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A guide to immunotherapy for COVID-19

Citation for published version:

Veerdonk, FLVD, Giamarellos-Bourboulis, E, Pickkers, P, Derde, L, Leavis, H, Crevel, RV, Engel, JJ, Wiersinga, WJ, Vlaar, APJ, Shankar-Hari, M, Poll, TVD, Bonten, M, Angus, DC, Meer, JWMVD & Netea, MG 2022, 'A guide to immunotherapy for COVID-19', *Nature Medicine*. <https://doi.org/10.1038/s41591-021-01643-9>

Digital Object Identifier (DOI):

[10.1038/s41591-021-01643-9](https://doi.org/10.1038/s41591-021-01643-9)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Peer reviewed version

Published In:

Nature Medicine

Publisher Rights Statement:

Author's peer reviewed manuscript as accepted for publication.

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1 **Editor summary:**

2 This review aims to support clinical decision-making by providing an overview of the
3 evidence for immunotherapy strategies in patients with COVID-19.

4

5 **Editor recognition statement:**

6 Karen O’Leary was the primary editor on this article and managed its editorial process and
7 peer review in collaboration with the rest of the editorial team.

8

9 **Reviewer recognition statement:**

10 *Nature Medicine* thanks Michael Joyner and Vincenzo Bronte for their contribution to the
11 peer review of this work.

12

13

14

15 **A guide to immunotherapy for COVID-19**

16

17

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46 Competing Interests Statement: **No competing interests**

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51 Abstract

52

53 Immune dysregulation is an important component of the pathophysiology of Covid-19. A large body of
54 literature has reported the effect of immune-based therapies in patients with Covid-19, with some
55 remarkable successes such as the use of steroids or anti-cytokine therapies. However, challenges in
56 clinical decision-making arise from the complexity of the disease phenotypes and patient heterogeneity,
57 as well as the variable quality of evidence from immunotherapy studies. The present review aims to
58 support clinical decision-making by providing an overview of the evidence generated by major clinical
59 trials of host-directed therapy. We discuss patient stratification and propose an algorithm to guide the
60 use of immunotherapy strategies in the clinic. This will not only help to guide treatment decisions, but
61 may also help us design future trials investigating immunotherapy in other severe infections.

62

63

64

65

66 **Introduction**

67 The Covid-19 pandemic forced the world to accelerate vaccine and drug development and evaluation
68 at an unparalleled pace. Currently, the Covid-19 treatment armamentarium is largely represented by
69 antiviral agents (often administered in early stages of disease) and immunotherapeutic agents that
70 modulate the host immune response (often administered in more advanced stages of disease)—with the
71 rationale for immunotherapy being that dysregulation of host responses feature prominently in COVID-
72 19 pathophysiology. Host-directed therapy is however a relatively complex approach, and several
73 important aspects need to be considered.

74

75 First, apparently obvious choices based on knowledge extrapolated from analogous conditions may be
76 inappropriate in the face of novel diseases with complex immunopathology. Indeed, the initial expert
77 opinion to avoid corticosteroids as immunomodulatory treatment for Covid-19, while later on they
78 became standard-of-care (SoC), underscores the importance of obtaining solid evidence based on robust
79 clinical trials. Second, the host-pathogen response and resulting immunologic milieu is very
80 heterogenous, implying that not every patient will benefit from the same immunomodulatory treatment
81 strategy. Furthermore, this heterogeneity may not be clinically evident at the bedside, potentially
82 necessitating the evaluation and deployment of biomarkers to guide patient-specific immune therapy.
83 Third, all of this complexity needs to be dissected, understood, and then re-packaged in updated
84 treatment algorithms in a setting of constant change in available evidence.

85

86 Here, we attempt to provide guidance for immunotherapy of patients with Covid-19, based on
87 consideration of these three major points. We will provide an overview of evidence from the major
88 clinical trials of host-directed therapy, discuss the patient stratification, and propose an algorithm to
89 guide the use of immunotherapy strategies.

90

91 **Immune pathophysiology of COVID-19**

92 Covid-19 is a complex disease in which respiratory manifestations associated with viral replication
93 are accompanied by systemic effects, implying that SARS-CoV-2 infection is likely to generate a
94 broadly dysregulated immune response. In the pathophysiology of COVID-19, we can identify
95 disease triggers, mediators, and effector pathways (**Figure 1**), which can be targeted by
96 immunotherapy.

97

98 While the disease trigger is infection with SARS-CoV-2 and the first steps of the infection are
99 relatively similar in most patients, the heterogeneity of Covid-19 increases with severity of disease
100 and is largely determined by variability of the host immune response at the level of mediators and
101 effectors. Infection is initiated when the spike (S) glycoprotein of SARS-CoV-2 binds to the human

102 angiotensin-converting enzyme (ACE)2 receptor on the epithelial cell surface, with the host
103 transmembrane protease serine 2 (TMPRSS2) promoting the entry of the virus into the cell^{1,2}. ACE2
104 is highly expressed in the epithelial cells of the nasal cavity, providing a point of entry for SARS-
105 CoV-2³. The virus is also recognized by pattern recognition receptors on immune cells, which are
106 responsible for the initiation of the host defense mechanisms. The subsequent production of immune
107 mediators such as cytokines and complement – produced locally in moderate amounts – is essential to
108 fight the infection; however, these can be deleterious when produced in excess⁴.

109

110 Several studies have shown that the IL-1–IL-6 axis is likely to represent one of the most biologically
111 relevant signaling pathways in the SARS-CoV-2-induced hyperinflammatory reaction⁵⁻⁷.

112 Interestingly, in patients with severe Covid-19, low HLA-DR expression on circulating monocytes (a
113 marker of immunosuppression) was clearly evident, but the monocytes retained normal or high
114 cytokine production capacity (in contrast to bacterial sepsis)^{5,8}. At the cellular level, Covid-19 is
115 associated with a marked decrease in circulating CD4⁺ and CD8⁺ T lymphocytes⁹, reminiscent of
116 sepsis-associated lymphopenia¹⁰, and this is associated with disease severity and poor outcome¹¹. In
117 addition to this reduction in lymphocyte numbers, their function and capacity to release type II
118 interferons is also severely affected in patients with severe COVID-19¹²⁻¹⁵.

119

120 Additional important pathophysiological processes in COVID-19 are induced at the level of effector
121 pathways, such as the coagulation system. Thrombi occur when hypercoagulability, endothelial injury
122 and blood stasis converge, and these conditions are frequently encountered in severe COVID-19.
123 Subsequently, arterial and venous thromboembolism have been frequently reported: studies show that
124 between 21-69% of patients with severe COVID-19 develop thromboembolic complications¹⁶. It is
125 believed that inflammatory processes play an important role in the induction of thromboembolic
126 processes, leading to severe complications¹⁷⁻¹⁹. In later phases, patients may develop pulmonary fibrosis
127 or may enter a more chronic phase called ‘long covid’²⁰.

128

129 All in all, the pathophysiology of Covid-19 is complex, comprising an interaction between
130 hyperinflammation, defective lymphocyte function, endothelial dysfunction, thromboembolic
131 complications, and fibrotic processes in the lung. These processes are not only complex, but also highly
132 variable between patients, likely related to the heterogeneity of the host immune response. This warrants
133 a stratified immunotherapy approach in clinical trials for Covid-19.

134

135

136

137 **Immunotherapy for COVID-19**

138 From the start of the COVID-19 pandemic it became clear that dysregulation of immune responses
139 against SARS-CoV-2 is one of the main features of disease pathogenesis, especially in patients with
140 severe disease, and studies aimed at rebalancing this using modulators of immune responses were
141 initiated early on. Our aim is to provide an overview of the immunotherapies targeting different
142 components of COVID-19 pathophysiology, and to propose a practical approach for the use of host-
143 directed strategies in clinical practice. **Table 1** provides an overview of the most important clinical trials
144 of immunotherapy in COVID-19.

145

146

147 **Anti-virus immunotherapies (anti-trigger)**

148

149 Eliminating the virus as early as possible is likely to prevent or limit the cascade of immune
150 dysregulation and therefore severity of disease. One aspect important to mention is that new studies
151 provided important information on antiviral therapy, such as remdesivir and molnupiravir in COVID-
152 19. However, since these are not considered immunomodulatory drugs, we will not focus on their use,
153 but on the studies using immunotherapeutic drugs. Immune-based virus elimination with either
154 polyclonal convalescent plasma (CP) or human monoclonal antibodies to SARS-CoV-2 spike protein
155 might prevent infection in susceptible individuals at risk, or might improve outcomes in those who have
156 established COVID-19. The underpinning biology with immunoglobulin therapies is the provision of
157 immediate antiviral humoral immunity that on the one hand reduces the viral load, and on the other
158 hand may induce immunomodulation through Fc gamma receptors^{21,22}, with both mechanisms
159 contributing to reduction of illness severity and improved outcomes. It must be noted, however, that the
160 role of Fc gamma receptors remains controversial in COVID-19 pathogenesis, with some literature
161 referring to its role as a disease-enhancing factor^{23,24}.

162

163 There is relatively solid data for efficacy of CP when high titer plasma is used early in severe infection,
164 with early data going back to the 1930s, and this treatment has been explored in COVID-19 from the
165 very beginning of the pandemic²⁵⁻²⁷. A living systematic review by the Cochrane Collaboration on
166 SARS-CoV-2 convalescent plasma analyzed data from randomized clinical trials, as of 20-May-2021²⁸.
167 There was no difference in all-cause 28-day mortality (risk ratio (RR) 0.98, 95% confidence interval
168 (CI) 0.92 to 1.05; 7 RCTs, 12,646 participants; high-certainty evidence). Similarly, neither the United
169 Kingdom RECOVERY²⁹ trial that enrolled mainly ward patients, nor the global REMAP-CAP Trial^{30,31}
170 in which most patients were mechanically ventilated, showed any benefit for treatment with
171 convalescent plasma. However, in immunocompromised patients and older patients who may be
172 immunosenescent³², early administration of convalescent plasma seems potentially beneficial although
173 this is based on smaller trials with fewer patients included³³.

174

175 Another strategy is the use of monoclonal antibodies which differ from convalescent plasma, since they
176 act against one predefined target, such as the spike protein, with high neutralizing activity. In high-risk
177 ambulatory patients a combination of bamlanivimab and etesevimab reduced COVID-19-related
178 hospitalizations, reduced viral load, illness duration and decreased mortality³⁴. Another antibody
179 preparation, a combination of the monoclonal antibodies casirivimab and imdevimab (REGEN-COV),
180 reduced 28-day mortality among hospitalized patients who were seronegative at baseline³⁵. Anti-viral
181 immunotherapy is likely to exert therapeutic potential when given early, especially before the
182 endogenous development of antibodies. While this treatment may not be of benefit when endogenous
183 antibody production is mounted in later stages of disease, it theoretically may benefit some patients,
184 such as those who are immunocompromised patients and remain seronegative with persistent detectable
185 viral loads^{36,37}.

186

187

188 **Immunotherapies targeting immune mediators of host defense**

189

190 The immune response can also be modulated by targeting the mediators that are triggered by the virus
191 and which drive several effector mechanisms (Figure 1). These can be non-specific and broad, such as
192 corticosteroids or very targeted, for example inhibiting one specific cytokine.

193

194 Corticosteroids

195 In a retrospective cohort study of 201 patients admitted with confirmed Covid-19 pneumonia in Wuhan,
196 China in early 2020, treatment with methylprednisolone was associated with reduced risk of death (HR,
197 0.38; 95% confidence interval [CI], 0.20-0.72) among patients with Acute Respiratory Distress
198 Syndrome (ARDS)³⁸. Yet, effectiveness of untargeted immune suppression needed to be demonstrated
199 with high-quality evidence, ideally from randomized studies, to be accepted by the scientific
200 community. To this end, the RECOVERY RCT (an adaptive platform design) was the first to report
201 that dexamethasone (6 mg/kg for 10 days) reduced 28-day mortality in patients hospitalized with Covid-
202 19³⁹. In that study, 2104 patients were assigned to receive dexamethasone and 4321 to receive usual
203 care. Overall, 28-day mortality was 22.9% in the dexamethasone group and 25.7% in the control group
204 (age-adjusted rate ratio 0.83; 95% CI, 0.75-0.93). However, reduced incidence of death in the
205 dexamethasone arm was found for those receiving invasive mechanical ventilation (rate ratio, 0.64;
206 95% CI, 0.51-0.81) and those receiving oxygen without invasive mechanical ventilation (rate ratio,
207 0.82; 95% CI, 0.72-0.94) – in other words, the patients who were more sick at the time of treatment
208 who seemed to benefit from corticosteroids . Similar protective effects of steroids in patients with severe
209 COVID-19 were reported in REMAP-CAP, another adaptive platform study, in which 403 patients

210 were included in a corticosteroid evaluation domain⁴⁰. The median adjusted odds ratio and Bayesian
211 probability of superiority for the primary end point (combined organ support-free days at 21 days and
212 mortality) were 1.43 (95% credible interval, 0.91-2.27) and 93% for fixed-dose hydrocortisone, and
213 1.22 (95% credible interval, 0.76-1.94) and 80% for shock-dependent hydrocortisone, compared with
214 control. Two other large studies from Brazil and France also supported benefit from corticosteroids in
215 patients with severe COVID-19^{41,42}. After release of these results, similar corticosteroid trials
216 terminated enrollment and combined their data in a prospective meta-analysis led by WHO⁴³, which
217 provides a high level of evidence for the effectiveness of corticosteroids in hospitalized patients with
218 Covid-19 who need respiratory support.

219

220 The observation that the beneficial effects of steroids are significant in sicker patients could be
221 explained by the pleotropic effects of steroids that target different pathophysiological components of
222 COVID-19 present in severe disease. Although this might explain why so many patients benefit, it also
223 makes it challenging to define who needs to be treated with corticosteroids when progressing towards
224 severe disease (Figure 2). Another important consideration is the possible over-use of corticosteroids,
225 especially in the early phase of disease when such treatment might lead to detrimental effects, further
226 supporting the need for guidance of immunotherapy.

227

228 Kinase inhibitors

229 Tyrosine kinases also have pleotropic effects and are seen as attractive targets in Covid-19, given their
230 established druggability and the fact that most tyrosine kinase inhibitors (TKI) have a well-known
231 clinical safety profile^{44,45}. TKIs can block cytokine signaling pathways and many immune effector
232 pathways.

233

234 A double-blind, randomized, placebo-controlled trial of 1033 adults hospitalized with Covid-19 who
235 were randomly assigned to receive oral baricitinib (a Janus tyrosine kinase (JAK) inhibitor), or
236 placebo for up to 14 days demonstrated that patients receiving baricitinib had a shorter time to
237 recovery than patients in the placebo group (median 7 vs 8 days)⁴⁶. Importantly, the effect was more
238 pronounced in the subgroup requiring high-flow oxygen or noninvasive ventilation when compared to
239 placebo (10 vs 18 days). In a phase 3, double-blind, randomised, placebo-controlled trial with 1525
240 participants, 764 received baricitinib and 76 placebo⁴⁷. There was a 38.2% relative reduction in
241 mortality, with the 28-day all-cause mortality being 8% for baricitinib and 13% for placebo with a
242 hazard ratio [HR] 0.57 [95% CI 0.41-0.78]. This was an additional effect to standard treatment
243 including corticosteroids, since 79.3% of participants with available data received systemic
244 corticosteroids at baseline. The FDA has recently authorized baricitinib for emergency use in Covid-
245 19. A Dutch clinical trial of 400 hospitalized patients with Covid-19 found a beneficial effect of oral

246 imatinib (a cytosolic multi-tyrosine kinase inhibitor) compared to placebo on duration of mechanical
247 ventilation (7 days vs 12 days) and 28-day mortality (8% vs 14%)⁴⁸. It should be noted that the
248 primary endpoint was not met, which was time to discontinuation of mechanical ventilation and
249 supplemental oxygen for more than 48 consecutive hours while being alive during a 28-day period.
250 However, the beneficial findings warrant follow-up trials to validate these outcomes and select which
251 patients might benefit from imatinib care. Other kinase inhibitors under investigation in RCTs in
252 hospitalized Covid-19 patients include those targeting Bruton's tyrosine kinases (e.g. ibrutinib,
253 acalabrutinib and zanubrutinib), phosphatidylinositol 3-kinase (PI3K)/ mammalian target of
254 rapamycin (mTOR) inhibitors (duvelisib and temsirolimus) and JAK inhibitors such as ruxolitinib and
255 tofacitinib⁴⁵. Very recently, in a trial in Brazil, 289 patients hospitalized for Covid-19 were
256 randomized to receive tofacitinib or placebo. They showed a cumulative incidence of death or
257 respiratory failure of 18.1% in the tofacitinib group and 29.0% in the placebo group (risk ratio, 0.63;
258 95% confidence interval [CI], 0.41 to 0.97; P=0.04) at day 28⁴⁹. Therefore, TKIs have good rationale
259 to be explored in COVID-19 and the results reported thus far encourage further exploration in larger
260 trials.

261

262 Targeted strategies: anti-cytokine treatment

263 Both IL-1 and IL-6 induce local effects such as macrophage activation, endothelial leakage, liquid
264 extravasation as well as systemic effects including fever, somnolence, and synthesis of acute phase
265 proteins. While moderate induction of inflammation is necessary for host defense, overabundant release
266 of these mediators is deleterious. The CORIMUNO-ANA study randomized 116 patients with mild-to-
267 moderate Covid-19 pneumonia to placebo or the IL-1 inhibitor anakinra, the only immunological
268 criterium being a plasma C-reactive protein (CRP) level higher than 25 mg/L. No significant effect of
269 blocking IL-1 with anakinra was observed on the proportion of patients who died or needed non-
270 invasive or mechanical ventilation at day 4, or on survival without need for mechanical or non-invasive
271 ventilation at day 14⁵⁰. In line with this, anakinra had no effect on survival or release from organ support
272 in the REMAP-CAP trial, in which 378 patients with Covid-19 needing organ support (without further
273 immunological stratification) in the ICU were treated with anakinra and compared to 418 controls⁵¹.

274

275 In contrast, patient stratification based on immunological profiles did identify patients likely to benefit
276 from IL-1 blockade. The soluble urokinase plasminogen receptor (suPAR) was found to be associated
277 with the risk for progression into severe respiratory failure and this formed the basis of a biomarker-
278 driven immunotherapy trial^{52,53} (**BOX1**). In the open-label single-arm phase 2 SAVE study, 130 patients
279 with COVID-19 pneumonia and plasma suPAR of 6 ng/ml or more received SoC treatment and anakinra

280 (which blocks both IL-1a and IL-1b) 100mg subcutaneously daily for 10 days. The incidence of severe
281 respiratory failure and/or death after 14 days was 22.3% compared to 59.2% of matched patients
282 receiving SoC alone⁵⁴.

283

284 These results provided the rationale for the double-blind randomized phase 3 SAVE-MORE trial, in
285 which 594 patients with moderate to severe COVID-19 pneumonia (WHO scale 3-5) and suPAR of 6
286 ng/ml or more were randomized to treatment with SoC and placebo (n= 189) or SoC and anakinra
287 (n=405). Anakinra treatment provided 2.78 times higher odds for clinical improvement based on the
288 11-point WHO Clinical Progression Scale towards both full resolution and critical illness or death after
289 28 days⁵⁵. 28-day mortality was lower among patients allocated to anakinra treatment - 6.9% in the
290 control group versus 3.2% treated with anakinra. Overall, 85.9% of patients were co-administered
291 dexamethasone, but anakinra still improved outcomes in this context. The results of the SAVE-MORE
292 trial suggest that anakinra treatment guided by suPAR is a therapeutic strategy before progression into
293 critical illness.

294

295 A trial including 454 patients randomized 1:1 to placebo or canakinumab, which blocks only IL-1b, did
296 not reach significance for its primary outcome which was survival without invasive mechanical
297 ventilation at day 29⁵⁶. Patients enrolled were hypoxic and hospitalized without the need for invasive
298 mechanical ventilation. COVID-19-related mortality occurred in 11 of 223 patients (4.9%) in the
299 canakinumab group vs 16 of 222 (7.2%) in the placebo group, with a rate difference of -2.3% (95%CI,
300 -6.7% to 2.2%) and an odds ratio of 0.67 (95%CI, 0.30 to 1.50).

301

302 For patients with hypoxemia and in need of oxygen therapy, anti-IL-6 strategies have been shown to be
303 beneficial by the large-scale platforms RECOVERY⁵⁷ and REMAP-CAP⁵⁸. In the open-label,
304 randomized RECOVERY trial, which predominantly included patients that were not critically-ill, 2094
305 patients received usual care and 2022 patients received the IL-6 inhibitor tocilizumab. Mortality was
306 decreased from 35% in the usual care arm to 31% in the tocilizumab arm (p: 0.0028)⁵⁷. The REMAP-
307 CAP trial included 2274 critically ill participants, with 972 participants receiving tocilizumab, 485
308 randomized to sarilumab, 378 to anakinra and 418 to control. Tocilizumab and sarilumab were both
309 effective, when compared with control, and likely to be equivalent in terms of improving survival and
310 release from organ support. However, anakinra was not effective in this population. Median organ
311 support-free days were 7 (interquartile range [IQR] -1, 16), 9 (IQR -1, 17), 0 (IQR -1, 15) and 0 (IQR
312 -1, 15) for tocilizumab, sarilumab, anakinra and control, respectively. Median adjusted odds ratios for
313 hospital survival were 1.42 (95% credible interval (CrI) 1.05, 1.93), 1.51 (95%CrI 1.06, 2.20) and 0.97
314 (95%CrI 0.66, 1.40) for tocilizumab, sarilumab and anakinra respectively, compared to control⁵⁸. The
315 WHO Rapid Evidence Appraisal for COVID-19 Therapies (REACT) Working Group published a
316 prospective meta-analysis of clinical trials of patients hospitalized for COVID-19 that showed an

317 association with lower 28-day all-cause mortality in patients treated with an IL-6 antagonists compared
318 with patients that received usual care or placebo⁵⁹. Collectively, these data support the use of blocking
319 IL-6 in patients with Covid-19 that are hospitalized and in need of oxygen supplementation.

320

321 Other proinflammatory cytokines besides those in the IL-1–IL-6 axis are also involved in Covid-19-
322 mediated inflammation; one attractive approach is to inhibit neutrophil recruitment in the lung through
323 inhibition of GM-CSF. In the double-blind randomized trial OSCAR, patients with respiratory distress
324 were randomized to receive one infusion of the monoclonal anti-GM-CSF otilimab (n=395) or placebo
325 (n=398). The primary study endpoint was the rate of patients being alive and free of respiratory failure
326 by day 28: this was 71% in the placebo group and 67% in the otilimab group (p: 0.09). However, in the
327 group of patients aged 70 years or more there was a significant effect of otilimab on the primary
328 endpoint, namely 66% in the placebo compared to 46% in the group that received otilimab (p: 0.009)⁶⁰,
329 which provides the rationale to further explore otilimab in patients aged 70 years or more. Nonetheless,
330 one should be cautious with such age-dependent interpretations, as this may imply opposite negative
331 effects in the younger patients. Other cytokine-targeted therapies, such as anti-TNF, are currently being
332 studied (NCT04705844). Cytokine-targeted treatment strategies in COVID-19 seem to be an attractive
333 approach and might benefit from biomarker-based precision RCTs that help identify which patients are
334 likely to benefit most.

335

336

337 Anti-complement therapies: anti-C5a

338 Complement activation seems to contribute to the pathophysiology of severe COVID-19. Autopsies of
339 patients with severe COVID-19 showed widespread complement activation in the lung and kidney^{61,62}.
340 The potent anaphylatoxin C5a increases adherence and migration of neutrophils and monocytes to blood
341 vessel walls; this causes tissue damage by oxidative radical formation and enzyme release, but also
342 induces release of tissue factor from endothelial cells and neutrophils, thereby activating the coagulation
343 system^{63–65}. In patients with severe COVID-19, high concentrations of C5a are associated with poor
344 outcome⁶⁶. Based on these observations, anti-complement therapies have been investigated in severe
345 COVID-19. One randomized phase 2 open label trial (n=30) investigated blockade of C5a using a
346 chimeric monoclonal IgG4 antibody (vilobelimab) that specifically binds with high affinity to the
347 soluble form of human C5a, and was shown to be safe in severe COVID-19 patients. In this study,
348 infections considered as serious adverse events were reported in three (20%) patients receiving direct
349 C5a inhibition, versus five (33%) patients in the control group⁶⁷. The secondary outcomes including
350 severe pulmonary embolism and mortality, were in favor of anti-C5a treatment. Currently, a phase 3
351 trial (NCT04333420) targeting to enroll 360 severe COVID-19 patients and using 28-day mortality as
352 the primary endpoint is ongoing.

353

354 Stimulators of anti-viral defense: interferons

355 Type I IFNs are crucial for antiviral host responses and they have been previously used with partial
356 success against SARS⁶⁸. Daily inhalations with IFN β -1a for 14 days versus placebo was investigated in
357 a double-blind RCT in 101 patients with COVID-19 in the UK. Patients receiving inhaled IFN β -1a had
358 greater odds of improvement (odds ratio 2.32 [95% CI 1.07-5.04]; p=0.033) on day 15 or 16, and were
359 more likely to recover during treatment (hazard ratio 2.19 [95% CI 1.03-4.69]; p=0.043)⁶⁹. In a
360 multicentre, prospective, open-label, randomised, phase 2 trial in China, 127 patients received either
361 triple antiviral therapy (lopinavir, ritonavir and ribavirin) and three doses of 8 million international units
362 of IFN β -1b on alternate days (n=86) or lopinavir and ritonavir (n=41). Again, triple antiviral therapy
363 plus IFN β -1b resulted in shorter viral shedding and faster clinical improvement compared to lopinavir-
364 ritonavir alone in patients with mild to moderate COVID-19⁷⁰. In contrast, in the WHO Solidarity trial
365 in which IFN β -1a was given s.c and i.v for 6 days, death occurred in 243 of 2050 patients receiving
366 IFN β -1a and in 216 of 2050 receiving its control (rate ratio, 1.16; 95% CI, 0.96 to 1.39; P=0.11)⁷¹. An
367 important note is that half of the patients in the Solidarity trial received corticosteroids that might affect
368 interferon signaling, but the clinical relevance of this is uncertain.

369

370 IFN gamma (IFN γ) is a type II interferon that has an important role in boosting the innate host
371 defense and might therefore act as an immunostimulatory agent. In a case series of five patients with
372 persistent high viral loads and poor clinical condition with secondary infectious complications,
373 recombinant IFN γ showed viral culture conversion from positive to negative and rapid decrease in
374 viral load by PCR without subsequent signs of hyperinflammation⁷². In another report with 6 non-
375 immunocompromised patients with ventilator associated pneumonia (VAP), IFN γ treatment led to a
376 fast increase in HLA-DR^{high} monocytes in all but one patient, and was well tolerated⁷³. IFN γ might
377 represent an immunostimulatory agent that could help clear viral infection and be beneficial in the
378 setting of secondary infections in critically ill patients with Covid-19. Other strategies to boost the
379 immune system are checkpoint inhibitors or recombinant IL-7 and these are currently under
380 investigation (NCT04335305, NCT04379076)⁷⁴.

381

382

383

384 **Immunotherapies targeting effector pathways**

385

386 Inhibitors of local pulmonary oedema: kallikrein-kinin system (KKS)

387 Timely inhibition of the KKS in Covid-19 patients is proposed to counteract pulmonary edema and
388 suppress thromboinflammation^{75,76}, thereby limiting disease severity. In a case-control study of nine
389 Covid-19 patients treated with icatibant (bradykinin B2 receptor antagonist) and 18 matched controls,

390 icatibant showed promising results compared to SoC treatment⁷⁷. Directly after treatment with three
391 doses of 30 mg of icatibant, a reduction in oxygen supplementation of three L/min or greater was
392 observed in 89% of patients in the intervention group compared to 17% of patients in the control group.
393 Another case-control study investigating the effects of icatibant and an inhibitor of C1-
394 esterase/kallikrein in 30 patients found no significant effect on clinical outcome, but found that both
395 drugs were safe and had beneficial effects on lung CT severity scores and blood eosinophil counts⁷⁸.
396 Disease severity and timing of treatment may be important factors determining the efficacy of icatibant
397 treatment in Covid-19. Several other drugs that modulate the KKS are currently under investigation.

398

399 Modulation of immune-thrombotic complications

400 Damage of the vascular endothelium induced by the inflammatory reaction, together with activation of
401 platelets and the coagulation system, are key pathophysiological features of COVID-19^{79,80}. These host
402 response aberrations have been implicated in the high occurrence of venous thromboembolic (VTE)
403 disease or arterial thrombosis in COVID-19 despite conventional thromboprophylaxis⁸¹. Consequently,
404 many clinicians and scientific societies proposed the use of thromboprophylaxis medication at higher
405 doses than usual in clinical practice, and over 75 RCTs related to antithrombotic therapy in hospitalized
406 COVID-19 patients have been initiated⁸⁰.

407

408 In a multicenter RCT conducted in Iran encompassing 562 ICU patients with COVID-19, intermediate-
409 dose prophylactic anticoagulation (enoxaparin 1 mg/kg) compared with standard-dose prophylactic
410 anticoagulation (enoxaparin 40 mg) did not impact the primary outcome, which was a composite of
411 venous or arterial thrombosis, treatment with extracorporeal membrane oxygenation or mortality⁸². In
412 a multicenter RCT done in Brazil in 615 hospitalized patients, of whom 94% were considered clinically
413 stable, anticoagulation with rivaroxaban or enoxaparin followed by rivaroxaban to day 30 did not
414 improve clinical outcomes and increased bleeding compared to prophylactic anticoagulation⁸³.

415

416 On the other hand, two open-label adaptive multiplatform RCTs evaluating the use of therapeutic-dose
417 anticoagulation with heparin in hospitalized non-critically ill⁸⁴ and critically ill COVID-19 patients⁸⁵
418 respectively were performed. The primary outcome of these RCTs was organ support-free days, an
419 ordinal scale composed of survival to hospital discharge and – in survivors – the number of days free
420 of organ support to day 21. Among the 2219 non-critically ill patients, the probability that therapeutic
421 anticoagulation increased organ support-free days compared to standard thromboprophylaxis was
422 98.6% (adjusted odds ratio 1.27, 95% credible interval 1.03-1.58)⁸⁴. Major bleeding occurred in 1.9%
423 of patients with therapeutic heparin and 0.9% of patients with standard thromboprophylaxis⁸⁴. In
424 contrast, in critically ill patients (n = 1098) therapeutic anticoagulation with heparin did not improve
425 survival or days free of organ support⁸⁵. Major bleeding occurred in 3.8% of patients assigned to
426 therapeutic anticoagulation versus 2.3% of patients on standard thromboprophylaxis⁸⁵.

427

428 Collectively, the results of these first RCTs suggest that therapeutic dose heparin might be beneficial in
429 hospitalized non-ICU COVID-19 patients, whereas therapeutic dose oral anticoagulants are not. In
430 addition, therapeutic dose heparin does not improve the outcome of critically ill COVID-19 patients
431 and likely is associated with harm. A mechanistic explanation for these observations is currently not
432 known and the results are counterintuitive from the coagulation point of view; this is most likely due to
433 the use of a pleiotropic drug (heparin) in a heterogeneous disease (COVID-19), underscoring the
434 importance of patient stratification – in other words, precision medicine. It is tempting to speculate that
435 these differences are explained by heterologous effects on immune-effector pathways, but this remains
436 to be demonstrated. Other antithrombotic drugs under investigation in RCTs in hospitalized COVID-19
437 patients include tissue type plasminogen activator (a profibrinolytic agent), several antiplatelet drugs
438 (dipyridole, aspirin, clopidogrel) and nafamostat (a serine protease inhibitor and a short-acting
439 anticoagulant). Moreover, several trials have been initiated to evaluate the effect of thromboprophylaxis
440 in post-discharge COVID-19 patients⁸⁰.

441

442 Anti-fibrotic therapies in COVID-19

443 Development of fibrosis may be related to organizing pneumonia following acute lung injury or the
444 abnormal immune response in the lung, as pulmonary compartmentalization of hyperinflammation is
445 present in COVID-19 patients^{4,86}. It is currently unknown why some may recover from this insult, while
446 others respond with an unchecked cellular proliferation, including accumulation of fibroblasts and
447 myofibroblasts and deposition of collagen to result in pulmonary fibrosis. For these latter patients with
448 COVID-19, available anti-fibrotic therapies may be beneficial. Apart from steroids, new compounds,
449 mainly tyrosine kinase inhibitors, have demonstrated efficacy in patients suffering from idiopathic
450 pulmonary fibrosis^{87,88}. In addition, preclinical data suggests beneficial effects of Janus Kinase-signal
451 transducer and activator of transcription (JAK-STAT) inhibitors in preventing pulmonary fibrosis⁸⁹.
452 However, to date there are no data on antifibrotic treatment in COVID-19 and multiple clinical trials
453 are currently ongoing.

454

455

456

457 **The immunotherapeutic approach in the clinic**

458

459 The large number of trials performed since the beginning of the pandemic have provided an
460 unprecedented amount of knowledge for a disease which is known for such a short time, but this also
461 raises the challenge of discerning the best path for a systematic and rational treatment of the patient
462 with COVID-19. The first important step in approaching the patient with COVID-19 is to determine

463 the severity of the disease, which is one of the most important criteria for patient stratification. Many
464 clinical trials have used the criterium of severity when investigating different approaches of
465 immunotherapy in hospitalized patients outside of the intensive care unit (moderate-to-severe patients),
466 or in the intensive care unit (severe-to-critically ill patients). It is important to note that immunotherapy
467 in COVID-19 is dynamic and in constant development. Therefore, we aim to provide guidance on
468 immunotherapeutic strategies that are supported in expert guidelines, such as anti-IL-6R blockade and
469 corticosteroids; however, we will augment this guidance with possible treatment options for when
470 patients fail to respond and there is a clear clinical rationale for an alternative therapy, even if not yet
471 formally tested in large RCTs.

472

473 **The patient with moderate disease at high risk for worsening**

474 From the perspective of patient stratification based on severity, the first major group of COVID-19
475 patients are those with moderate disease hospitalized on the medical wards. The aim of immunotherapy
476 in these patients would be to prevent worsening of the disease, and potentially reducing the duration of
477 hospitalization. The patients with mild disease that do not need hospitalization are believed to be able
478 to recover without the need of immunotherapy, and no studies have been conducted on host-directed
479 therapy in this subgroup.

480

481 For patients in the medical wards, a number of immunotherapeutic approaches have been proposed
482 (**Figure 2**). First, the data available on anti-coagulant therapy suggest that therapeutic-dose heparin
483 might be beneficial in these non-ICU COVID-19 patients (but not patients on the ICU). Second, the
484 serological status of the patient should be assessed; if the patient is seronegative, passive immunization
485 with antibody cocktails should be considered. Third, if the patients are seropositive and addition of
486 antibody cocktails is not expected to be useful, additional steps need to be taken if the patient displays
487 signs of worsening. If the patient needs oxygen supplementation, treatment with dexamethasone should
488 be initiated. Moreover, initiation of anti-IL-6 therapy (tocilizumab, sarilumab) is advised if the patient
489 needs oxygen and CRP is higher than 50 (this limit differs in the guidelines of various countries).
490 Furthermore, treatment with the kinase inhibitor baricitinib has been shown to improve outcome in
491 patients with high-flow oxygen therapy and noninvasive ventilation⁴⁶. If the patient does not need
492 oxygen therapy but biomarkers indicate worsening inflammation, for example suPAR higher than 6
493 ng/ml, or the surrogate markers CRP (more than 50 mg/L) and ferritin (higher than 700 mg/L) are
494 present, then administration of the IL-1 receptor blocker anakinra should be considered⁵⁵.

495

496

497 **The ICU patient**

498 Monoclonal antibodies against COVID-19 are a possible option in patients that have no seroconversion
499 during infection or after vaccination. Treatment with corticosteroids and anti-IL-6 should be initiated
500 within 48 hours of admission to the ICU. When a patient is transferred from the ward and has not yet
501 received dexamethasone or tocilizumab, it is still an option to start corticosteroids and anti-IL-6
502 treatment.

503

504 Difficult therapeutic decisions on patients with severe COVID-19 may need to be taken if severe
505 complications develop during the ICU stay. When signs of immunoparalysis are present, reflected by
506 lymphopenia, low HLA-DR expression on monocytes, opportunistic infections (e.g. aspergillosis,
507 herpes infections), or a persistent high SARS-CoV-2 load, then stimulatory immunotherapy would be
508 a rational step – but this has not been formally tested in RCTs. From a pathophysiological point of view,
509 and based on small case-series, one might consider immunostimulatory treatments such as recombinant
510 IFN γ . Similar approaches boosting adaptive immune responses are currently under investigation in
511 clinical trials, such as with recombinant IL-7 and checkpoint inhibitors. Targeting pulmonary fibrosis
512 is another challenge and might benefit from biomarker-directed therapy, although there is no current
513 data on this in COVID-19 yet. High-dose steroids have been proposed with evidence coming from trials
514 in the ICU before the pandemic. An overview of the potential approach to immunotherapy in the ICU
515 patient with COVID-19 is presented in **Figure 3**.

516

517

518 **The patient with multi-system inflammatory syndrome: MIS-C and MIS-A**

519 Early in the pandemic, children were seen to present with diverse COVID-19 symptoms, such as
520 persistent fever, headache, fatigue, abdominal pain, vomiting, conjunctival injection, myocarditis and
521 rash, usually 2-6 weeks after mild; this condition was named multisystem inflammatory syndromes in
522 children (MIS-C). A similar syndrome has been described in adults (MIS-A). Some of the children with
523 MIS-C developed multi-organ failure and shock or coronary aneurysms.

524

525 The American College of Rheumatology treatment guideline recommends intravenous immunoglobulin
526 (IVIG) and/or high-dose glucocorticoids as first-line therapy in MIS-C⁹⁰. Approximately 30–80% of
527 patients do not respond to IVIG and may require adjunctive immunomodulatory therapy^{91–96}. Pulse
528 methylprednisolone, additional dosing of IVIG, anakinra, tocilizumab and infliximab have all been used
529 as escalation therapy^{93,97–100} in MIS-C. Far fewer cases of MIS-A have been reported in the literature^{101–}
530 ¹⁰³. These adult patients were treated with glucocorticoids, with or without IVIG, and anticoagulants
531 with mostly favorable outcomes.

532

533 In two large observational cohort studies, the effects of different treatment strategies on short term
534 outcome were compared, with propensity score adjustments for confounding. The Overcoming COVID

535 consortium reported a lower risk of cardiovascular dysfunction and a lower need for vasopressors and
536 adjunctive therapy in initial treatment with IVIG plus glucocorticoids compared to IVIG
537 monotherapy¹⁰⁴. Yet, in the Best Available Treatment Study (BATS), treatment with IVIG, IVIG plus
538 glucocorticoids, or glucocorticoids monotherapy did not yield statistically significant differences for
539 end points of ventilation, inotropic support, or death, or for improvement on an ordinal clinical-severity
540 scale¹⁰⁵. Both studies reported reduced risks for escalation therapy in patients treated with IVIG plus
541 glucocorticoids compared to IVIG monotherapy, which corroborates the findings from a smaller French
542 study¹⁰⁶. Yet, glucocorticoid monotherapy and IVIG monotherapy was equally effective.

543

544 Differences in study results could result from genetic differences between study populations,
545 differences in viral strain-dependent hyperimmune responses, and, of course, suboptimal adjustments
546 for all potential confounders, in particular confounding by indication. Therefore, randomized controlled
547 trials are needed to determine the optimal therapy for MIS-C and MIS-A. Currently, there is one
548 recruiting RCT comparing infliximab, glucocorticoids or anakinra as escalation therapy after IVIG
549 monotherapy (NCT04898231). In addition, treatment with mesenchymal stromal cells is currently being
550 evaluated in open label studies (NCT04549285, NCT04456439).

551

552

553 **Future outlook and conclusions**

554 The immunotherapy of COVID-19 has booked important successes, being the first severe acute
555 infectious disease in which a strong level of evidence permits recommendation of immunotherapy, as
556 detailed above. However, major quandaries remain in the day-to-day clinical practice, and they should
557 be addressed as a matter of urgency.

558

559 One major quandary with which we are confronted is the treatment of the COVID-19 patient who does
560 not improve, despite treatment with immunotherapy such as dexamethasone and anti-IL-6 therapy.
561 Some of these patients remain strongly hyperinflammatory, and no formal RCTs of follow-up
562 immunotherapy have been performed to help guide our decision; this is a substantial unmet need.
563 However, such studies will be more challenging to perform than earlier trials and until such data are
564 available, one can rationally argue that the addition of an alternative immunotherapy should be
565 considered (**Table 1**).

566

567 It will be thus very important to further pursue clinical studies to identify novel immunotherapies that
568 could further improve the outcome of severe cases. If the patient is still not improving despite the
569 available combinations, other immunomodulatory drugs could be an option to further dampen the
570 hyperactive immune status, such as blocking C5a, anti-GM-CSF, or anti-TNF. However, the level of
571 evidence for anti-cytokine therapies in the ICU patients beyond anti-IL-6 is very low. Furthermore, an

572 increased risk of secondary infections can be anticipated when blocking more components of the
573 immune system. Therefore, escalation of immunosuppressive treatment is currently not advocated
574 outside of clinical trials. An overview of novel potential therapies that need to be formally tested in
575 future clinical trials is presented in **Figure 4**.

576

577 A second quandary that has been only superficially addressed until now is represented by the
578 pathophysiological heterogeneity of COVID-19. Several interventions proven to be effective work by
579 modulating the host's immune response, or cascades downstream of the immune response. However,
580 the host response to SARS-CoV2 is complex, characterized by a plethora of pathways that can be both
581 beneficial and deleterious. Not surprisingly, agents that modify these pathways can be beneficial for
582 some patients and ineffective or even harmful in others. Further complexity arises when one considers
583 that the agents themselves can have additive, multiplying or negative effects when used in combination.
584 These variable treatment effects, dependent on a patient's particular immune state, the disease course
585 and on the use of co-interventions, likely explain some of the disparate findings from some clinical
586 trials. The weaving together of findings from these experiments into an overarching conceptual model
587 is a largely theoretical exercise at this point. Consequently, the current evidence-based guidelines
588 appear somewhat simplistic and lacking in nuance for the individualized treatment many clinicians
589 likely wish to prescribe. Nevertheless, there preliminary data suggest that defined subgroups of patients
590 (based on their inflammatory response) may benefit more, or less, from immunomodulatory therapy.
591 The way forward is to perform trials based on robust biomarkers, so that patients that are more likely
592 to benefit from a given treatment, will receive it.

593

594 There are two broad barriers to the generation of robust experimental evidence supporting
595 individualized treatment algorithms. First, the underlying heterogeneity in pathophysiology that likely
596 drives differential treatment response may often be clinically invisible: two clinically similar patients
597 may have diverse immune states. Second, traditional trial designs are not well-suited for efficient
598 evaluation of differential treatment effects in different patient groups. The good news is that much of
599 the evidence supporting best treatment has come from adaptive platform trials, like RECOVERY or
600 REMAP-CAP. These designs are more flexible for the evaluation of combinations of therapies and
601 evaluation of effects across different subgroups. And, indeed, one can argue that adaptive platform trials
602 have been the dominant source of robust clinical evidence for COVID-19, perhaps ushering in a new
603 paradigm for clinical research. Nonetheless, these trials have thus far still used relatively simple
604 approaches for the assessment of subgroup effects and heterogeneity of treatment effect. Smaller trials,
605 although they can provide clinical rationale and explore more personalized options when common
606 approaches are not working, they often lack statistical power to confirm clinical efficacy. Therefore,
607 immunotherapy in COVID-19 needs to be further explored through RCTs in order to consolidate
608 knowledge and experience and to reveal the optimal biomarker-driven host-directed strategies.

609

610 One final quandary is that must be addressed in the future is availability of immunotherapy. While the
 611 approaches described here can be incorporated in standard-of-care protocols of high-income countries,
 612 these treatments are often not available in many low or middle income countries. Efforts should be
 613 made to increase availability of the current medications on the one hand, and also to explore cheaper
 614 but equally effective alternatives. Only by ensuring equal therapeutic opportunities for all our patients
 615 can we fulfil our mission for optimal treatment of COVID-19.

616

Table 1. Overview of the relevant immunotherapeutic targets and respective trials discussed in this paper.

Type of immunotherapy	Intervention	Trial / paper	Study population	Primary endpoint(s) / outcome measures	Overall conclusion	Ref
ANTI-TRIGGER						
Polyclonal convalescent plasma		AAAS9924 (NCT04359810)	Hospitalized patients with PCR- and radiographically confirmed COVID-19 and hypoxia requiring supplemental oxygen	Clinical status according to the WHO Clinical Progression Scale at day 28	No significant effect	25
		RECOVERY (NCT04381936)	Hospitalized patients with suspected or confirmed COVID-19	28-day mortality	No significant effect	29
		REMAP-CAP (NCT02735707)	Hospitalized patients with COVID-19 admitted to the ICU for organ support	Organ support-free days up to day 21 and in-hospital mortality	No significant effect	30
		INFANT-COVID19 (NCT04479163)	Older ambulatory patients with mild COVID-19 symptoms	Progression to severe respiratory disease	Beneficial	33
Anti-spike protein monoclonal antibodies	Bamlanivimab - Etesivimab	BLAZE-1 (NCT04427501)	Ambulatory patients with mild to moderate COVID-19	Change in SARS-CoV2 log viral load at day 11	Beneficial ¹	34
	Casirivimab - Imdevimab	RECOVERY (NCT04381936)	Hospitalized patients with suspected or confirmed COVID-19	28-day mortality	Beneficial in certain subgroups ²	35
MEDIATOR-TARGETED						
Corticosteroids	Dexamethasone	RECOVERY (NCT04381936)	Hospitalized patients with suspected or confirmed COVID-19	28-day mortality	Beneficial in certain subgroups ³	39
		CoDEX (NCT04327401)	Hospitalized patients with moderate to severe COVID-19-associated ARDS	Ventilator-free days up to day 28	Beneficial	41
	Hydrocortisone	REMAP-CAP (NCT02735707)	Hospitalized patients with COVID-19 admitted to the ICU for organ support	Organ support-free days up to day 21 and in-hospital mortality	Potentially beneficial ⁴	40
Kinase inhibitors	Baricitinib	ACTT-2 (NCT04401579)	Hospitalized patients with COVID-19	Time to recovery	Beneficial	46

¹ Only for the bamlanivimab – etesivimab cocktail; not for bamlanivimab monotherapy.

² Only in patients who were seronegative at baseline.

³ Only in patients receiving supplemental oxygen or invasive mechanical ventilation; not in those without respiratory support.

⁴ Trial stopped early; no treatment strategy met criteria for statistical superiority.

		COV-BARRIER (NCT04421027)	Hospitalized patients with COVID-19	Progress to high-flow oxygen, (non-) invasive ventilation, or death by day 28	Partially beneficial ⁵	47
	Imatinib	COUNTER-COVID (NCT04394416)	Hospitalized patients with COVID-19 and hypoxia requiring supplemental oxygen	Time to discontinuation of respiratory support for >48 consecutive hours	Potentially beneficial ⁶	48
	Tofacitinib	STOP-COVID (NCT04469114)	Hospitalized patients with PCR- and radiographically confirmed COVID-19	Death or respiratory failure by day 28	Beneficial	49
Anti-cytokine treatment	Anti-IL-1					
	Anakinra	CORIMUNO-ANA-1 (NCT04341584)	Hospitalized patients with mild-to-moderate COVID-19	Death or need for (non-) invasive ventilation by day 4	No significant effect	50
		REMAP-CAP (NCT02735707)	Hospitalized patients with COVID-19 admitted to the ICU for organ support	Organ support-free days and in-hospital mortality up to day 21	No significant effect	51
		SAVE (NCT04357366)	Hospitalized patients with PCR- and radiographically confirmed COVID-19 and blood suPAR concentrations of \geq 6ng/mL	Progression to severe respiratory failure by day 14	Beneficial	54
		SAVE-MORE (NCT04680949)	Hospitalized patients with PCR- and radiographically confirmed COVID-19 and blood suPAR concentrations of \geq 6ng/mL	Clinical status according to the WHO Clinical Progression Scale at day 28	Beneficial	55
	Canakinumab	CAN-COVID (NCT04362813)	Hospitalized patients with PCR- and radiographically confirmed COVID-19, hypoxia, and systemic inflammation	Survival without progression to invasive mechanical ventilation from day 3-29	No significant effect	56
	Anti-IL-6					
	Tocilizumab	RECOVERY (NCT04381936)	Hospitalized patients with COVID-19, hypoxia, and systemic inflammation	28-day mortality	Beneficial	57
		REMAP-CAP (NCT02735707)	Hospitalized patients with COVID-19 admitted to the ICU for organ support	Organ support-free days and in-hospital mortality up to day 21	Beneficial	58
	Sarilumab	REMAP-CAP (NCT02735707)	Hospitalized patients with COVID-19 admitted to the ICU for organ support	Organ support-free days and in-hospital mortality up to day 21	Beneficial	58
	Anti-GM-CSF					
	Otilimab	OSCAR (NCT04376684)	Hospitalized patients with severe COVID-19, hypoxia, and systemic inflammation	Survival without progression to respiratory failure at day 28	Beneficial in certain subgroups ⁷	60

⁵ No significant effect on composite primary endpoint, but a significant effect on 28- and 60-day all-cause mortality was observed.

⁶ Although the primary endpoint was not met, findings on mortality and duration of mechanical ventilation suggest a possible beneficial effect and warrant further trials.

⁷ Only in patients of age 70 and above.

Anti-complement treatment	Anti-C5a					
		PANAMO (NCT04333420)	Hospitalized patients with severe PCR- and radiographically confirmed COVID-19	Percentage change in PaO ₂ /FiO ₂ in supine position between baseline and day 5	No significant effect	67
Interferons	Type I interferons					
	IFNβ-1a	SG016 (NCT04385095)	Hospitalized patients with COVID-19	Clinical status according to the WHO Clinical Progression Scale at day 14	Beneficial	69
	IFNβ-1b	UW-20-074 (NCT04276688)	Hospitalized patients with COVID-19	Time to providing a nasopharyngeal swab negative for SARS-CoV2 RT-PCR	Beneficial ⁸	70
		DisCoVeRy (NCT04315948)	Hospitalized patients with COVID-19	In-hospital mortality	No significant effect	71
	Type II interferons					
	IFNγ	Case series	Five critically ill COVID-19 patients	Change in SARS-CoV2 viral load, positive-to-negative viral culture conversion	Potentially beneficial	72
Case series		Six COVID-19 patients with ventilator-associated pneumonia	Monocyte HLA-DR expression, total lymphocyte counts	Potentially beneficial	73	

EFFECTOR-TARGETED

Kallikrein-kinin inhibitors	Icatibant	Case-control study	Nine patients with mild-to-moderate COVID-19 and hypoxia compared to 18 matched controls	Change in supplemental oxygen need expressed in liters per minute	Potentially beneficial	77
	Icatibant + C1-esterase inhibitor	Case-control study	30 patients with PCR- and radiographically confirmed COVID-19 and hypoxia	Time to clinical improvement as defined by the Cap-China Network	Partially beneficial ⁹	78
Thromboprophylaxis	Low molecular weight heparins					
	Enoxaparin (therapeutic dose)	INSPIRATION (NCT04486508)	Hospitalized patients with COVID-19 admitted to the ICU	Venous or arterial thrombosis, ECMO treatment, or mortality within 30 days	No significant effect	82
		ACTION (NCT04394377)	Hospitalized patients with COVID-19 and elevated D-dimer levels	Time to death, discharge, or duration of supplemental oxygen up to day 30	No significant effect	83
	Direct anticoagulants					
	Rivaroxaban (therapeutic dose)	ACTION (NCT04394377)	Hospitalized patients with COVID-19 and elevated D-dimer levels	Time to death, discharge, or duration of supplemental oxygen up to day 30	No significant effect	83
	Unfractionated heparin (therapeutic dose)	ATTACC, ACTIV-4a and REMAP-CAP	Hospitalized patients with mild-to-moderate COVID-19	Organ support-free days and in-hospital mortality up to day 21	Beneficial	84
ATTACC, ACTIV-4a and REMAP-CAP		Hospitalized patients with severe COVID-19	Organ support-free days and in-hospital mortality up to day 21	No significant effect	85	

617

618

619

⁸ Observed for triple antiviral therapy combined with IFNβ-1b compared to lopinavir-ritonavir alone.

⁹ Although the primary endpoint was not met, there was evidence for safety and a significant improvement in lung computed tomography scores and blood eosinophil counts.

620 **BOX 1. The role of biomarker-driven immunotherapy in COVID-19.**

621 The emergence of SARS-CoV-2 infection has been associated with a flurry of studies investigating
622 biomarkers associated with disease severity and outcome. Many inflammatory biomarkers, from the
623 number of subpopulations of immune cells (e.g. lymphopenia, neutrophil-to-lymphocyte ratio), to
624 circulating cytokines (e.g. IL-6, chemokines) or acute phase proteins (e.g. CRP, ferritin), to biomarkers
625 of endothelial cell activation (e.g. suPAR) or complement, are associated with development of a severe
626 COVID-19. Unfortunately, a large gap persists between the use of these biomarkers for predicting
627 disease severity, and for patient stratification to improve host-directed (immune-based) therapies. In
628 addition, more work needs to be done to understand the variability of various immunological
629 biomarkers in time, which may also influence treatment approaches. While the low-hanging fruits of
630 anti-COVID19 immunotherapy (e.g. steroids, anti-IL-6 therapies) have been already achieved, the next
631 steps for optimising immunotherapy will require identification of patient sub-groups that would benefit
632 from specific approaches: e.g. immune-modulating approaches in patients with hyperinflammation vs.
633 Immune-stimulatory therpaies in those with immune paralysis. A blueprint for biomarker-guided
634 therapies is provided by the use of suPAR to guide anakinra treatment in the sub-group of COVID19
635 patients with lung hyperinflammation⁵⁵, or the use of HLA-DR expression to guide IFN γ therapy in
636 sepsis¹⁰⁷. Intense Biomarker research focusing on patient stratification is warranted; in addition,
637 biomarkers to enable the monitoring of the effects of immune-based therapies are also needed.

638

639 **Figure legends**

640

641 Figure 1. A summary of the pathophysiological factors targeted by immune-based therapies in
642 COVID19, which can be categorized as triggers of the infection (eg, SARS-CoV-2 virus, recognition
643 receptors), mediators of the immune response (cytokines, complement, etc), and immune-effector
644 mechanisms (kallikrein system, thromboinflammation).

645

646 Figure 2. An algorithm for immunotherapy of the patient with moderate-to-severe COVID-19, without
647 critical illness.

648

649 Figure 3. An algorithm for immunotherapy of the patient with critical illness due to COVID-19.

650

651 Figure 4. An overview of the options for immunotherapy in patients with COVID-19, depending on the
652 stage of the disease (based on the WHO Clinical Progression Score). The treatment based on high
653 quality randomized trials are presented in dark blue, while the more speculative treatment based on
654 observational or small case series studies are presented in light blue.

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