ERS clinical practice guidelines on treatment of sarcoidosis

Robert P. Baughman¹, Dominique Valeyre², Peter Korsten³, Alexander G. Mathioudakis⁴, Wim A. Wuyts⁵, Athol Wells⁶, Paola Rottoli⁷, Hiliaro Nunes⁸, Elyse E. Lower¹, Marc A. Judson⁹, Dominique Israel-Biet¹⁰, Jan C. Grutters¹¹,¹², Marjolein Drent¹¹,¹³,¹⁴, Daniel A. Culver¹⁵, Francesco Bonella¹⁶, Katerina Antoniou¹⁷, Filippo Martone¹⁸, Bernd Quadder¹⁹, Ginger Spitzer²⁰, Blin Nagavci²¹, Thomy Tonia²², David Rigau²³ and Daniel R. Ouellette²⁴

¹Dept of Medicine, University of Cincinnati Medical Center, Cincinnati, OH, USA. ²INSERM UMR 1272, Université Sorbonne Paris Nord, AP-HP, Hôpital Avicenne, Bobigny, Groupe Hospitalier Paris-Saint Joseph, Paris, France. ³Dept of Nephrology and Rheumatology, University Medical Center Göttingen, Göttingen, Germany. ⁴North West Lung Centre, Wythenshawe Hospital, Manchester University NHS Foundation Trust, and Division of Infection, Immunity and Respiratory Medicine, The University of Manchester, Manchester, UK. ⁵Unit for Interstitial Lung Diseases, Dept of Respiratory Medicine, University Hospitals Leuven, Leuven, Belgium. ⁶Royal Brompton Hospital, London, UK. ⁷Specialization School of Respiratory Diseases, Dept of Medical, Surgical and Neurological Sciences, Siena University, Siena, Italy. ⁸INSERM UMR 1272, Université Sorbonne Paris Nord, Service de Pneumologie, Centre de Référence des Maladies Pulmonaires Rares, AP-HP, Hôpital Avicenne, Bobigny, France. ⁹Dept of Medicine, Albany Medical College, Albany, NY, USA. ¹⁰Université de Paris, Centre de Compétences Maladies Rares Pulmonaires, AP-HP, Hôpital Européen Georges Pompidou, Paris, France. ¹¹ILD Center of Excellence, Dept of Pulmonology, St Antonius Hospital, Nieuwegein, The Netherlands. ¹²Division of Heart and Lungs, University Medical Center Utrecht, Utrecht, The Netherlands. ¹³Dept of Pharmacology and Toxicology, Faculty of Health and Life Sciences, Maastricht University, Maastricht, The Netherlands. ¹⁴ILD Care Foundation Research Team, Ede, The Netherlands. ¹⁵Cleveland Clinic, Cleveland, OH, USA. ¹⁶Center for Interstitial and Rare Lung Diseases, Pneumology Dept, Ruhrlandklinik, University Hospital, University of Essen, Essen, Germany. ¹⁷Dept of Respiratory Medicine, Laboratory of Molecular and Cellular Pneumonology, Medical School, University of Crete, Heraklion, Greece. ¹⁸Arnici Contro la Sarcoidosi Italia ONLUS, Bologna, Italy. ¹⁹Deutsche Sarkoidose-Vereinigung eV (DSV), Meerbuch, Germany. ²⁰Foundation for Sarcoidosis Research, Chicago, IL, USA. ²¹Institute for Evidence in Medicine, Medical Center and Faculty of Medicine, University of Freiburg, Freiburg, Germany. ²²Institute of Social and Preventive Medicine, University of Bern, Bern, Switzerland. ²³Cochrane Iberoamerica, Barcelona, Spain. ²⁴Henry Ford Hospital, Detroit, MI, USA.

Corresponding author: Robert P. Baughman (bob.baughman@uc.edu)

Shareable abstract (@ERSpublications)
Evidence-based guidelines for the treatment of sarcoidosis are presented. The ERS Task Force committee used the GRADE approach and specific recommendations are made. A major factor in treating patients is the risk of loss of organ function or impairment of quality of life. https://bit.ly/3iAERFY


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Abstract

**Background** The major reasons to treat sarcoidosis are to lower the morbidity and mortality risk or to improve quality of life (QoL). The indication for treatment varies depending on which manifestation is the cause of symptoms: lungs, heart, brain, skin or other manifestations. While glucocorticoids remain the first choice for initial treatment of symptomatic disease, prolonged use is associated with significant toxicity. Glucocorticoid-sparing alternatives are available. The presented treatment guidelines aim to provide guidance to physicians treating the very heterogenous sarcoidosis manifestations.

**Methods** A European Respiratory Society Task Force committee composed of clinicians, methodologists and patients with experience in sarcoidosis developed recommendations based on the GRADE (Grading of Recommendations, Assessment, Development and Evaluations) methodology. The committee developed eight PICO (Patients, Intervention, Comparison, Outcomes) questions and these were used to make specific evidence-based recommendations.

**Results** The Task Force committee delivered 12 recommendations for seven PICOs. These included treatment of pulmonary, cutaneous, cardiac and neurologic disease as well as fatigue. One PICO question regarding small-fibre neuropathy had insufficient evidence to support a recommendation. In addition to the
recommendations, the committee provided information on how they use alternative treatments, when there was insufficient evidence to support a recommendation.

Conclusions There are many treatments available to treat sarcoidosis. Given the diverse nature of the disease, treatment decisions require an assessment of organ involvement, risk for significant morbidity, and impact on QoL of the disease and treatment.