

Favipiravir for the prevention and management of COVID# 19: evidence review of the clinical benefit and harm

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South African National Department of Health Brief Report of Rapid Review Component: COVID-19

TITLE: FAVIPIRAVIR FOR THE PREVENTION AND MANAGEMENT OF COVID-19: EVIDENCE REVIEW OF THE CLINICAL BENEFIT AND HARM

Date: 25 June 2020

Key findings

- ➡ We conducted a rapid review of available published clinical evidence regarding the use of favipiravir, with or without other medicines, for patients with COVID-19.
- ▶ We found three trials from China evaluating favipiravir therapy in adult COVID-19 patients.
- → It is unclear whether the use of favipiravir as part of the treatment of COVID-19 has any effect on outcomes critical for decision-making (e.g. mortality or decreased need for mechanical ventilation).
- → Use of favipiravir did not show better conversion to SARS-CoV-2 virus negative serostatus or clinical benefits, but the certainty of the available evidence was low.
- Adverse effects caused by favipiravir were mild and manageable.
- No studies evaluating favipiravir as a prophylactic agent were retrieved.

NEMLC THERAPEUTIC GUIDELINES SUB-COMMITTEE RECOMMENDATION:					
Type of	We recommend against the option and for the alternative (strong)	We suggest not to use the option or to use the alternative (conditional)	We suggest using either the option or the alternative (conditional)	We suggest using the option (conditional)	We recommend the option (strong)
recommendation		X			

Recommendation: Favipiravir should only be used for the treatment of COVID-19 in the context of an approved clinical trial.

Rationale: There is insufficient evidence of the balance of benefits and harms at this time. Favipiravir has not been registered by any mature regulatory authority, and is not yet registered by SAHPRA.

Level of Evidence: RCTs of low methodological quality (of which study results of 2 are published in preprints)

(Refer to appendix 2 for the evidence to decision framework)

Therapeutic Guidelines Sub-Committee for COVID-19: Marc Blockman, Karen Cohen, Renee De Waal, Andy Gray, Tamara Kredo, Gary Maartens, Jeremy Nel, Andy Parrish (Chair), Helen Rees, Gary Reubenson (Vice-chair).

Note: Due to the continuous emergence of new evidence, this rapid review will be updated if and when more relevant evidence becomes available.

BACKGROUND

Effective therapeutic options to manage hospitalised patients with COVID-19 need to be identified urgently.

Favipiravir, an antiviral agent that selectively and potently inhibits the RNA-dependent RNA polymerase, is being studied for the treatment of COVID-19.¹ It has broad antiviral activity including activity against influenza A and B, viral haemorrhagic fevers like Ebola and SARS-CoV-2 *in vitro*.^{2–4}

Favipiravir has been suggested as an option for treating COVID-19. We reviewed current evidence for efficacy and harms of favipiravir in the treatment and prevention of COVID-19.

METHODS

On 20 June we conducted a rapid review of the evidence including systematic searching on three electronic databases: Epistemonikos (https://www.epistemonikos.org/en/), Network Meta-analysis website (www.covid-nma.com) and the Cochrane Library (https://www.pubmed.gov) and the preprint database MedRxiv (https://www.medrxiv.org) was conducted.

ST summarised the included studies and extracted the data from the studies into a narrative table; the second reviewer (AG) checked the search and evidence synthesis for due diligence, with editorial review. JN then did a final editorial review with a final check of the facts. The search strategy is shown in **Appendix 1**.

Eligibility criteria for review

A: FAVIPIRAVIR AS A THERAPEUTIC AGENT:

Population:

- SARS-CoV-2 infected:
 - Ambulatory (mild disease not requiring hospitalisation or supplementary oxygen)
 - Hospitalised with no oxygen support or low-flow nasal oxygen
 - Hospitalised and requiring intensive oxygen therapy (i.e. high-flow nasal oxygen, continuous positive airway pressure or invasive mechanical ventilation)

Intervention:

- Favipiravir either alone or in combination with other medicines. No restriction on dose, frequency, or timing with respect to onset of symptoms/severity of disease.

Comparator:

- Any (standard of care/placebo/no intervention or active comparator).

Outcomes:

- These are listed per population group:

<u>Population 1</u> – *Ambulatory patients*: Ambulant patients with confirmed COVID-19, no restriction to age but disease sufficiently mild that management outside hospital is feasible.

Outcomes: Mortality; progression to hospitalisation; proportion with negative SARS-CoV-2 PCR on nasopharyngeal swab at chosen time point(s) post-diagnosis; time to negative SARS-CoV2 PCR on nasopharyngeal swab; adverse events, adverse drug reactions.

<u>Population 2</u> – hospitalised with no oxygen support or with low-flow nasal oxygen: Patients with confirmed COVID-19, no restriction to age but disease severity such that hospitalisation required.

Outcomes: Mortality; duration of hospitalisation; proportion with negative SARS-CoV-2 PCR on nasopharyngeal swab at chosen time point(s) post-diagnosis; time to negative SARS-CoV2 PCR on nasopharyngeal swab; progression to ICU admission; progression to oxygen support; duration of ICU stay; duration of oxygen support; adverse events, adverse drug reactions.

<u>Population 3</u> – hospitalised and requiring more intensive oxygen therapy (i.e. high-flow nasal oxygen, continuous positive airway pressure or invasive mechanical ventilation): Patients with confirmed COVID-19, no restriction to age but severe disease requiring more intensive oxygen support or ventilatory assistance.

Outcomes: Mortality; duration of ventilatory support; progression to mechanical ventilation; duration of ICU stay; duration of mechanical ventilation; adverse events, adverse drug reactions.

B: FAVIPIRAVIR AS A PROPHYLACTIC AGENT:

Population: SARS-CoV uninfected, but at risk of COVID-19. No limitations on age or occupational status (may separately look at health workers and general public populations).

Intervention: Favipiravir either alone or in combination with other medicines. No restriction on dose, frequency, or timing with respect to onset of symptoms/severity of disease.

Comparator: Any (standard of care/placebo/no intervention or active comparator).

Outcomes: Development of COVID-19 with positive SARS-CoV-2 PCR; duration of symptoms; proportion requiring hospitalisation; adverse events, adverse drug reactions.

RESULTS

<u>Results of search:</u> We searched on 20 June 2020 and three network meta-analyses including favipiravir comparisons were found from the Network Meta-analysis website (www.covid-nma.com). The reviews included two intervention trials in the preprint database MedRxiv (https://www.pubmed.gov) revealed an additional study by Cai et al. Searches in the Cochrane Library (https://www.pubmed.gov) revealed an additional study by Cai et al. Searches in the Cochrane Library (https://www.cochranelibrary.com/) and Epistemonikos (https://www.epistemonikos.org/en/) did not reveal new studies relevant to the PICO. The three network meta-analyses were excluded in the final synthesis as they made rather broader and indirect comparisons of favipiravir with many other antiviral agents. We report below findings from the three identified trials. In clinicaltrials.gov we identified 25 ongoing trials.

<u>Included studies:</u> The three trials examining favipiravir (Luo et al, 2020, Chen et al, 2020 and Cai et al, 2020) were conducted in China. Data in **Table 1** report the main characteristics and outcomes of the trials.

Effects of the intervention:

Favipiravir as a therapeutic agent: In a three-arm exploratory trial among hospitalized COVID-19 patients, adding favipiravir or baloxavir marboxil to an antiviral treatment regimen comprising inhaled interferon-α plus lopinavir/r or darunavir/cobicistat plus umifenovir did not provide additional clinical benefit.⁶ Outcomes evaluated were conversion to SARS-CoV-2 virus negative serostatus, time to clinical improvement, incidence of mechanical ventilation, incidence of transfer to ICU and duration of oxygen support. Adverse events were generally mild and moderate with no differences in frequency or severity among the three groups. **Table 1** details these findings. The authors point out that potential suboptimal concentrations of favipiravir and delay between infection and treatment initiation may have blunted any response of the intervention. The major concern is that these patients were already on other antivirals before randomization and the treatment scheme and medication times were also different making it difficult to have standardized comparisons. The sample size was rather small, out of 30 recruited, 29 were analysed. This is reflected in the wide 95% confidence intervals of the effect estimates.

Chen et al enrolled 240 COVID-19 patients in to an open-label multicenter trial, where patients were randomly assigned to receive umifenovir or favipiravir. For important clinical outcomes such as clinical recovery rate, auxiliary oxygen therapy, noninvasive mechanical ventilation rate, overall respiratory failure rate, ICU admission or all-cause mortality, there was no difference between the intervention arms. Adverse events related to antiviral use were mild and the frequency was largely similar. See **Table 1**. In an analysis restricted to "moderate" patients, the favipiravir arm had better clinical recovery than the umifenovir arm (Risk Difference 15.6%; 95%CI 2.7% – 28.4%). However, the findings of this subgroup analysis should be interpreted with caution: these stratifications were not pre-specified in the protocol nor was this "moderate" group clinically defined and lastly it is unclear whether clinical criteria rather

than PCR seropositivity were used for COVID-19 diagnosis. In addition, all patients in both arms were also treated with a range of other therapeutic agents, including traditional Chinese herbal medicine, antibiotics, additional antiviral treatment, immunomodulatory drugs and corticosteroids, but not consistently. Attributing any differences to one additional antiviral agent is therefore questionable.

In a quasi-experimental comparative study of cases defined to be of moderate disease severity reported by Cia et al, those treated with favipiravir appeared to have faster viral clearance and better chest imaging change than patients treated with lopinavir/ritonavir.⁸ More adverse events occurred in the control arm than in the favipiravir arm. The study design however limits the validity of these findings for treatment decisions. As a non-randomized study that made comparisons with historical controls, imbalances in both measured and unmeasured prognostic factors in the groups are potentially introduced and these cannot be entirely removed by multivariate analysis. Also, historical controls were treated before the study started. See Table 1 for the full risk of bias assessment.

Favipiravir as a prophylactic agent: No studies were retrieved in all databases searched.

CONCLUSION

There is currently insufficient evidence to support the inclusion of favipiravir in treatment guidelines for COVID-19 in South Africa until further evaluations are conducted and reported. There are currently at least 25 registered RCTs on this topic, some of which are already recruiting patients (https://clinicaltrials.gov/).

Reviewers: Simbarashe Takuva, Jeremy Nel and Andy Gray

Declaration of interests: ST (University of the Witwatersrand), JN (University of the Witwatersrand) and AG (University of KwaZulu-Natal) have no interests to declare in respect of favipiravir.

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Table 1. Characteristics of included studies

Citation	Study design	Population (n)	Treatment	Main findings	Comments
Luo et al ⁶	Exploratory	China	All had the following	Baloxavir marboxil vs. Favipiravir vs. Control arm:	Issues of concern:
	single center,	N = 30	existing antiviral treatment:		-Main issue is that the participants were all
Full-text	open-label,	Age 18-85 years (mean 52.5	Interferon-α inhalation	Primary endpoints	already under treatment with other medication
journal pre-	randomized,	years); Males = 72.4%	(100,000 iu, tid or qid) in	<u>Viral negative Day 14</u> : 70%, 77%, 100%	and following different dosing times. Each
print. Not	controlled		combination with	Time to clinical improvement (days): 14 (IQR 6-49),	experimental arm included multiple antivirals and
peer-	trial	Days from symptom onset to	lopinavir/ritonavir	14 (IQR 6-38), 15 (IQR 6-24) (defined as the time	the specific antiviral of interest.
reviewed		randomization (mean 11.7	(400mg/100mg, bid, po.) or	from randomization to an improvement of two	-Very small sample size
		days)	darunavir/cobicistat	points on a seven-category ordinal scale* or live	-Unequal baseline characteristics i.e.
			(800mg/150mg, qd, po.)	discharge from the hospital, whichever came first)	favipiravir group showed oldest average age and
		All hospitalised, SAR-CoV-2 PCR	and umifenovir (200mg, tid,	* The seven-category ordinal scale consisted of the	shortest time from symptom onset to
		positive. Respiratory rate	po.)	following categories: 1, not hospitalized with	randomization
		>24/min (3.4%), fever (20.7%),		resumption of normal activities; 2, not hospitalized,	
		NEWS2 score (median 4)	Interventions	but unable to resume normal activities; 3,	Overall judgement with regards to risk of bias
			Baloxavir marboxil arm: 80	hospitalized, not requiring supplemental oxygen; 4,	judged as "HIGH RISK":
		Comorbidities: Diabetes (6.9%),	mg days 1, 4 and 7 +	hospitalized, requiring supplemental oxygen; 5,	-Random sequence generation (selection bias):
		hypertension (20.7%),	existing antiviral treatment	hospitalized, requiring nasal high-flow oxygen	Patients were randomized. LOW RISK.
		hyperlipidaemia (3.4%) and	Favipiravir arm: 1600 mg or	therapy, noninvasive mechanical ventilation, or	-Allocation concealment (selection bias):
		cardiovascular disease (13.8%)	2200mg orally, followed by	both; 6, hospitalized, requiring ECMO, invasive	Allocation was not concealed. HIGH RISK.
			600 mg tid for 14 days +	mechanical ventilation, or both; and 7, death.	-Blinding of participants and personnel
		Excluded: critical illness	existing antiviral treatment		(performance bias): There was no blinding. HIGH
		(respiratory failure and			RISK.
		mechanical ventilation; shock;	Control arm: existing	Secondary endpoints	-Blinding of outcome assessment (detection bias)
		other organ failure requiring	antiviral treatment	<u>Viral negative by Day 7</u> : 60%, 44%, 50%	(patient-reported clinical improvement
		ICU monitoring and treatment),		Mechanical ventilation by Day 14: 10%, 0%, 0%	outcomes): There was no blinding. HIGH RISK.
		weight < 40kg, patients with		ICU admission by Day 14: 10%, 22%, 0%	-Blinding of outcome assessment (detection bias)
		liver and/or renal impairment		Duration of oxygen support, median days (IQR): 13	(most outcomes): Obtained from medical records.
				(3-41), 13 (3-37), 12 (5-23)	LOW RISK.
				All-cause mortality by Day14: No mortality in study	-Incomplete outcome data addressed (attrition
					bias): 30 randomized, 29 analysed - high for this
				<u>Adverse events by Day 14</u> : n=69; n= 54; n=64	small sample size. MODERATE RISK.
				The adverse events occurring in the study population	-Selective reporting (reporting bias): no protocol
				were generally mild, moderate and similar among all	or pre-specified analyses plan available. HIGH
				groups.	RISK.
Chen et al ⁷	Randomized,	China, 3 centres	All received standard care	Favipiravir vs. Umifenovir:	Issues of concern:
	controlled,	N = 240	which could comprise		-All participants received standard care which
Full-text	open-label	Age >= 18 years, Males (46.6%),	traditional Chinese herbal	Primary endpoints	could comprise traditional Chinese herbal
journal pre-	multicenter	initial symptoms were within	medicine, antibiotics,	<u>Clinical recovery rate at 7 days</u> : Clinical recovery was	medicine, antibiotics, additional antiviral
print. Not	trial	12 days, critical (1.2%), fever	additional antiviral	defined as continuous (>72 hours) recovery of	treatment, immunomodulatory drugs,
peer-		(53%), dyspneoa (5.5%)	treatment,	temperature ≤36.6°C; respiratory frequency ≤24	corticosteroids, therefore making interpretation
reviewed			immunomodulatory drugs,	times/min; Oxygen saturation ≥98% without oxygen	of the effects of the intervention very difficult. In
			corticosteroids	inhalation; mild or no cough	

Citation	Study design	Population (n)	Treatment	Main findings	Comments
Citation	Study design	Clinical COVID-19 pneumonia diagnosis (without need for a positive SARS-CoV-2 PCR), Participants with moderate, severe or critical types of COVID-19 Comorbidities: Hypertension (30%), diabetes (11.4%) Excluded: chronic liver disease, severe/critical patients whose expected survival time were <48 hours, female in pregnancy, HIV infection;	Intervention: Favipiravir (1600mg, bd first day followed by 600mg, bd daily, plus standard care Comparison: Umifenovir (200mg, three times daily) plus standard care for 7 days	Overall: RD 9.5% (95%CI -3.1% - 22.1%) Moderate disease: RD 15.6% (2.7% - 28.4%) Severe/critical illness: RD 5.6% (95%CI -5.0% - 16.1%) Secondary endpoint Rate of auxiliary oxygen therapy or non-mechanical ventilation: RR -4.4% (95%CI -14.6%5.9%) All-cause mortality: No deaths reported Rate of respiratory failure (defined as SPO2 ≤90% without oxygen inhalation or PaO2/FiO2 <300mmHg, requires oxygen therapy or additional respiratory support): 0.9% vs. 3.3% (p=0.37) Rate of patients needed to receive intensive care in ICU: estimates not reported in paper. Authors state there was no difference. Adverse events (antiviral-associated adverse effects): 21.9% vs. 33.3% (p=0.141). All AEs were grade 1.	addition, a clinical diagnosis was relied upon, not a positive SARS-CoV-2 PCR result -increased ratio of severe to critical patients in the favipiravir group (16 (severe)+2 (critical)) compared to umifenovir group (8+1) -the finding that moderate participants in the favipiravir had better recovery at day 7 (risk difference of 15.6%): this subgroup analysis where severely ill participants were excluded was not pre-specified in the protocol or trial registry so should be interpreted with caution -details of the randomization procedure were lacking, and there was no allocation concealment in this non-blinded studyestimates for the ICU admission endpoint are not reported in the paper. Overall judgement with regards to risk of bias judged as "HIGH RISK": -Random sequence generation (selection bias): details not clear. HIGH RISKAllocation concealment (selection bias): Allocation was not concealed. HIGH RISKBlinding of participants and personnel (performance bias): There was no blinding. HIGH RISKBlinding of outcome assessment (detection bias) (patient-reported clinical improvement outcomes): There was no blinding. HIGH RISKBlinding of outcome assessment (detection bias) (patient-reported clinical improvement outcomes): There was no blinding. HIGH RISKBlinding of outcome assessment (detection bias): four participants excluded from study after randomization. Larger proportion in umifenovir arm received antivirals and glucocorticoids than favipiravir arm. MODERATE RISKIncomplete outcome data addressed (attrition bias): missing outcome data: 240 randomized and 236 analyzed. LOW RISKSelective reporting (reporting bias): subgroup
	Non- randomized open label,	China N=80	Both arms were co-treated with inhaled interferon-α1b 60 μg twice daily and therapy was continued until	Favipiravir vs. Lopinavir/ritonavir Time to viral clearance, median (IQR): 4 days (2.5-9) vs. 11 days (8-13), p<0.001 (Unadjusted analysis)	analysis not part of protocol / methods section. HIGH RISK. Issues of concern -treatment assignment was not randomized, hence very high likelihood of uneven distribution of prognostic confounders

Citation Study design	Population (n)	Treatment	Main findings	Comments
Citation Study design before-after study	Population (n) Age 16–75 years; median age of 47 years (IQR = 35.8–61); 13.7% were ≥65 years old PCR positive; duration from disease onset to enrolment was less than 7 d; willing to take contraception during the study and within 7 d after treatment; and no difficulty in swallowing the pills Moderate COVID-19 patients were enrolled within 7 days from disease onset Comorbidities: Excluded: ≥75 years old, with severe or critical disease, chronic liver disease or endstage renal disease	rreatment viral clearance, up to a maximum of 14 days. Intervention: favipiravir 1600 mg orally twice daily on day 1 followed by 600 mg orally twice daily on days 2–14 Comparison: lopinavir/ritonavir 400 mg/RTV 100 mg twice daily up to 14 days	Main findings Chest CT changes: adjusted OR 3.19, 95% CI 1.05 – 12.44 Viral clearance: adjusted HR 3.43, 95% CI 1.16 – 10.15 Adverse events: 11.4% vs. 55.6%, p<0.001	-this is a before-after study where controls are historical, they completed treatment before the study began. Comparisons were not done in parallel -analysis approach used to evaluate chest CT clearance has limitations of overestimating the risk ratio as this outcome is large (i.e. for outcomes >10%, logistic regression may not be appropriate to estimate risk) Overall judgement with regards to risk of bias judged as "HIGH RISK": -Random sequence generation (selection bias): Patients were not randomized. HIGH RISKAllocation concealment (selection bias): Allocation was not concealed. HIGH RISKBlinding of participants and personnel (performance bias): There was no blinding. HIGH RISKBlinding of outcome assessment (detection bias) (patient-reported clinical improvement outcomes): There was no blinding. HIGH RISKBlinding of outcome assessment (detection bias) (most outcomes): One of the outcomes was subjective. MODERATE RISKIncomplete outcome data addressed (attrition bias): All data analysed. LOW RISKSelective reporting (reporting bias): no protocol or pre-specified analyses plan available. Subgroup analysis not pre-specified. HIGH RISK.

Appendix 1: Search strategy

Epistemonikos and Network Meta-analysis website

Manual search for comparisons of "favipiravir OR avigan OR favipivavir OR t 705 OR t705" versus any therapeutic agent or placebo on the website

PubMed (adapted for Cochrane Library search)

- 1. coronavir* OR coronovirus* OR "corona virus" OR "virus corona" OR "corono virus" OR "virus corono" OR hcov* OR "covid-19" OR covid19* OR "covid 19" OR "2019-nCoV" OR cv19* OR "cv-19" OR "cv 19" OR "ncov" OR ncov* OR "sars-cov-2" OR (wuhan* AND (virus OR viruses OR viral) OR coronav*) OR (covid* AND (virus OR viruses OR viral)) OR "sars-cov" OR "sars-coronavirus" OR "severe acute respiratory syndrome"
- 2. favipiravir OR avigan OR favipivavir OR t 705 OR t705
- 3. randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR placebo [tiab] OR clinical trials as topic [mesh: noexp] OR randomly [tiab] OR trial [ti] OR systematic review) NOT (animals [mh] NOT humans [mh])
- 4. 1 AND 2 AND 3

MedRxiv

Advanced search option for terms "favipiravir OR avigan OR favipivavir OR t 705 OR t705" and full text or abstract or title (match whole any) and posted between "01 Jan, 2020 and 20 Jun, 2020"

Appendix 2: Evidence to decision framework

	JUDGEMENT	EVIDENCE & ADDITIONAL CONSIDERATIONS
EVIDENCE	What is the certainty/quality of evidence? High Moderate Low Very low X High quality: confident in the evidence	Two preprints and one poorly controlled study published in an engineering journal
QUALITY OF EVIDENCE OF BENEFIT	Moderate quality: mostly confident, but further research may change the effect Low quality: some confidence, further research likely to change the effect Very low quality: findings indicate uncertain effect	
EVIDENCE OF BENEFIT	What is the size of the effect for beneficial outcomes? Large Moderate Small None Uncertain X	No estimate of effect size or direction can be made with any confidence
QUALITY OF EVIDENCE OF HARM	What is the certainty/quality of evidence? High Moderate Low Very low X High quality: confident in the evidence Moderate quality: mostly confident, but further research may change the effect Low quality: some confidence, further research likely to change the effect Very low quality: findings indicate uncertain effect	Short-term studies with very complex treatment regimens make attribution of any adverse effects difficult to interpret.
EVIDENCE OF HARMS	What is the size of the effect for harmful outcomes? Large Moderate Small None Uncertain X	No confident estimate of the extent or clinical relevance of harms can be made on the basis of the available evidence.
BENEFITS & HARMS	Do the desirable effects outweigh the undesirable harms? Favours Favours Intervention intervention control = Control or Uncertain X	Cannot be gauged at this time, on the basis of this evidence.
FEASABILITY	Is implementation of this recommendation feasible? Yes X Yes X	At present, favipiravir is not registered by SAHPRA, so use under clinical trial conditions only is appropriate.
SC	How large are the resource requirements?	Cost of medicines/ month:
ESOUR E USE	More Less intensive Uncertain	Medicine Cost (ZAR)
RESOURC E USE	intensive X	Favipiravir No pricing data available at present.

Version	Date	Reviewer(s)	Recommendation and Rationale
First	25 June 2020	ST, AG, JN	Favipiravir should only be used in the context of an approved clinical trial, as not currently
			SAHPRA registered; and there is insufficient evidence to assess benefit vs harms.