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A comprehensive analysis of the use of lung ultrasonography in the diagnosis and monitoring of COVID-19 disease development

Vaibhav Kaushik[1], Vikram Shete[2], Nayana Borah[3], Roma Patel[4], Abhinav Mishra[5], Virendra Patil[6]

[1] Centre of Research Impact and Outcome, Chitkara University, Rajpura, Punjab, India
[2] Department of UGDX, ATLAS SkillTech University, Mumbai, Maharashtra, India
[3] Department of Life Science, School of Sciences, (Deemed to be University), Bangalore, India
[4] Parul Institute of Nursing, Parul University, Vadodara, Gujarat, India
[5] Chitkara Centre for Research and Development, Chitkara University, Himachal Pradesh, India
[6] Department of Radiology, Krishna Institute of Medical Sciences, Maharashtra, India

ABSTRACT

Purpose: Lung Ultrasonography (LUS) have surface as an expensive tool in the analysis and monitoring of COVID-19, known its capability to offer real-time imaging and detect pulmonary abnormalities associated with the disease, the identification of the unique LUS findings of COVID-19 and the presentation of their correlation with the prognostic factors and early severity of the illness.

Method: The PRISMA recommendations were followed when conducting the comprehensive analysis. Finding suggests utilizing the descriptions lung ultrasonography and corona virus disease-19, SARS-CoV-2 was done by a survey on PubMed. A total of 1400 publications were found in which 10 were included. The increasing number of COVID-19 necessitates analytical tools for therapeutic treatment.

Results: LU is a non-invasive method used to diagnose interstitial lung syndrome, revealing a characteristic pattern in COVID-19 pneumonia patients. LU has shown promise in detect and correlated with CT scan outcome. It proved useful as a practical substitute for more intrusive treatments in both monitoring the development of the disease and detecting the original infection. Regular evaluations, which are essential for handling serious situations, were made easier by real-time imaging. The probability of negative outcomes (Intensive Care Unit (ICU) admission, or requirement for involuntary aeration, death,) was greater in patients in the Emergency Department (ED) with higher LUS scores. The diagnosis of COVID-19 was well-predicted by the LUS results and/or the LUS score.

Conclusions: The development of negative consequences is correlated with high LUS scores. Pleural Effusion (PE) inclusion in the LUS score and imaging protocol standardization for COVID-19 LUS are still being discussed. Its practicality for medical professionals stems from its capacity to monitor the progression of diseases and offer quick feedback. To standardize techniques and maximize their application in diverse therapeutic situations even during lung cancer therapies, more research is required.

Keywords: Emergency Department (ED), COVID-19, Pleural Effusion (PE), Lung Ultrasonography (LUS), lung cancer

Address for correspondence:

Vaibhav Kaushik

Centre of Research Impact and Outcome, Chitkara University, Rajpura, Punjab, India

E-mail: vaibhav.kaushik.orp@chitkara.edu.in

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INTRODUCTION

The most prevalent COVID-19 consequence is sinusitis, which cause breathing problems and need assistance. Due to the COVID-19 outbreak, the appearance of an unprecedented bronchial infiltrate on chest Computed Tomography (CT) or lungs X-rays, in addition to similar symptoms and indications in the individual, was often used to get a diagnosis of bacterial meningitis [1]. The much more typical consequence of COVID-19 infections, bronchitis can cause sudden cardiac arrest-type symptoms and need supplemental oxygen. Before the COVID-19 epidemic, the diagnosis of tuberculosis was often supported by the presence of a new-onset pulmonary infiltration on chest positron emission Computed Tomography (CT) or chest X-rays combined with comparable signs and symptoms in patients [2]. When used for triage, diagnosis, and treatment, lung ultrasonography has shown distinctive alterations during COVID-19. An expanding body of clinical data now supports lung ultrasound to assess a variety of respiratory failures, although LUS was formerly disallowed for respiratory scanning. Based on changes to the intralobular mucosa in these circumstances, LUS identify various artifacts. [3]. It is unclear what precisely Serial Nightstand Lung Ultrasonography Monitoring means since this patient was evaluated adequately by a CT scan both at the beginning and when their condition improved. The reported responsive to COVID-19 infection therapy 1 would not change as rapidly in obstructive pulmonary engagement, which has a more complicated and continuous progression when it is present in COVID-19 illness. This report must include more applicability and aspects of US surveillance [4]. There have been many cases of bacterial meningitis among residents in Wuhan, Hubei province, China. Epidemiology data showed that the majority of these individuals had ties to a Way of instance seafood distribution centre where live chickens, snakes, bats, and other creatures were being obtained illegally. It remains vital and necessary to conduct a thorough and timely study of the radiological role in the battle against COVID-19 [5].

In the context of the complex pandemic crisis, the medical establishment shared scientific understanding and used best-guess imaging methods to minimize waiting times and administrative support exposure. Increased diagnoses, confinement, and increased excess capability were all parts of the worldwide effort to plan a favourable reaction. The benefits of outpatient echo cardiography for lung diseases include its long-standing accuracy

[6]. The research design aimed to determine if lung ultrasound results during 72 hours of admission indicate a clinical decline in hospitalized patients who had confirmed Coronavirus 2 severe respiratory illness (SARS-CoV-2). Almost every day, LUS tests were carried out on patients admitted to a particular COVID-19 unit. A Mongodi score was computed after peritoneal effusions, and the number of current reorganizations was recorded. Unexpected, substantial improvements may signal the onset of an illness, allowing for early detection and therapy [7]. The serious acute pulmonary distress coronavirus type 2 (SARS-CoV-2) caused COVID-19 pandemic has created a significant challenge for the whole hospital system regarding infection control, quick identification, and appropriate therapy. The potential outcome of accomplishing this investigation repeatedly, its non-invasiveness, and greater awareness considered making it an essential component of Care offered to individuals with respiratory failure [8].

In computed tomography scans, COVID-19 pneumonia often starts as subpleural broken diamond opacities with gradual expansion. Lung ultrasonography is particularly adapted to address capillary and peritoneal participation, and it is now routinely employed in critical care units. At the hospital, the LUSS was regularly assessed. They provide a visual representation of the evolution of LUSS during COVID-19 in 10 consecutive people with severe ARDS who were hospitalized in critical care unit between December 15 and December 30. LUSS seemed to be closely linked to the development of the illness [9]. The pulmonary lesions caused by the COVID-19 pandemic coronavirus may be precisely identified using lung ultrasonography. A pulmonary Lung Ultrasound Score (LUS) was created to increase the technique's repeatability. The individuals hospitalized with ARDS caused by COVID-19 during March 2020 were included in the research. Everyday LUS performance was assessed systematically. Comparing the current LUS examination to the prior one, in 83% of Ventilatory-Associated Pneumonia (VAP) episodes, LUS decreased. LUS wasn't noticeably higher in individuals with ventilatory comment difficulties [10].

MATERIALS AND METHODS

The network has documented this study using the identification Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) standards. To gather information for this study, we consulted the various data held by Reference lists, Wikipedia, Google Scholar, the Existing Studies, and Spotlight. The state has been enhanced by the capability to review pertinent studies' research and includes new writings.

Selection criteria

By using SARS-CoV-2, antigen detection, or immunogenic testing as a search strategy, Researchers identified cases of individual SARS-CoV-2 illness. LUS is increasingly being utilized as a non-invasive, bedside diagnostic tool for interstitial lung syndrome. It effectively evaluates and quantifies various lung abnormalities, including B-lines, pleural irregularities, nodules, and consolidations, as supported by numerous studies. In cases where LUS results suggest COVID-19, particularly in younger individuals or those without prior lung conditions, combining LUS findings with clinical data can achieve high specificity during the stages of COVID-19 pneumonia.

Data extraction

Gathering and obtaining different kinds of data from a range of sources many of which can be completely unstructured or badly organized is the process known as data extraction. A useful technique for diagnosing and tracking the progression of COVID-19 illness is lung ultrasonography. This imaging technique is very helpful in detecting and assessing lung problems linked to COVID-19 and offers real-time, dynamic evaluation of lung diseases. Certain patterns can be seen on ultrasonography, such as consolidations, which show more severe lung involvement, and B-lines, which show pulmonary interstitial edema. The approach is a great choice for routine COVID-19 patient monitoring because to its mobility, simplicity of usage at the bedside, and lack of ionizing radiation. Lung ultrasonography assists in rapid clinical decision-making and helps to customize patient care regimens by permitting early diagnosis of complications and facilitating continuing monitoring of disease development. Data could be used to derive information on the study design type, participant sample sizes for the experimental and control groups, first author names, publication dates, the participants' age, publication names, and participants' gender, sample size, and titles.

Description, publishers, timestamp, kind of investigation, The parameters acquired from selected research findings included the total amount of people and the proportion of Sequence COVID-19 situations, Era, gender, Waist measurement, interventional duration and intensity, accompanying associated symptoms, or any other entry requirements, setting (maternity ward, primary and preventive, emergency room), time of LUS acquirement, appearance or non - availability of flash of light assessment of LUS pictures, the ultrasonic sensor used, the number of fields digitized, and ultrasonic research results (pulmonary B lines, parenchymal hypertrophy, cerebrospinal fluid abnormality, papillary centralization, respiratory centralization, pulmonary embolism, and lung ultra) are all distinguishing features of the will include.

Adopting the Standards for Reporting of Diagnostic Accuracy (STARD) method, this research evaluated the effectiveness of the studies that were a part of the analysis. The potential for discrimination is fully adjustable studies were determined by a pair of external evaluators using a customized STARD. With the help of a professional evaluator, differences were explored and addressed. The STARD evaluation for all four components used the basic guidelines of heightened hazard. In component 1 (consumer choice), a significant probability of bias was given if the research was specific or enrolment was non-consecutive. The highest incidence concerning appropriateness was allocated if the researcher's setting or the seriousness of the COVID-19 illness was not evident in all study participants. According to the research methodology and if a limit was used that was not pre-specified, Domain 2 (Index Test) was determined to have a significant potential for bias. It was also selected to have a greater suitability risk if the LUS gathering and analysing strategy needed to be more evident and uniform across all service users. If the calibration curve was challenging to identify COVID-19 patients accurately, there was a substantial danger of bias; significant risk concerning applicability. This study gathered the succeeding treatment benefit based on the possibility between research: throughout death, the requirement for physical-mechanical ventilation, and admittance to the hospital's Intensive Care Unit (ICU). In the case of overlapping population samples, even during the identification process, a much more recent investigation was selected.

Search strategy

In this study, conducted searches on PubMed, Embase, web of science, and Cochrane and Scopus. This research combines free text terms and medical subject headings to discover all relevant papers.

Risk of bias assessment

In evaluating the potential sources of bias for LUS in the diagnosis and monitoring of COVID-19 disease development, variables such sample selection bias, variation in ultrasonography methods, and confirmation bias in determining the severity of the illness. Certain hazards can be reduced by ensuring a consistent approach and an unbiased interpretation.

Eligibility criteria

Eligibility criteria are the conditions that a patient must meet to be enrolled in clinical research. Patients with a diagnosis of COVID-19, in attendance with symptoms or without, convene the eligibility necessities for a study on LUS in the diagnosis and monitoring of COVID-19 disease growth. To monitor the course of the disease and its reaction to therapy, participants must provide their consent for routine clinical assessments and lung ultrasound scans.

Inclusion criteria

Patients agree to have lung ultrasonography after being diagnosed with COVID-19, verified by PCR or fast antigen assays, and exhibiting clinical symptoms suggestive of pneumonia or respiratory distress. Adults (over the age of 18) who are healthy enough to undergo ultrasonography procedures and who have clear, comprehensible lung ultrasonography windows are the ideal participants.

Exclusion criteria

LUS constrains indications include patients who cannot endure the operation are extremely obese, which might impair ultrasound vision. Moreover, those have recently had thoracic surgery, which could have an impact on ultrasound results, or have known grave lung disorders unrelated to COVID-19 (such as severe chronic obstructive pulmonary disease or pulmonary fibrosis), are not included.

Included studies

A total of 1400 articles were collected in the data mentioned above based on the predetermined search parameters; 2 more publications were included from the studies' bibliographies. It was decided to eliminate 800 duplicate articles. Based on information from the title and abstract, 450 of the 800 papers that remained were disqualified. Ultimately, out of the 150 full-text publications that underwent eligibility assessment, 10 were deemed eligible for inclusion in the qualitative study. The purpose of the PRISMA flowchart is to provide an overview of the screening procedure in figure 1.

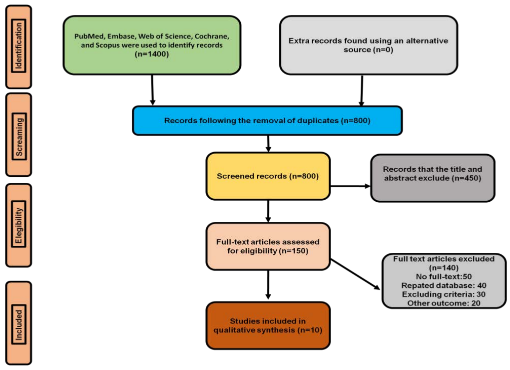

Fig. 1. PRISMA flowchart

RESULTS

The distribution of these 10 studies is as follows: planned cohorts, past cohorts, and retrospective studies some did not explicitly state it. The acquisitions were made in the hospital stays ward, ICU, pregnancy hospital stays ward, care facilities, treatment centre, and ICU, and vetting tents. Lung sections were scanned, and undefined in the remaining studies comprised the most widely used protocol. Convex probes were employed most frequently, followed by linear probes and phased array probes in some publications, it was not explicitly mentioned. Only 8 publications created a procedure for blinded ultrasonography judges. Table 1 provides a feature trail at the data from included research. The table 1 provides an overview of the data about the use of LUS for COVID-19 patients in different clinical settings and study methods. It highlights the types of probes, frequency settings, and procurement time. The majority of studies evaluated patients five days following hospitalization using LUS, which was applied within 24 hours of patient admission. The ultrasonic probes were used at frequencies ranging from 8 MHz to 28 MHz the majority of the probe used a convex probe, which is well-known for having a wide imaging field and being suitable for scanning large regions like the lung. Although a quantity of research employed probes with frequencies as high as 14 MHz for superior resolution, convex probes often operate between 4 MHz-6 MHz. The scan locations varied; some studies focused on areas similar to the Intensive Care Unit (ICU) and wards, which are related to COVID-19 problems, while others did not specify (NA). With the exception of those designated as future cohorts, which indicate current or scheduled assessments, the majority of the research design was based on previous cohort studies. Particularly, certain settings such as pregnant wards and assisted living facilities were reported less frequently. The range of probe types convex, phased array, and linear reflects the necessity for distinct imaging modalities depending on clinical contexts.

Tab. 1. Overview of the feature trails

Ref no	Moment of LUS Procurement	The Clinical Setting with COVID-19 Cases	Frequency (Hz), main Probe, and Scan Regions	Research Design
[11]	24 hours	30, Ward	14, Convex, 5-2	Past cohort
[12]	24 hours	140, Hospital	10, Convex, 4.5-6	Past cohort
[13]	24 hours	ED and ICU	14, NA	Past cohort
[14]	24 hours	90, ICU	14, Phased array, 3-6	Past cohort
[15]	NA	100, Nursing home	14, Convex, 4	NA
[16]	NA	85, Pregnancy ward	8, NA	Past cohort
[17]	24 hours	51, ED	14, Convex, 3.5-4	Past cohort
[18]	5 days	Wards	9, Convex	Future cohort
[19]	24 hours	108, ED	14, Convex, 4-6	Future cohort
[20]	NA	19, ICU	9, Convex, 6-2	Past cohort
[21]	24 hours	42, Ward	14, Linear, 6-7	NA
[22]	24 hours	53, ED	28, Convex, 4-6	Past cohort
[23]	5 days	80, Hospital	14, Convex, 4-6	Future cohort
[24]	24 hours	90, ED	14, NA	Future cohort

Figures 2 and 3 demonstrate the Standards for Reporting of Diagnostic Accuracy (STARD) evaluated quality of the included studies. Four papers for patient selection, two for index tests, and eight for stream and time all had high bias rates. None of the included articles were rated high risk across multiple categories in the 4 domains.

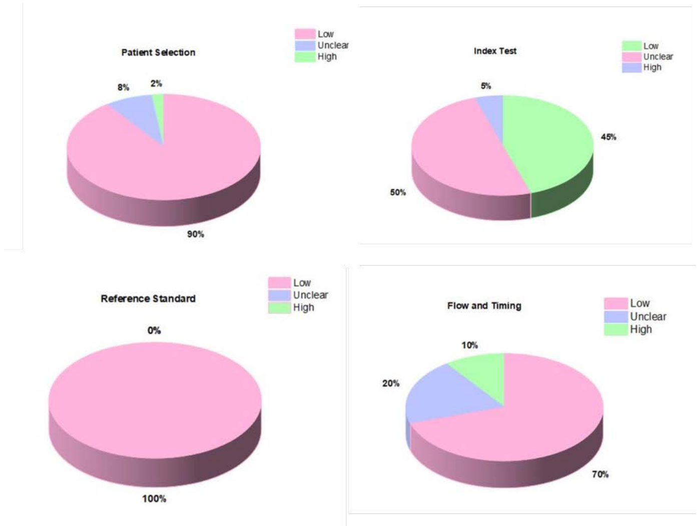

Fig. 2. Risk of bias

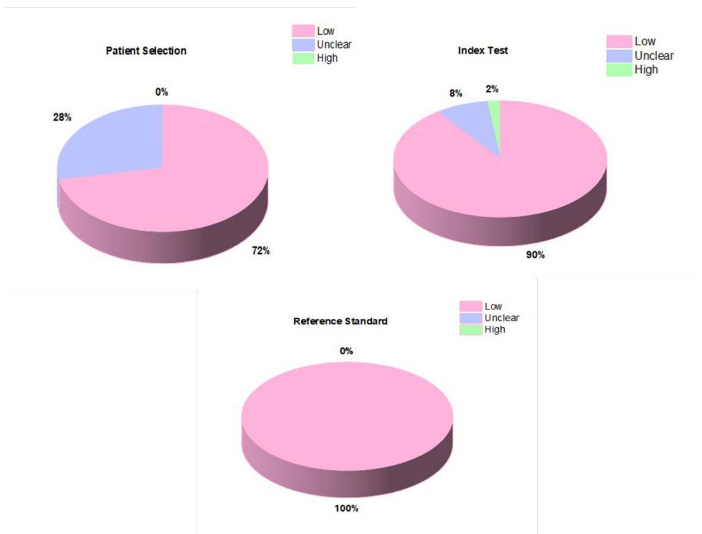

Fig. 3. Concerns regarding the applicability

Table 2 provides a summary of the ultrasonography findings from the included articles. Data were collected from different clinical settings to analyse the kinds and prevalence of anomalies seen in lung ultrasonography results in COVID-19 patients. Pleural thickening was seen in 35 out of 46 patients (80%) in the ICU, and fragmented pleural lines were (NA). White lung conclusion was missing (NA) and B-lines with confluent patterns were seen in 242 out of 289 individuals (95%).

Tab. 2. Findings from COVID-19's LUS

Ultrasound Findings	Intensive Care Unit (ICU) (N/n %)	Wards (N/n %)
PE		
Pleural thickening	35/46 (80)	45/132(35)
Fragmented pleural line	NA	38/42(90)
Other	190/220(90)	40/40(100)
B. Lines		
Confluent	242/289 (95)	44/72(62)
White lung	NA	20/88 (35)
Other	132/139 (100)	35/50(112)
Auxiliary		
PE	98/412 (32)	62/290(24)
Pneumothorax	8/142 (7)	2/35 (5)
Allocation		
Symmetrical	82/90 (80)	145/162(108)
Isolated	20/92 (23)	12/203(8)

The wards and ICU patients had more notable modified LUS than the ward. Still, these three hospital services were rated higher than the total quantity of patients, as well as those who were not hospitalized. They evaluated to determine how well LUS performed as a diagnostic tool in diverse clinical scenarios. The LUS score averaged 22.52 in the intensive care unit (n=110), 13.98 in the wards (n=52), and 15.10 in the emergency department (n=1456). The mean score for all patients under study (n=1600) was 11.27 overall. A total of 90.49% (95% CI: 88.82-92.00) was the sensitivity of LUS, with the ICU having the highest sensitivity at 98.52% (95% CI: 92.96-99.70), the Wards at 96.89% (95% CI: 62.73-98.78), and the ED at 91.85% (95% CI: 90.30-93.44). Overall, specificity was 71.18% (95% CI: 82.93-99.00), with the ICU having the highest specificity at 96.12% (95% CI: 82.93-99.00) (Table 3).

Tab. 3. Findings and diagnostic performance LUS

LUS Findings and Diagnostic Performance		
LUS Score (Mean)	**ICU (n=110)**	**Wards (n=52)**
Sensitivity % (95% CI)	98.52 (92.96-99.70)	96.89(62.73-98.78)
Specificity % (95% CI)	96.12(82.93-99.00)	82.42(60.82-90.62)
Positive Predictive Value % (95% CI)	98.65 (90.52-99.77)	63.78 (42.92-69.97)
Negative Predictive Value % (95% CI)	95.57 (82.74-99.18)	98.72 (83.66-98.49)

These numbers have statistical significance (p values of 0.01) and correlate with moderating to strong correlations. In studies that simultaneously compare the diagnostic efficacy of LUS and CT, LUS often has better sensitivity but poorer specificity.

DISCUSSION

Lung ultrasonography is an emerging method used more often but has not yet gained as much traction as other thoracic imaging techniques. Nevertheless, by concentrating on the most prevalent results without considering the probability of occurrence of other phenomena, these investigations have only partly explained lung ultrasonography findings. Due to the small sample size of patients, the white lung may be over represented in the emergency department. Moreover, a strong association between CT outcomes and LUSS is shown, with a greater sensitivity but lower specificity. We could not even arrange the prognosis data in a table due to the variability in LUS score measurement, the elements are chosen to be analysed as prognostic indicators, and the statistical approach is used to generate the final results. As a result, it may be a beneficial tool for hospitalized patients to use to monitor the severity of their sickness from their beds. The 10 study of the included studies in this example were future, and the other studies might have flaws like selection bias. Information bias may also be caused by the small sample size of patients in whom specific abnormalities are documented and the lack of an acquisition standard. One of the study's advantages is that it gathered data from up to 5000 individuals across various treatment settings, providing a more accurate image of the many COVID-19 symptoms (a condition characterized by considerable clinical variability). Each of this research has been clear about the acquisition date and whether blinding was used or not. This study also suggests some directions for further research and makes some suggestions in light of the findings. This study suggests using non-invasive mechanical ventilation, invasive mechanical ventilation, ICU admission, and death at 30 days as the key prognostic factors, along with the composite variable poor prognosis (death at 30 days).

CONCLUSION

PA and B-lines are the most prevalent ultrasonography findings in COVID-19. Death, the requirement for mechanical breathing, and ICU hospitalization are all related to LUS scores. The uniformity procedure in COVID-19 and the inclusion of PE in the LUS score are still to be addressed. In the clinical context, LUS has a quantity of benefits and have developed into a significant diagnostic and monitoring technique for COVID-19. It is particularly supportive for constant assessment of the classes of the disease because of its non-invasiveness, real-time imaging capabilities, and capacity to identify pulmonary abnormalities. According to the study, consolidations, pleural effusions, and B-lines are important indicators of the disease's severity can all be reliably detected by ultrasonography. Its ability to track alterations over time also creates it probable to promptly adapt treatment strategy. LUS is a useful tool that can assist conduct beneficial selection and enhance patient treatment in the setting of COVID-19. As a future study, we would like to check the reliability of the present study in lung cancer patients during therapeutic modalities like chemotherapy, radiotherapy, and palliative care, which are closely associated with several pulmonary altered states. However, it should not be used in place of more definitive imaging modalities like as CT scans.

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