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RESEARCH ARTICLE



Intermediate-dose anticoagulation, aspirin, and in-hospital mortality in COVID-19: A propensity score-matched analysis

Matthew L. Meizlish¹ | George Goshua² | Yiwen Liu³ | Rebecca Fine⁴ |
Kejal Amin⁵ | Eric Chang² | Nicholas DeFilippo^{5,6} | Craig Keating⁷ | Yuxin Liu² |
Michael Mankbadi⁴ | Dayna McManus⁵ | Stephen Y. Wang⁴ | Christina Price⁸ |
Robert D. Bona² | Cassius Iyad Ochoa Chara⁹ | Hyung J. Chun¹⁰ |
Alexander B. Pine² | Henry M. Rinder^{2,11} | Jonathan M. Siner¹² |
Donna S. Neuberg³ | Kent A. Owusu^{5,13} | Alfred Ian Lee²

Background

- Thrombosis is among the most devastating complications of COVID19.
- A common global practice has been to administer escalated intensities of antithrombotic therapy beyond standard prophylactic-dose anticoagulation in hospitalized COVID-19 patients.
- To date, no large-scale study has compared the effects of intermediate- versus prophylactic-dose anticoagulation.
- Regarding antiplatelet therapy, no consensus guidelines are available regarding aspirin use in COVID-19, reflecting a paucity of data in this regard.

AIM of the study

- To examine the impact of intermediate-dose anticoagulation and aspirin on in-hospital mortality in COVID-19 patients.

Methods

- Retrospective study
- Two separate, cohorts of patients:
 - who received intermediate- or prophylactic-dose anticoagulation (“anticoagulation cohort”, N = 1624);
 - who were not on home antiplatelet therapy and received either in-hospital aspirin or no antiplatelet therapy (“aspirin cohort”, N = 1956).
- The primary outcome was cumulative incidence of in-hospital death.

Results (I)

- The overall study cohort consisted of 2785 patients .
- Half of patients were male (50.1%; N = 1396).
- The majority were over 60 years old (58.4%; N = 1627).
- Among all patients, 13.8% (N = 383) died in the hospital; 83.7% (N = 2330) were discharged alive, while 2.6% (N = 72) remained in the hospital at the time of data abstraction.
- Age > 60, male sex, obesity, and the maximum D-dimer level during hospitalization (DDmax) were significantly associated with in-hospital death, in keeping with prior studies.

TABLE 1 Multivariable analysis of in-hospital death in the overall study cohort

		Cumulative incidence of in-hospital death (competing risks model)		
		HR for death	CI	p value
Age > 60 years		3.545	2.599–4.836	< .001
Male sex		1.315	1.070–1.618	.009
Obesity		1.356	1.101–1.670	.004
Cardiovascular disease		1.014	0.799–1.286	.91
African-American		0.850	0.670–1.077	.18
DDmax		1.040	1.030–1.051	< .001
RI on admission	Quartile 1	6.713	4.860–9.274	< .001
	Quartile 2	2.764	1.958–3.903	< .001

Note: Multivariable regression analysis was performed within the overall study cohort to examine the association of in-hospital death with covariates. Cumulative incidence of in-hospital death was evaluated in a competing risks model with hospital discharge, and hazard ratios (HR) for in-hospital death were reported. For the maximum D-dimer level during hospitalization (DDmax), the hazard ratio represents the effect of an increase of one fibrinogen equivalent unit.

Abbreviations: CI, 95% confidence interval; DDmax, maximum D-dimer level during hospitalization; HR, hazard ratio; RI, Rothman Index.

Results (II)

- Treatment with intermediate- compared to prophylactic-dose anticoagulation was associated with a significantly lower cumulative incidence of in-hospital death on multivariable regression (HR 0.518 [0.308–0.872]).
- The use of in-hospital aspirin compared to no antiplatelet therapy was associated with a significantly lower cumulative incidence of in-hospital death on multivariable regression (HR 0.036 [0.002–0.576]).

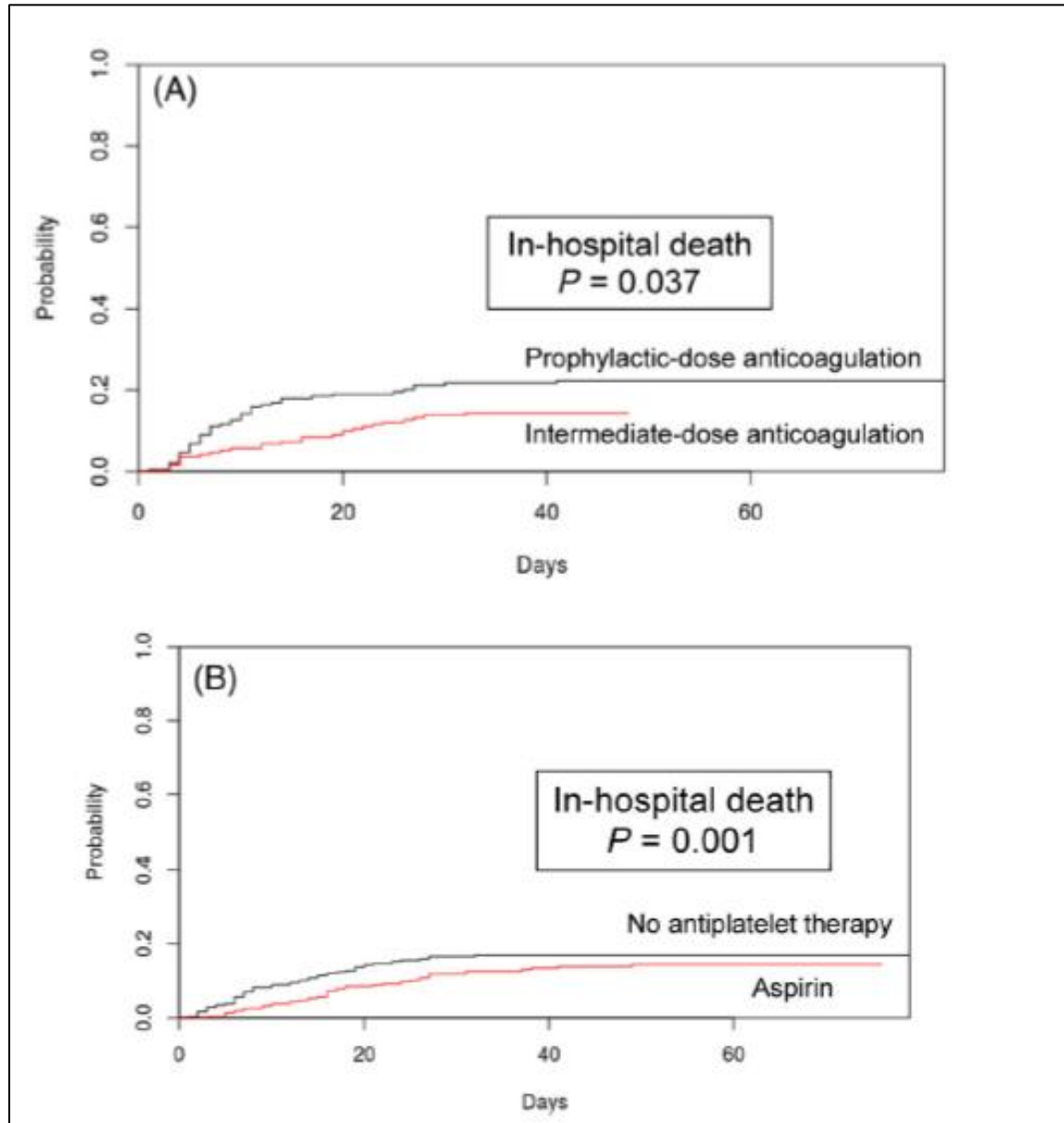


FIGURE 1 Cumulative incidence of in-hospital death among propensity score-matched patients (A) in the anticoagulation cohort, comparing intermediate- versus prophylactic-dose anticoagulation, and (B) in the aspirin cohort admitted after May 18, 2020, comparing in-hospital aspirin versus no antiplatelet therapy. (A) Patients in the anticoagulation cohort were propensity score matched for age, maximum D-dimer level, admission Rothman Index score, body mass index, and African-American race using a random number seed and a caliper width of 0.25. (B) Patients in the aspirin cohort admitted after May 18 were propensity score matched for age, maximum D-dimer level, and admission Rothman Index score. In each panel, p values from Gray's test describe differences in cumulative incidence functions between treatment groups [Color figure can be viewed at wileyonlinelibrary.com]

Conclusions

- In this large, observational study of hospitalized patients with COVID-19, using propensity score matching and multivariable regression analyses, a mortality benefit with intermediate- compared to prophylactic-dose anticoagulation and, separately, with in-hospital aspirin compared to no antiplatelet therapy was observed.
- These findings suggest that increased-intensity anticoagulation and antiplatelet therapy may be beneficial in the treatment of COVID-19.
- Additional studies are warranted to definitively elucidate the impact of these therapies in COVID-19.