with or without tractional bronchiectasis, and areas of consolidation.⁶⁴⁻⁶⁶ Similarly, CT findings of COVID-19 pneumonia demonstrates an initial phase

of GGO followed by a later phase of crazy-paving pattern, consolidation, interstitial thickening and/or interlobular septal thickening although these patterns often overlap.⁶⁷⁻⁷¹

Comparisons between CT findings of ARDS/DAD and histopathology findings are very limited before the COVID-19 pandemic, and these comparisons were done at a time when histopathology definition and understanding were different.^{64,72} A study conducted by Ichikado et al. comparing CT and histopathology findings in hyperoxia-induced DAD in pigs, showed that the normal attenuation area, GGO and interlobular septal thickening correlated with the exudative phase while heterogeneous attenuation and traction bronchiolectasis correlated with the early proliferative phase of DAD respectively.⁷³

Although the COVID-19 pandemic has sparked a surge in studies about DAD, these studies were entirely post-mortem; and CT-histopathology comparison studies are scarce.^{53,74-77} Kianzad et al. compared the autopsy findings of COVID-19 patients who had chest CT 72-hours prior to death, showed that patchy GGO corresponded to the exudative phase of DAD while the presence of thickened interlobular septa corresponded to both exudative and proliferative phases of DAD.⁷⁸ CT findings of areas of consolidation generally correlated with the proliferative phase of DAD. In addition, well-demarcated consolidation areas correlated with AFOP. On the other hand, a CT-histology comparative study by Henkel et al. showed heterogeneous findings instead.⁷⁴ However, the patients in this study had wide-ranging intervals between CT imaging day and death.

Typical CT features of OP include the presence of consolidations, peribular opacity, reversed halo sign (atoll sign) and ground-glass opacities (Figure 1). However, these features are not pathognomonic, and they often overlapped with DAD of COVID-19 and other viral pneumonia.⁷⁹⁻⁸¹

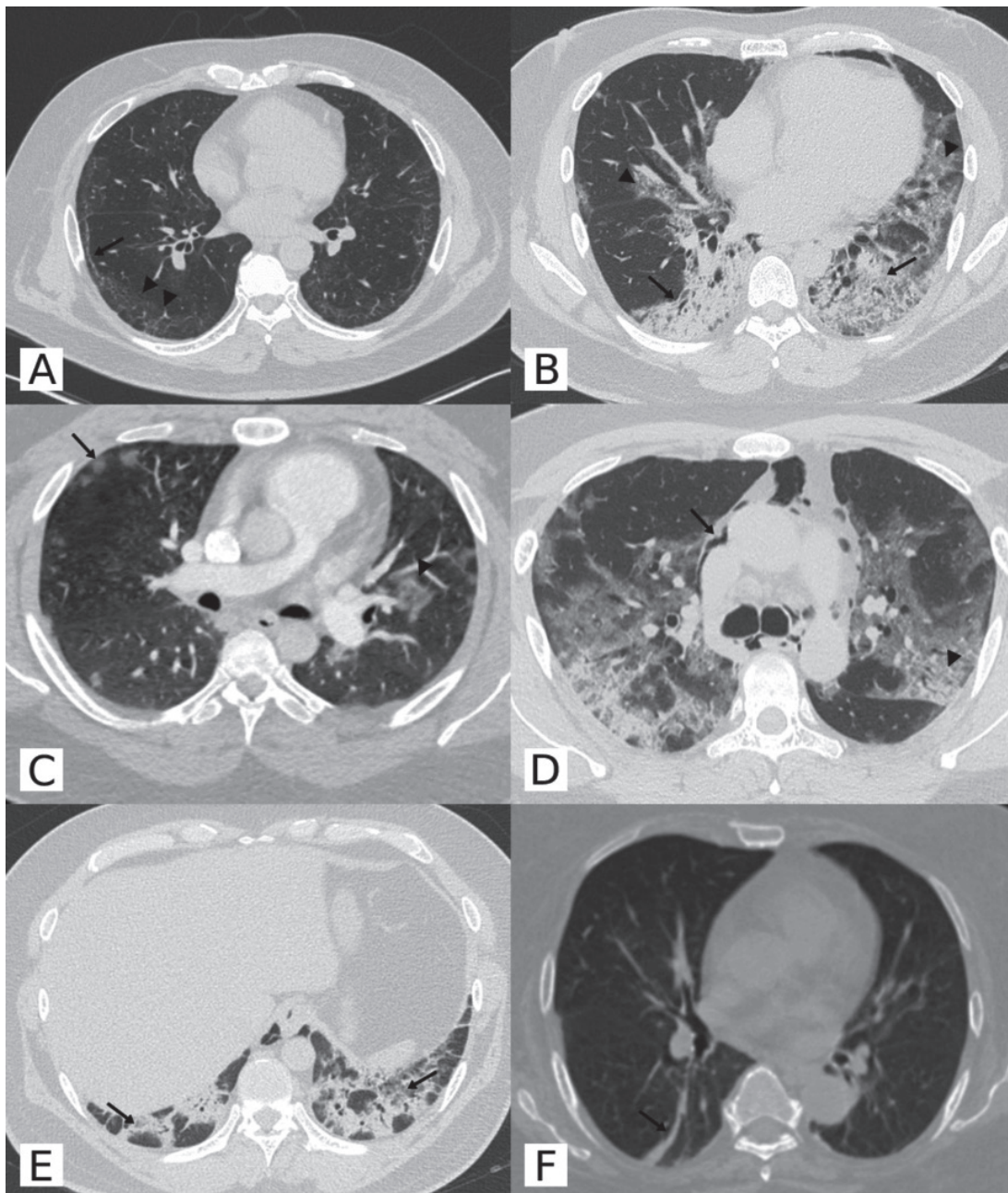


Figure 1

(A) Mild ground-glass opacity (arrowhead) with mild reticular abnormality and subpleural bands (arrow). (B) Bilateral subpleural and bronchocentric consolidation (arrow) with bronchocentric ground-glass opacities (arrowhead). (C) Nodular ground-glass opacities (arrow) with atoll sign (arrowhead). (D) Pneumomediastinum (arrow) and crazy paving pattern (arrowhead). (E) Peribular pattern (arrow) bilaterally with arcade-like or polygonal curvilinear opacities. (F) Band-like opacity (arrow).

Many studies attempted to correlate the temporal changes in CT features and the duration of symptoms of COVID-19.^{67,68,71,82-84} An analysis of these studies together (Figure II) shows that GGO and consolidation are the most common features during the earlier course the disease becoming less common with time along with an increment of band opacities or reticulation. Similar correlative studies for COP showed the most frequent initial CT findings are GGO, consolidation, nodules and reticulation.^{85,86} Unfortunately, the widely differing intervals between the time when CT scan was done and symptoms onset in these studies prevent direct comparison between COVID-19 secondary OP and cryptogenic OP.

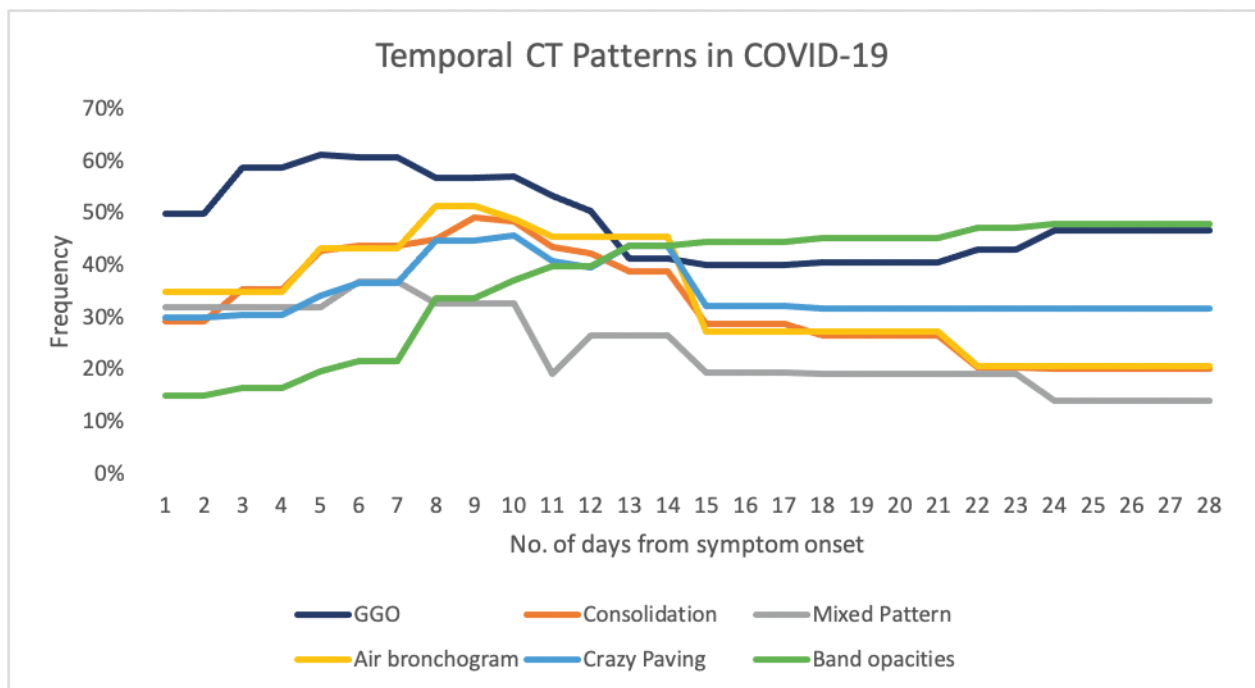


Figure II

Graph showing the temporal frequency of different CT findings (A combined analysis of multiple studies). Mixed pattern is referring to mixed GGOs with consolidations. Abbreviation: GGO: ground-glass opacity.

Various studies on the time of appearance of CT features of COVID-19 OP have reported varying time intervals. Jeong et al. and Cereser et al. reported an astounding >90% of COVID-19 patients developed CT features of OP within a mean and median time of 5.5 ± 2.7 and five days, respectively, from symptoms onset.^{87,88} However, these numbers may be an overestimation as

the CT features of organizing phase of DAD are not easily differentiated from OP, as discussed earlier. In addition, different CT definitions for OP may have been used in these studies. In contrast, other studies have reported a wider range of approximately 7 to 21 days for CT features of post-COVID-19 OP being present from symptoms onset.⁸⁹⁻⁹¹ Autopsy studies

revealed a third of deceased COVID-19 patients had focal and diffuse OP between⁵⁻³⁴ days from symptoms onset with the majority of diffuse pattern occurring after more than ten days.⁹²

We can conclude that CT findings alone is inadequate to diagnose post-COVID-19 OP. Studies comparing CT with histopathology findings in COVID-19 are needed to estimate the positive or negative predictive values of CT features in post-COVID-19 OP.

Is biopsy required for management of post-COVID-19 OP?

This is a tricky question. Although histopathology can confirm the diagnosis of OP, the heterogeneity of lung pathology in OP means highly selective and adequate biopsy sampling is required, which may not be feasible via the transbronchial approach. Hence surgically obtained lung biopsy is preferred over transbronchial biopsy but patients with ARDS or post-COVID-19 OP are often ill and may not be suitable for surgical biopsy.⁹³ Although there may be attempts to diagnose and treat OP without histopathology, for example in critically ill patients or whenever biopsy is not feasible; such an approach could lead to problems later if these patients do not respond to corticosteroid therapy.^{2,94}

There are many success stories on the management of suspected post-COVID-19 OP without the need for biopsy [Table I]. The typical CT patterns and dramatic response to corticosteroid therapy lend credence to these 'clinically diagnosed' OP. An analysis of these cases suggests post-COVID-19 OP typically developed within 2-3 weeks after onset of first symptoms. However, it is important to know that OP may have developed earlier and was only diagnosed either by

non-resolving or recurrence of respiratory failure after a period of improvement. A study by Rocha et al. on critically ill COVID-19 patients with CT features of OP without biopsy reported a very good response to high dose corticosteroid therapy.⁹⁵ These patients were at an average of 8.9 days from symptoms onset with a standard deviation (SD) of 3.9. However, there was no control group for comparison, and corticosteroid of OP dosage was started relatively late at an average of $13.0 \pm \text{SD } 5.5$ days from symptoms onset. The reported survival rate was 92%.

Since there are no randomized controlled trials for CT-only approach versus biopsy-diagnosed approach, it is impossible to predict which patient would fail to respond to corticosteroid therapy. Nevertheless, multiple cases of post-influenza OP have been reported, and these were often diagnosed solely on CT alone together with knowledge of disease progression. Since post-influenza OP and post-COVID-19 OP share similar disease progression, diagnosis by CT-only approach for the latter may be clinically feasible if the clinical scenario and timeline fit.^{60,96,97} However, if there is an unsatisfactory response to corticosteroid, biopsy should be performed.

Management of post-COVID-19 OP

The mainstay of therapy for OP is corticosteroid. Typically in COP prednisolone is started at a dose of 0.75-1 mg/kg/day for 2-4 weeks and tapered gradually over 3-6 months.^{38,98-100} Mild stable cases of COP can just be monitored carefully for spontaneous recovery or managed with macrolides.¹⁰¹⁻¹⁰³ Corticosteroid regimens in secondary OP varies as there are no large comparative trials for different treatment regimes. Evidences were largely based on case reports

and observational studies, with some clinicians using the treatment regime for COP while others initiate prednisolone at a lower dose of 0.5mg/kg/day.^{6,20,21,60,96,97,104-107}

Similarly, there are no randomized studies yet for post-COVID-19 OP. Most of the evidences are based on previous experience and from case reports. Different treatment regimens were used with a shorter duration of tapering dose. In a prospective observational study by Myall et al., 30 out of 35 patients diagnosed with OP with CT scan 6 weeks after COVID-19 infection were started with prednisolone 0.5mg/kg/day and weaned over three weeks.¹⁰⁸ The remaining five patients were considered unsuitable for corticosteroid therapy either due to comorbidity or, limited or improving symptoms. The patients who received prednisolone in this study showed significant clinical and radiological improvements although it is unclear if any relapses occurred. It is important to note that this cohort of patients had baseline characteristics that were different from those reported in case reports/series. They were comparatively less severe and were diagnosed 6 weeks later. Whether this treatment regimen would work for more severe cases or those with earlier onset of OP is unknown.

Does routine corticosteroid therapy for COVID-19 pneumonia interfere with diagnosis of OP?

The landmark RECOVERY trial has defined the course of treatment for COVID-19 with the usage of dexamethasone 6 mg/day for ten days in patients requiring oxygen supplementation or mechanical ventilation.¹⁰⁹ An important sub-analysis from this study of patients with symptoms >7 days reported better response to dexamethasone than those with

symptoms ≤ 7 days, with the median time of 13 days in ventilated patients. This raises the question of whether the better response rate in the former was due to the presence of OP rather than just simple pneumonia. Similar trends were found when we sub-analyzed the results from several other studies.¹¹⁰⁻¹¹⁴ Studies that reported no benefit with corticosteroids either had a relatively earlier initiation of treatment from the onset of symptoms; or patients were given methylprednisolone pulse doses resulting in shorter treatment duration.¹¹⁵⁻¹¹⁸

There are no data or guidelines available on when to suspect OP for COVID-19 patients receiving dexamethasone therapy. Segala et al. reported a case series consisting of ten patients who developed post-COVID-19 OP diagnosed with CT scan after receiving the standard therapy of dexamethasone 6mg OD for ten days. In these patients, at least 20 days had transpired from symptoms onset before the diagnosis of post-COVID-19 OP. They were treated with methylprednisolone with gradual tapering of dosages every three days. Eight patients were successfully weaned off from oxygen supplementation and discharged within two weeks of treatment.¹¹⁹

In clinical practice, OP should be suspected when there is clinical deterioration and worsening hypoxia despite being on dexamethasone therapy, especially if the onset of the symptoms is more than two weeks. High-resolution CT scan is the preferred imaging, and other causes should be ruled out including ventilator-associated pneumonia. Lung biopsy is recommended when feasible and when patients failed to respond to standard OP therapy. A suggested approach is shown in [Figure III](#).

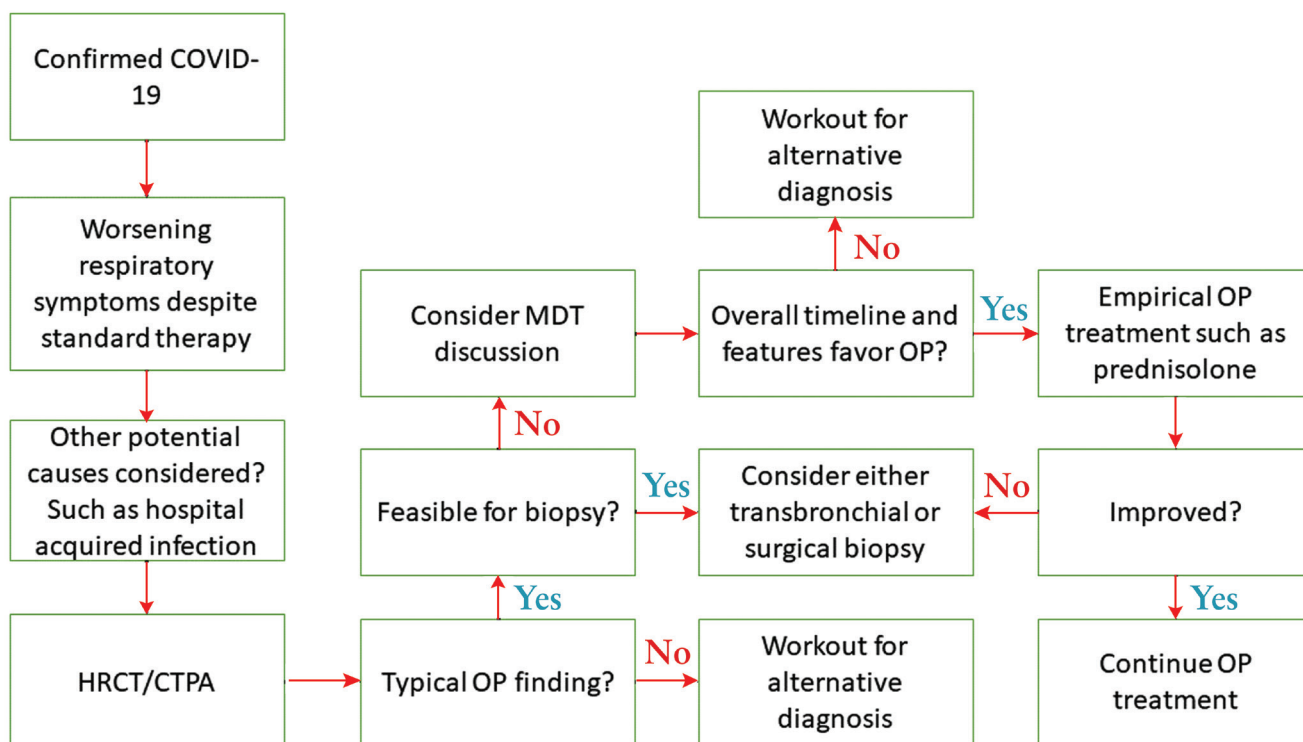


Figure III

Flow diagram on suggested approach for post-COVID-19 OP.

Abbreviations: **HRCT:** high-resolution computed tomography. **CTPA:** computed tomography pulmonary angiography. **OP:** organizing pneumonia. **MDT:** multidisciplinary team.

Conclusion

In summary, post-COVID-19 OP should not be diagnosed from CT alone without clinical context because DAD can show similar CT features. However, OP should be suspected when there is no clinical improvement or worsening hypoxia especially after 1-2 weeks from the onset of symptoms. When lung biopsy is not feasible, a trial of prednisolone 0.5-1.0 mg/kg od (or equivalent) is justifiable. If there is no clinical improvement, biopsy should be considered,

preferably with a multidisciplinary team involving infectious disease physician, respiratory physician, radiologist, and pathologist.

Conflict of interest

The authors declared that they each have no conflict of interest.

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