

CLINICO-RADIOLOGICAL EVALUATION AND CORRELATION OF HRCT CHEST IMAGING FINDINGS WITH DISEASE STATUS IN COVID-19 PATIENTS

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Abstract

Background: High-resolution computed tomography (HRCT) chest is rapid and has a strong sensitivity for diagnosing viral pneumonia including COVID 19 disease in its early stages in comparison to RT-PCR, thus being crucial in triaging patients for treatment and isolation, to prevent further transmission of the disease. In this study we are going to analyse the temporal changes in imaging findings of COVID-19 on HRCT chest.

Methods: prospective study was conducted in the Department of Radiology of an exclusive 500 bedded COVID Hospital in Bhubaneswar, Odisha, India. Evaluation of hundred patients was done based on inclusion and exclusion criteria, after obtaining informed consent over a period of 2 years from September 2020 to September 2022. All pertinent epidemiological data was gathered from hospital records. All COVID 19 RT-PCR positive patients who underwent HRCT Chest on admission and repeat scan within 30 days, following the progression of the disease were included. Those who were clinically suspected COVID cases but were RT PCR negative on RT-PCR testing, were excluded.

Results: HRCT chest demonstrated diffuse ground glass opacities to be the predominant finding (55%) with the associated findings of sub pleural atelectatic bands (31%) and septal thickening (23%). There was a positive correlation of blood parameters like CRP in COVID patients. A higher incidence was found in patients with Type-2 diabetes mellitus, followed by those with hypertension. In majority of the cases (80%) bilateral lungs and in about 81% cases, two or more lung lobes were involved. Mild and moderately ill patients were found to

have a CTSS (CT severity score) in the score range of 15-25. Typical category was the most common type followed by atypical and indeterminate categories.

Conclusions: ‘Typical pattern’ along with diffuse ground glass opacities of multiple lobes in the HRCT chest was the most common pattern of lung involvement. High Computer Tomography Severity Score (CTSS) corresponds to a higher disease severity, which helps in taking a timely decision for early treatment. HRCT Thorax has early and fast diagnostic capability as compared to RT-PCR in the detection of COVID-19. The elderly and those with comorbidities are at a higher risk of developing severe disease. Blood parameters like CRP can be used for disease monitoring and follow-up purposes.

Keywords: COVID-19, HRCT chest, Follow up scan, clinical correlation, Computer Tomography Severity Score (CTSS), typical, atypical.

1. BACKGROUND

In December 2019, in a Chinese city named Wuhan there was an outbreak of febrile respiratory illnesses caused by a novel coronavirus, then named as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). [1,2]

Till recently COVID-19 was screened using Rapid Antigen Testing, Reverse Transcriptase Polymerase Chain Reaction, and Computed Tomography. [3,4]. Compared to RT-PCR, HRCT is more rapid and has a stronger sensitivity for diagnosing viral pneumonia in its early stages. [5] HRCT provides valuable information earlier than RT-PCR, thereby helping healthcare providers to identify the disease even before the symptoms become evident in the patient. Early detection of the disease with appropriate care for the patient results in a better prognosis. [4,5]

The current study is performed so as to evaluate the temporal clinico-radiological changes over the course of the disease and to identify the HRCT chest imaging features of COVID19. The current study also focuses on the correlation of the chest imaging findings with the disease severity in the patients.

2. Methods

Study Design: This prospective study was conducted in the Department of Radiology of an exclusive 500 bedded COVID Hospital in Bhubaneswar, Odisha, India. Evaluation of hundred patients was done based on inclusion and exclusion criteria, after obtaining informed consent over a period of 2 years from September 2020 to September 2022. All pertinent epidemiological data was gathered from hospital records.

All COVID 19 RT-PCR positive patients who underwent HRCT Chest on admission and repeat scan within 30 days, following the progression of the disease were included. Those who were clinically suspected COVID cases but were RT PCR negative on RT-PCR testing, were excluded.

HRCT chest scans were obtained with multi-slice helical CT scanner (Siemens 64 slice (SOMATOM go. Up.) using SAFIRE (Sinogram Affirmed Iterative Reconstruction) technology. All the scans were taken during end-inspiration without intravenous contrast. Technical parameters of the scan are:

Tube voltage	110-120 kV
Effective mAs	70-120 mAs

Pitch	0.8
Slice thickness	0.5mm
Inter slice gap	0 mm

Assessment for extent of lung parenchymal involvement in CT chest images was done using CT severity score (CTSS). A score between 0 and 5 was assigned based on the percentage parenchymal involvement in each of the five lobes involved. [6] (1 for < 5% involvement, 2 for 5–25% involvement, 3 for 26–49% involvement, 4 for 50–75% involvement and 5 for > 75% involvements).

The CTSS is the sum of all lobar scores and can range from 0 (no involvement) to 25 (maximum involvement).

The pattern of CT changes was broadly divided into four types according to the RSNA Expert Consensus [7]:

1. Typical: - Peripheral, bilateral (multilobar) GGO or multifocal GGO of rounded morphology with or without consolidation or visible intralobular lines (crazy paving) - Reverse halo sign or other findings of organizing pneumonia.
2. Indeterminate: Absence of typical features and the presence of - Multifocal, diffuse, perihilar or unilateral GGO with or without consolidation and are non-rounded or non-peripheral. - Few very small GGO with a non-rounded & non peripheral distribution.
3. Atypical: Absence of typical or indeterminate features and presence of - Isolated lobar or segmental distribution without GGO. - Discrete small nodules (centrilobular, tree in bud). - Lung cavitation. - Smooth interlobular septal thickening with pleural effusion
4. Negative: No CT features to suggest pneumonia.

3. RESULTS

During this two-year study period, of the 100 patients that were positive for COVID 19 disease, 73% were male and 27% were female, showing a male preponderance. 39% of the patients belonged to the age group 40 to 60 years, followed by 32% to the age group 21 to 40 years. Rh positive was the more predominant blood group (with an incidence of 97%) in COVID 19 patients. In ABO blood group, 'O' positive showed a maximum incidence (43%), followed by B-positive (27%). 94% of patients were found to have symptoms like fever, headache, and shortness of breath while 6 % were asymptomatic. (Table-1). In this study in the COVID 19 patients the incidence of patients with Type-2 diabetes mellitus, hypertension and asthma was found to be 16%, 14% and 3% respectively, followed by CKD, hypothyroidism and anemia, which were found to be 1% each (Table- 2). Table -3 shows the percentage of patients with HRCT associated findings like sub pleural atelectatic bands, septal thickening, lymphadenopathy, pleural effusion, cavitatory lesions, bronchiectasis, pneumo-mediastinum, emphysema and pneumothorax on both the first and repeat scans. Involvement of bilateral lungs and more than two lobar involvements in both first and repeat scans was as shown in Table-3. The percentages of GGO, GGO with consolidation and pure consolidations were 8%, 87% and 3% respectively in initial scans and 13%, 83% and 1% respectively in repeat scans as shown in Table -3. Table-3 also shows the distribution of opacities along with lobar involvement and number of lobes affected.

Patients with CTSS (CT severity score) corresponding to mild, moderate and severe category in both initial and repeat scans is shown in Table -4. Typical category was the most common type, followed by atypical and indeterminate category of COVID cases. Fig 4 shows a positive correlation between clinical parameters like CRP with CTSS.

Table 1: Distribution of clinical presentation in the study group.

CLINICAL PRESENTATION	NO OF PATIENTS (%)
Fever	74
SOB	51
Cough	44
Palpitation	2
Diarrhoea	3
Headache	3
Asymptomatic	6

Table 2: Frequency of each comorbidity in the study population

COMORBIDITIES	NO OF PATIENTS (%)
T2DM	16
HTN	14
ASTHMA	3
CKD	1
HYPOTHYROIDISM	1
ANAEMIA	1

Table 3: Distribution of parenchymal opacification, associated findings, Opacity distribution, Number of lobes affected and lobes affected on initial vs repeat HRCT scans.

CT features	First scan (%)	Repeat Scan(<30days) (%)
Parenchymal opacifications		
Only GGO present	8	13
GGO and consolidation both present	87	83
Only consolidation	3	1
Normal Scan	2	3
Associated findings		
Sub pleural bands/Atelectasis/Fibrotic stripes	21	31
Septal thickening (Crazy paving and Reticular pattern)	23	20
Pulmonary nodules	6	5
Thoracic lymphadenopathy	6	8
Pleural effusion	2	5
Cavitary lesion	1	1
Bronchiectasis	2	4
Pneumomediastinum	0	1
Pulmonary emphysema	1	2

Pneumothorax	0	2
Opacity distribution	First scan	Repeat Scan
Peripheral	55	56
Both	33	30
Central	1	0
no involvement	11	14
Number of lobes affected	First scan	Repeat Scan
1	6	9
≥2	81	78
B/L lung disease	80	79
U/L	10	8
Lobes affected	First scan	Repeat Scan
Right Upper Lobe	5	4
Right Middle Lobe	4	6
Right Lower Lobe	23	25
Left Upper Lobe	3	5
Left Lower Lobe	18	18
All Lobes	70	65

Table 4: Clinical Severity corresponding to the CT severity score.

CT Severity Score (CTSS)	CLINICAL SEVERITY							
	ASYMPTOMATIC		MILD		MODERATE		SEVERE	
	INITIAL SCAN (%)	REPEAT SCAN (%)	INITIAL SCAN (%)	REPEAT SCAN (%)	INITIAL SCAN (%)	REPEAT SCAN (%)	INITIAL SCAN (%)	REPEAT SCAN (%)
0	2	2	3	5	6	6	-	2
1-7	1	2	10	16	8	11	1	1
8-14	2	1	16	9	7	9	-	-
15-25	-	-	15	14	22	17	7	5
TOTAL	5	5	44	44	43	43	8	8

4. DISCUSSION

The current study was done to analyse and correlate the HRCT chest findings in COVID-19 patients with their symptomatology and clinical severity. This study helps in evaluating the potential roles of HRCT in the diagnosis, treatment and prognosis of COVID-19 disease. Our study involves 100 patients admitted in our COVID dedicated hospital who were followed up with a repeat CT scan within 30 days.

Male preponderance, with a male to female ratio of 2.7:1 is noted in COVID-19 disease which is compatible with a study done by Bwire et al. [8]

39% of the patients belonged to the age group 40 years to 60 years followed by 32% in the age group 21 to 40 years, with a difference of only 7% which is similar to a study done by Ying Xiong et al. [9]

Around 83% of asymptomatic patients came under the age group of 21-40 years of age. A majority (74%) of patients had fever followed by Shortness of Breath (SOB) and cough accounting for about 51% and 44% respectively. Only 3% of the study group showed gastrointestinal symptoms. These findings are corroborated by Guan et al. [10], Chen et al. [11], Shi et al. [12] and Huang et al. [13]

Rh positive was the more predominant blood group (with an incidence of 97%) in COVID 19 patients. In ABO blood group, 'O' positive showed a maximum incidence (43%), followed by B-positive (27%). This is corroborated by a study done by Zietz M et al. [14]

Higher incidence was seen in patients with comorbidities especially with Type-2 Diabetes Mellitus (16%) followed by systemic hypertension (14%). Yang J, et al. [15] stated that the most prevalent comorbidities were hypertension (17 ± 7 , 95% CI 14-22%) and diabetes (8 ± 6 , 95% CI 6-11%).

We found maximum number of cases in initial scans to have GGO and consolidations (87%) and minimum with only consolidation (3%). However, repeat scan done within 30 days showed resolution of mixed GGO and consolidation pattern (83%) (Figure-1), along with only consolidation (1%) and increase in number of cases with GGO i.e. 13%. This suggests that consolidations gradually get absorbed leaving an increased number of cases with residual GGOs, which is consistent with a study done by Mahdavi A. et al [16] and Pan F et al. [6]

Numerous associated findings were found on radiologically positive cases in both initial and follow-up scans. Crazy paving pattern with septal thickening was predominant in the initial scan accounting for about 23% of cases, followed by curvilinear subpleural bands and atelectasis amounting to about 21% of cases. In the follow-up scans, there was an increment in the number of atelectasis resulting in 31% of curvilinear subpleural bands and atelectasis, followed by 20% of septal thickening (crazy paving pattern) which is in accordance with a study done by Mahdavi A. et al [16] and Pan F et al. [6]

Other findings including pulmonary nodules, thoracic lymphadenopathy, pleural effusion, cavitory lesions, bronchiectasis, pneumothorax, pneumomediastinum, and pulmonary emphysema, were also seen in few cases which are categorised in Atypical category. (Table 3) In our study, typical CT findings were seen in a significant proportion of cases (82%) and the most common finding on CT is ground glass opacity with or without consolidation. Other typical findings include peripheral location of the lesion, lower lobe preponderance, multi-lobar involvement, bilaterality, and septal thickening (crazy paving pattern), as seen in Fig. 2. Shi et al. [12] published their cohort study in 2020 wherein they showed a predominance of Ground Glass Opacity with or without consolidation which was predominantly bilateral peripherally located lesions. These are considered as the typical features of COVID-19 disease. Kwee TC et al. [17] stated the characteristics of typical, atypical and indeterminate pattern of COVID 19 in HRCT chest which is in accordance with our study.

The distribution of opacities was seen peripherally (typical presentation) in most cases during the initial scan and repeat scan, with incidence values of 55% and 56% respectively. (Table 3). In this study, a vast majority of cases (80%) showed bilateral involvement of lungs and about 81% cases were found to have two or more lobes involved (Table 3). In the initial CT scan, all the lobes were affected in 70% of cases, among which lower lobes were involved predominantly (Table 3). Kwee TC et al [17] showed a similar distribution of lung opacities and lobar involvement as found in our study.

Typical features of COVID 19 HRCT chest images are reverse halo sign, peripheral ground glass opacities and crazy paving pattern (Fig.2). Atypical features of COVID 19 HRCT chest images such as subpleural curvilinear opacification; pneumothorax, pneumoediastinum and subcutaneous emphysema; mediastinal lymphadenopathy; tree in bud nodules; peripheral confluent ground glass opacifications; segmental consolidation(Fig.3).

The relationship between CT Severity score and Clinical severity of the COVID-19 disease was found to be highly relevant in our study as severely ill COVID-19 patients had CT severity scores (CTSS) more than or equal to 15 in both initial and repeat scans. Patients with mild to moderate disease had a CTSS ranging from 0-7 and among those, a majority showed complete resolution of the chest findings (Figure-1) along with improvement in disease status on repeat scans. Table-4 shows reduction in CTSS (8-14 and 15-25) in mild, moderate and severe cases in repeat scans, however there is relative increase in number of cases with CTSS between 1-7, as on resolution the cases with higher CTSS improved to a lower CTSS category, i.e. 1-7. The relevance of CT severity score has already been studied by Sharma S et al. [18], who showed the importance of CT severity scores in identifying the severity of the illness, thereby helping with the management of the same.

In the study, a positive Pearson's correlation was found between biochemical parameters like CRP with CT Severity Score which implies that disease severity increases with increase in blood parameters like CRP and TLC. (Fig 4,5) Therefore, disease severity can be monitored or followed up by using these blood parameters. Guan et al. [10] and Bhandari S et al. [19] and Ahmed NO et al [20] demonstrated that biochemical parameters like CRP also show a positive correlation with CT severity score.

5. CONCLUSIONS

Typical pattern along with diffuse involvement of multiple lobes in the HRCT chest is the most common pattern of lung involvement. High Computer Tomography Severity Score (CTSS) corresponds to a higher disease severity, which helps in taking a timely decision for early treatment. Elderly patients and patients with comorbidities are at high risk of developing severe disease. Blood parameter like CRP can be used for disease monitoring and follow-up purposes. COVID-19 is most prevalent in people with 'O' positive blood group. As the time progresses (>30 days) in HRCT chest, there is gradual clearance of lung opacities like ground glass opacities, consolidations with the formation of predominant subpleural atelectatic bands, fibrotic strands along with features of mild fibrosis (mild bronchiectasis) and multiple intraparenchymal cystic changes. HRCT Thorax has early and fast diagnostic capability as compared to RT-PCR in COVID-19 patients.

Figures

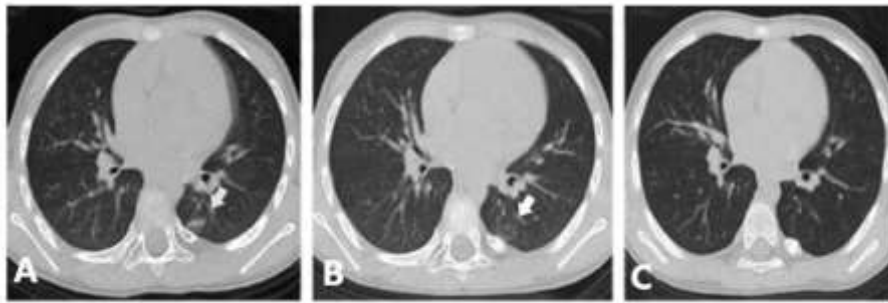


Fig 1

A 25-year-old male who has had a dry cough and fever for two days. Subpleural GGO with consolidation was visible on high-resolution CT in the left lower lobe (A). Repeat chest CT after 5 days of therapy revealed the lesion had healed (B). Chest CT 13 days after admission revealed full resolution (C).

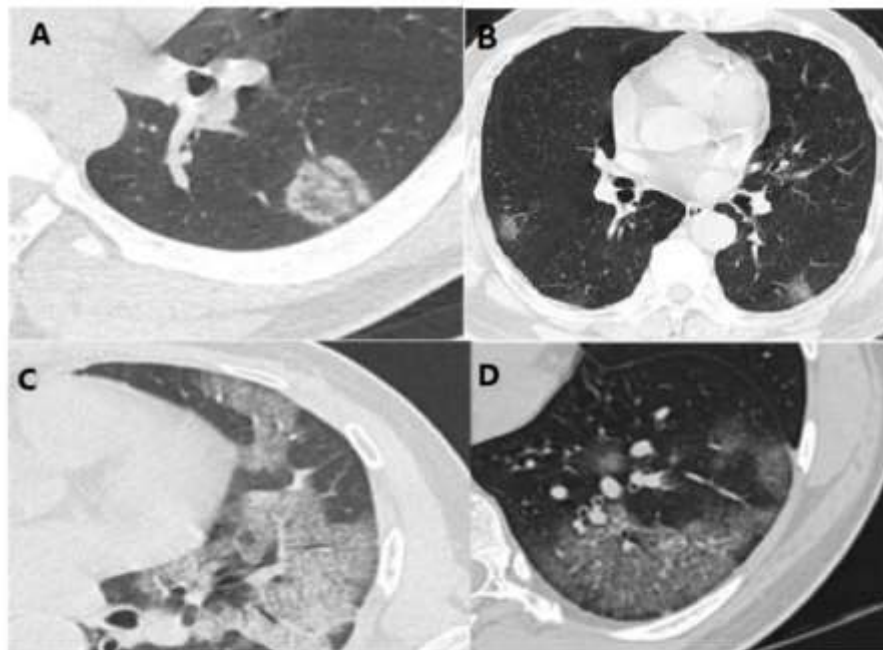


Fig2

Axial HRCT chest images showing typical features in COVID-19 reverse halo sign (A); peripheral ground glass opacities(B) and crazy paving pattern(C,D)

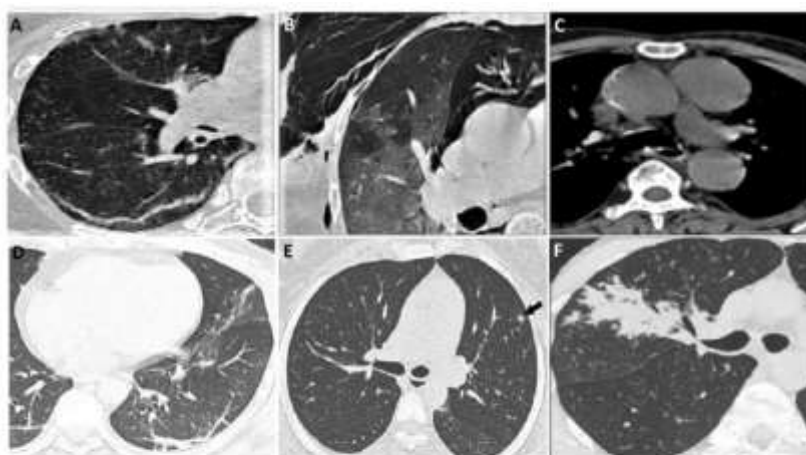


Fig3

Axial HRCT chest images of different patients depicting atypical imaging features. Subpleural curvilinear opacification (A); ground glass opacification, pneumothorax, pneumoediastinum and subcutaneous emphysema (B); mediastinal lymphadenopathy(C); tree in bud nodules(D); solitary ground glass opacification nodule(E); segmental consolidation(F)

Pearson's Correlation Between Serum CRP values with CT severity score.

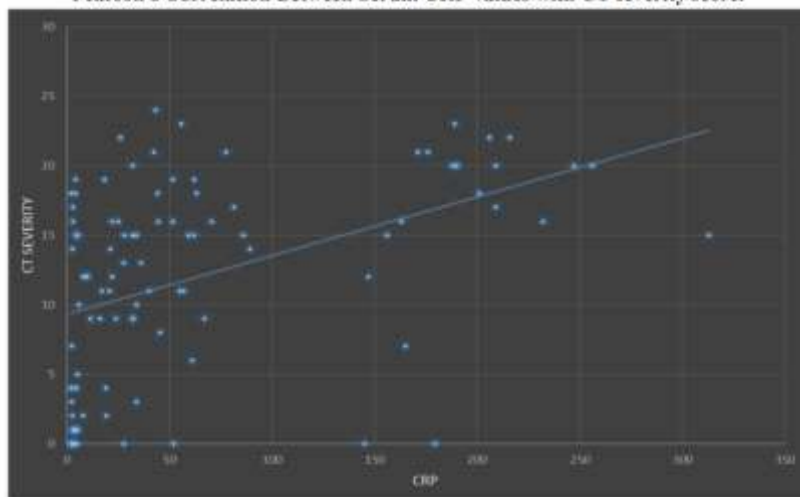


Fig 4

Pearson's correlation showing a positive correlation between CRP and CT severity score.

List of abbreviations

COVID-19	Corona Virus Disease 2019
SARS-CoV-2	Severe Acute Respiratory Syndrome Corona Virus-2
WHO	World Health Organization
RT-PCR	Reverse Transcriptase Polymerase Chain Reaction
HRCT	High-resolution Computed Tomography
CT	Computed Tomography
GGO	Ground glass opacities
CoV	Corona Virus
CKD	Chronic kidney disease
HTN	Hypertension
T2DM	Type 2 diabetes

SpO2	Oxygen saturation
kV	Kilo Volt
mAs	Milliampere-seconds
Mm	Millimeter
CTSS	CT Severity Score
CRP	C-reactive protein
TLC	Total Leukocyte Count
SAFIRE	Sinogram Affirmed Iterative Reconstruction

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