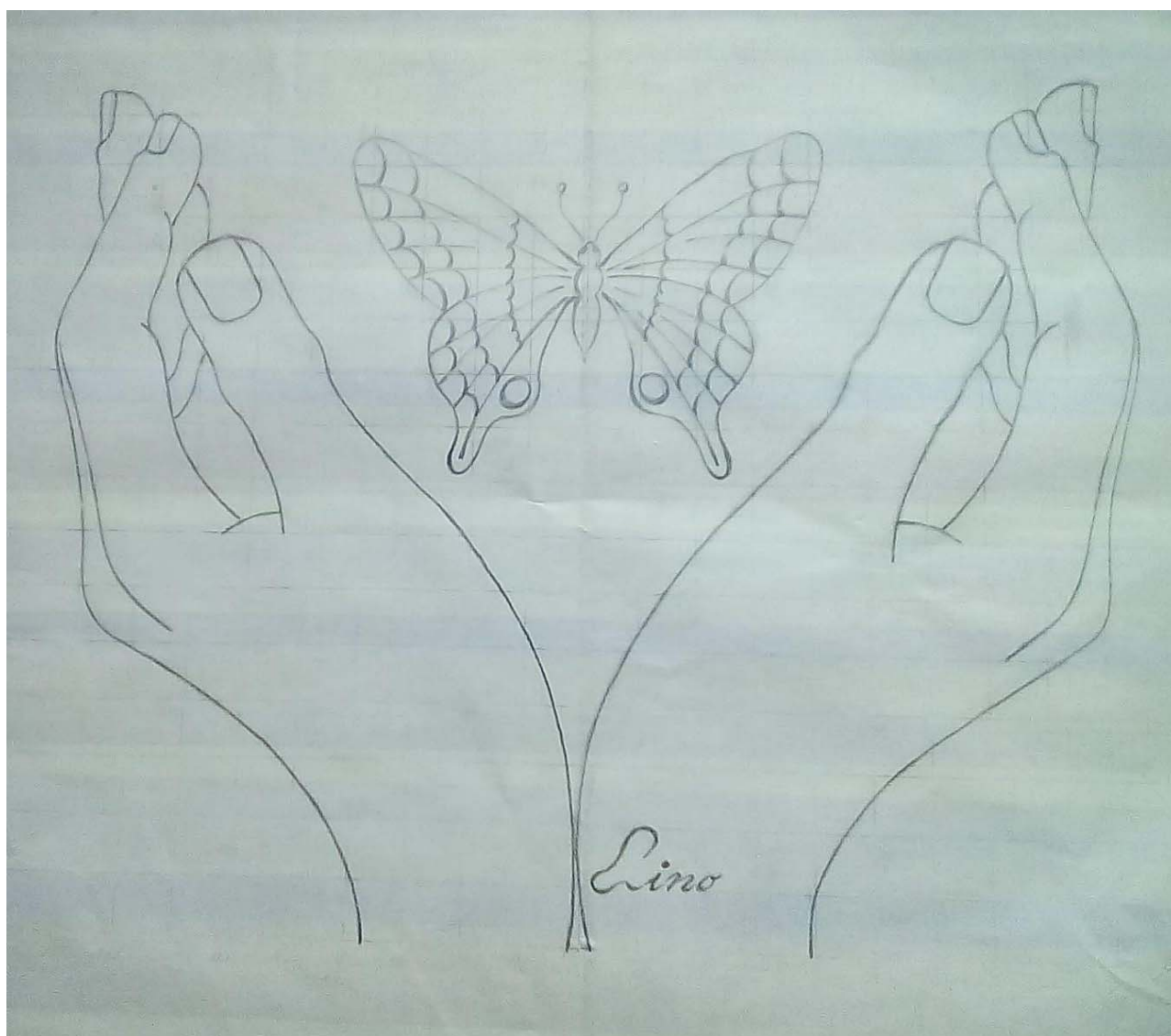


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Home therapy of the Sars-Cov-19 Omicron variant: our experience.

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KEYWORDS: Sars-Cov-19, Omicron, Pandemic.

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ABSTRACT

Background: The SARS-Cov-2 pandemic began in Italy with the Delta variant in 2019. Even today, with the Omicron variant, the SARS-Cov-2 pandemic represents the main health emergency in the country. This variant is less virulent than the Delta variant but, at the same time, is more contagious. The higher contagiousness of the Omicron variant, compared to the Delta variant, once again puts a strain on the Hospital and Territorial health system. **Aim:** The aim of our study is to highlight the effect of the home therapy called Protocol-Lino. This therapeutic scheme involves the oral administration of drugs and, only in case of strict necessity, requires the drugs to be administered subcutaneously (Tab. 1). **Materials and Methods:** On January 17, 2022, we began the drafting of this scientific study: 69 patients were enrolled in our project but only 30 subjects have currently completed the protocol and sent the Covid-19 molecular test results, which proved to be negative. Therefore, our study discloses only the data concerning this limited group of 30 patients enrolled in the protocol (16 men and 14 women) affected by SARS-Cov-2 variant Omicron. The enrolled subjects had a mean age of 44 + 21 years (with a minimum age of 10 years and a maximum age of 92 years). All the subjects enrolled in the study provided their informed consent to the therapy, clinical telemonitoring and remote assistance, which is essential to ensure continuity of hospital care for Non-Covid patients. All the enrolled subjects continued their pharmacological treatments for chronic diseases in progress in compliance with professional ethics. At the time of enrolment, patients underwent an anamnestic investigation in order to exclude any drug allergies or possible adverse reactions. The sample of 30 enrolled subjects was divided, during the statistical processing of the data, into three different groups. The treatment protocol has been summarized in table number 1 (Tab.1). The clinical parameters and anamnestic data of the enrolled subjects were statistically processed using the SigmaStat 3.5 software for Windows. The paired T-test was used to analyze the different variables measured before and after the treatment envisaged in the Protocol-Lino in order to confirm the efficacy of the therapeutical scheme. Statistical significance was set at $P < 0.05$. **Results:** The results of our study allowed us to highlight a statistically significant improvement in heart rate and oxygen saturation values as a result of the continued administration of the treatment, which was carried on up to the negativization of the Covid-19 molecular test in all the 30 enrolled patients. As a matter of fact, we noted a statistically significant reduction in heart rate in all the enrolled subjects – more precisely, in both the two subgroups

of patients created by differentiating subjects over 60 and subjects under 60 years of age. In the same way, the data showed an increase in the value of oxygen saturation, as a result of the treatment administrated up till the negative result of the Covid-19 molecular test, both in the two subgroups obtained by discriminating on the basis of age above or below 60 years. **Discussion:** The persistent SARS-Cov pandemic in its various variants still puts a strain on hospital and territorial medical nursing activities today. The treatment envisaged in our Protocol-Lino is based on the experience carried out during the first Delta variant pandemic; it was developed with appropriate modifications linked to the lower virulence of the variant associated with its greater diffusibility compared to the previous variants in circulation in Italy. The treatment that we propose allows to treat the inflammatory pulmonary component by means of antibiotic therapy with macrolide, and avoids the overlap of opportunistic bacterial infections. The treatment with N-Acetyl-Cysteine was added in order to guarantee a fluidifying therapy of the pulmonary secretions as well as an adequate protection of the organism from the oxidative stress induced by the infection. The treatment with Ferachel forte was introduced in order to guarantee an adequate supply of iron and essential microelements as cofactors of the main enzymatic activities of the organism. The Squdo Nutraceutical has been included in the protocol in order to support and enhance the immune defenses through the action of lactoferrin and the trace elements present in the compound. **Conclusion:** The data presented in our study allow us to highlight the significant improvement in oxygen saturation in patients undergoing treatment with Protocol-Lino. The identification of two subgroups of patients, who were split into two broad age groups with a range of below and above 60 years of age, has allowed us to confirm the efficacy of the treatment in all population groups and confirm the safety of the treatment even in elderly patients.

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