

ВРЕМЕННЫЕ МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ

ПРОФИЛАКТИКА, ДИАГНОСТИКА
И ЛЕЧЕНИЕ НОВОЙ КОРОНАВИРУСНОЙ
ИНФЕКЦИИ (COVID-19)

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**МИНИСТЕРСТВО
ЗДРАВООХРАНЕНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ**

The Russian Ministry of Health has approved a new version of the temporary guidelines “Prevention, diagnosis and treatment of the new coronavirus disease (COVID-19)” developed by leading Russian health experts. The 11th edition contains improved methods of prevention, diagnosis, and treatment of COVID-19.

Excerpt from a new edition:

One of the most perspective methods of treatment of Acute Respiratory Distress Syndrome (ARDS) associated with COVID-19 is the application of exogenous surfactant. The most important property of exogenous surfactant is the ability to decrease surface tension in the alveoli. Besides, surfactant participates in the barrier and protective functions of the lungs affecting innate and adaptive local immunity. In ARDS, damage of the alveolocyte of the second group occurs which leads to a violation of the synthesis of the pulmonary surfactant de novo. As a result of the release of white blood cells and plasma proteins into the alveolar space, the surfactant is inhibited.

In Russia, the use of the natural formulation Surfactant-BL is allowed for the treatment of ARDS in adult patients. According to the results of pilot studies, the use of Surfactant-BL inhalations in ARDS associated with COVID-19 was accompanied by an improvement in the level of oxygenation and a reduction in the risk of using invasive respiratory support. The formulation is recommended to be prescribed at $SpO_2 \leq 92\%$ in non-intubated patients using a nebulizer (mesh nebulizers have an advantage) at a dose of 75-150 mg 2 times a day for 3-5 days.