

Study characterizes multisystem inflammatory syndrome in adults

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(HealthDay)—Multisystem inflammatory syndrome in adults (MIS-A)

presents about four weeks postacute COVID-19 with heterogeneous clinical symptoms, according to research published online Sept. 22 in *JAMA Network Open*.

Pragna Patel, M.D., from the U.S. Centers for Disease Control and Prevention in Atlanta, and colleagues conducted a [systematic review](#) to identify reports of MIS-A either in the literature or from the U.S. Centers for Disease Control and Prevention surveillance system.

The researchers identified 221 patients with MIS-A (median age, 21 years; 70 percent men). Just over one-third of cases (36 percent) were non-Hispanic Black individuals, and 58 percent had no underlying comorbidity. More than two-thirds (68 percent) noted a previous symptomatic COVID-19-like illness a median of 28 days previously. Most common presentations included fever (96 percent), hypotension (60 percent), cardiac dysfunction (54 percent), shortness of breath (52 percent), and diarrhea (52 percent). Cases had a median of five organ systems involved and had a median hospital stay of eight days. More than half of cases (57 percent) were admitted to the [intensive care unit](#), with 47 percent requiring respiratory support and 7 percent dying. The majority of patients (90 percent) had elevated markers of coagulopathy and/or inflammation and a positive severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) serologic finding (72 percent).

"It is important for the clinical and public health community to suspect and identify MIS-A, a delayed immunologic response to SARS-CoV-2 infection in adults with hyperinflammation, by exercising clinical acumen and considering empirical treatment to reduce related morbidity and mortality," the authors write.

More information: [Abstract/Full Text](#)

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