

Coronavirus Disease 2019 (COVID-19) Shared Decision-Making Tool

March 19, 2020

1. What is my, or my loved ones, likelihood of surviving COVID-19?

The most important predictors of survival are age and pre-existing conditions.

AGE¹

AGE	DEATH RATE <i>Confirmed Cases</i>	DEATH RATE <i>All Cases</i>
80+ years old	21.9%	14.8%
70-79 years old		8.0%
60-69 years old		3.6%

PRE-EXISTING CONDITIONS²

PRE-EXISTING CONDITION	DEATH RATE <i>Confirmed Cases</i>	DEATH RATE <i>All Cases</i>
Heart disease	13.2%	10.5%
Diabetes	9.2%	7.3%
Chronic lung disease	8.0%	6.3%
High Blood Pressure	8.4%	6.0%
Cancer	7.6%	5.6%
no pre-existing conditions		0.9%

Determine your risk level:

- Highest:** > age 80 AND 1 or more chronic conditions
- High:** age 70 – 79 AND 1 or more chronic conditions
- Moderately high:** age > 60 AND/OR 1 or more chronic conditions

¹ <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

² <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

2. What are the symptoms?

Symptoms progress from onset of mild to difficulty breathing within an average of 5 days and Acute Respiratory Distress Syndrome (ARDS) in 8 days.

Early symptoms may include:

- Fever
- Cough
- Shortness of breath

Serious symptoms:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call your physician to determine whether you should get tested

3. What is my likelihood to survive?

Most COVID-19 hospitalizations are due to problem breathing

- Up to 32% end up in the intensive care unit (ICU) and up to 15% die³

In general, even in the absence of COVID-19, of people older than 66 years who stay in the ICU over 14 days on mechanical ventilation, only 19% were discharged home directly from the hospital

- 40% died within 12 months of discharge from the ICU
- The surviving patients had severe and persistent functional dysfunction and cognitive impairment, including inability to problem solve and memory loss⁴

DECISION POINT

Based on my risk level I want to be treated at:

_____ Home with palliative care or hospice for symptom management to maintain comfort

Advance Directives completed?

- Yes / type:
- No

POLST/MOLST completed?

- Yes / type:
- No

_____ Hospital for symptom management to maintain comfort if available

Advance Directives completed?

- Yes / type:
- No

POLST/MOLST completed?

- Yes / type:
- No

_____ Hospital for full life saving measures if available

[CLICK HERE](#) to access your free State's Advance Directive

[CLICK HERE](#) to access Five Wishes

³ <https://www.worldometers.info/coronavirus/coronavirus-death-rate/#hfr>

⁴ Parotto, M & Herridge, M. (2017). Outcomes after 1 week of mechanical ventilation for patients and families. ICU Management & Practices. 17(3):174-176.