COVID-19 and endocrine diseases

A statement from the European Society of Endocrinology*

An ESE “decalogue” for endocrinologists in the COVID-19 pandemic

1. Adequately protect yourself and ask for COVID-19 testing if exposed

2. Avoid unnecessary routine appointments in person

3. Put in place online/email/phone consultation services

4. Closely monitor glycemic control in patients with diabetes

5. Recommend to persons with diabetes a strict adherence to general preventive measures

6. Counsel persons with diabetes about specific measures related to their disease management (sick day rules) in case of infection by COVID-19

7. Counsel persons with diabetes particularly if aged over 65 and obese about referrals for management in case of suspected infection by COVID-19

8. Avoid undernourishment with dietary or adjunctive measures if clinically indicated

9. Closely monitor clinical conditions of patients with adrenal insufficiency

10. Adapt increased replacement treatment if clinically indicated in patients with adrenal insufficiency

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