

Neuromuscular Diseases and COVID19: Murky Times and Old New Weapons: An Opinion Brazilian Physicians

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The murky times which the COVID-19 pandemic is demanding deep thought from us, and changes in our life habits, as specific vaccination and antiviral treatment not yet visible, it is up to us to use our individual conscience to the strengthening of social isolation measures, in the pursuit of flattening the incidence curve; and with this done, avoid overloading health systems.

Likewise, we must pay special attention to some social groups that present specific clinical conditions that require care and health care for your condition already known and the possibility of its undesirable participation in the scenario of this pandemic.

The well-known nosographic group of neuromuscular diseases is comprised of wide diversity of different diagnoses, with varying levels of their disabilities, and therefore, in very asymmetric phases and stages.

Thereby, making specific recommendations for this set of varied conditions goes beyond the scope of this text, however, some guidelines can and should be highlighted both for patients, their families and caregivers, as much as for the health team when required, in cases of contamination by SARS-COV-2.

Scientifically recognized associations and groups have already defined the guidelines that define the risk criteria for the possibility of a more severe course of the disease, even in more stable clinical conditions of those referred before. Reference should be made to a possible weakness of the intercostal and diaphragmatic muscles, with respiratory volumes lower than those needed; ineffective cough due to additional weakness of the oropharyngeal muscles; the presence of tracheal changes due to previous use of ventilation equipment; the cardiac involvement in some clinical categories; the risk of rhabdomyolysis due to fever and infections; the worsening due to concomitant morbidities, such as diabetes mellitus, hypertension and obesity, situations that alone can add to the worsening inflammatory process linked to infections in general; and also the group of patients in use of corticosteroids and immunosuppressants.

Despite the adverse psychic conditions that can occur, social isolation must be presented and stimulated for everyone, especially in patients with neuromuscular diseases, with seminal measure to avoid the exposure and spread of SARS-COV-2.

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The measures already recommended by official health organizations, such as often hand washing with soap and the use of protective masks must be incorporated into the habits of daily life. To caregivers and health professionals who move from their homes to the care of patients in need of greater care, the use of personal protection equipment (PPE) is indicated [1-4].

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