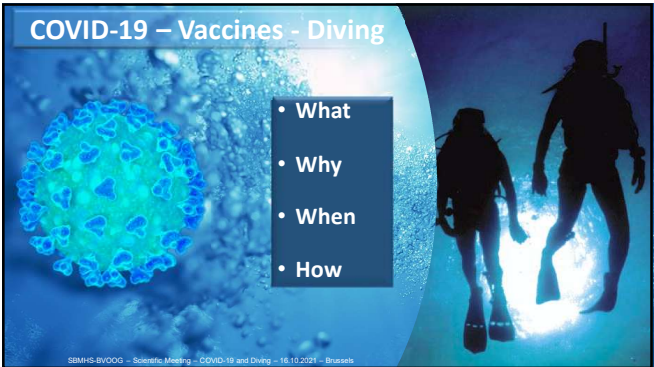




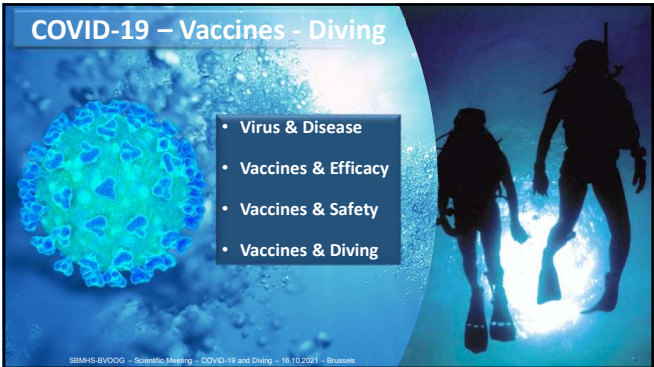
1



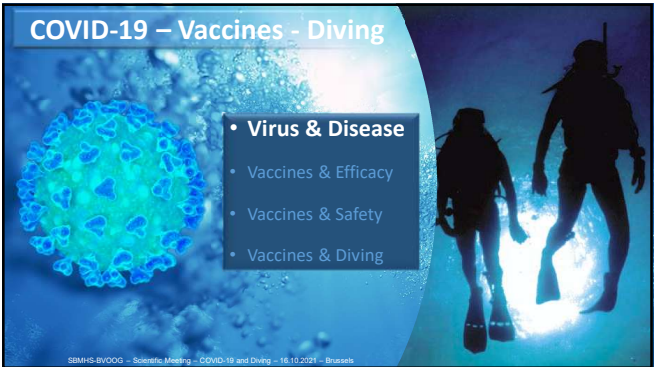
2



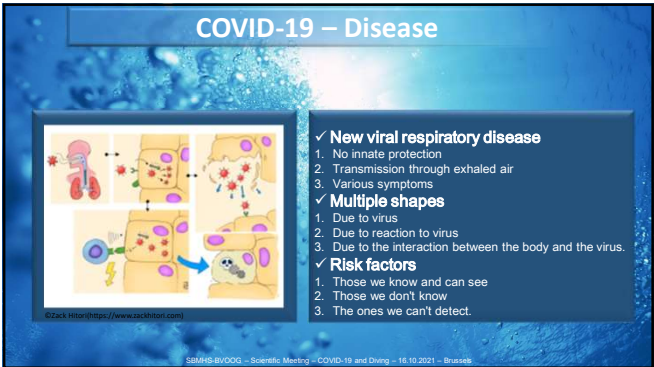
3



4

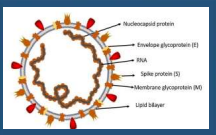


5



6

### SARS-CoV-2 - Virus



- ✓ RNA encapsulated virus
- ✓ Binding to cells
  - Via proteins (S, D, E)
  - In the respiratory tract (from the nose / sinuses to the lungs)
- ✓ Injection of genetic material (RNA) into the cell
- ✓ Using cell mechanics to replicate

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

7

### COVID-19 - Complications

- ✓ Medium and long-term sequelae
- ✓ Risk of hospitalisation
  - Especially in certain groups but not only
  - Consequences of hospitalization (nosocomial infection, thrombosis, ...)
  - Post-intensive care syndrome
- ✓ Risk of death
  - Very low amongst young people, this is clearly not the argument
- ✓ Psycho social impact
  - Isolation
  - School dropout/impact on education
  - Anguish (If I infect a loved one and he or she dies ?)

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

8

### Long COVID-19

- ✓ Persistence of some symptoms for more than 8 weeks
  - Sometimes more than 6 months
  - Anosmia
  - Physical deconditioning
  - Cognitive impairment (head in the fog)
- ✓ An estimated 10 to 25 % of non hospitalized people
- ✓ Up to 60 % of patients in hospital
- ✓ Positive impact of vaccination on this syndrome
- ✓ Prevention through vaccination
- ✓ Risk factor for other pathologies
  - Depression
  - Risk associated with a sedentary lifestyle / lack of activity

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

9

### COVID-19 – Vaccines - Diving

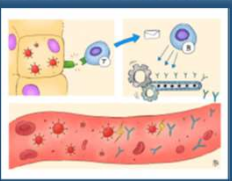


- Virus & Disease
- Vaccines & Efficacy
- Vaccines & Safety
- Vaccines & Diving

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

10

### How do vaccines work ?

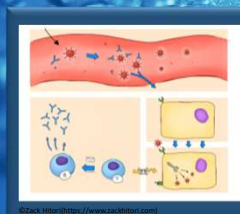


- ✓ We don't do better than immunity
- ✓ Use immunity as in the case of the disease but with less inconvenience
- ✓ The processus to do recognize a part of the body of the virus we want to fight
- ✓ More than 100 years of hindsight

©Zack Hitor (https://www.zackhitor.com)  
SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

11

### Actors of immunity



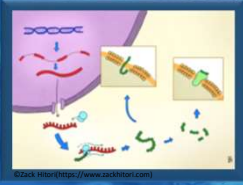
- ✓ B lymphocyte: long-term immunity, entrained in the lymph nodes following the local immune reaction.
- ✓ T lymphocyte: recognition of pathogens, initiation of the reaction immune and cell destruction infected (NK)
- ✓ Antibodies: produced by B lymphocytes, recognizes the pathogen and allows its destruction by other immune cells (PMN and macrophage)

Immunity is not an on / off system, but a machine which improves itself.

©Zack Hitor (https://www.zackhitor.com)  
SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

12

Cellular biology

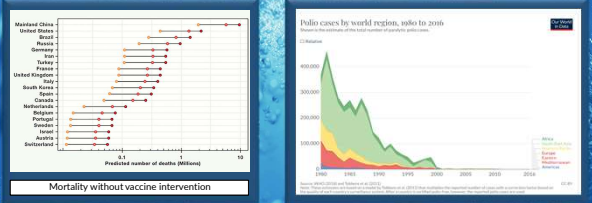


1. Transcription of DNA into pre-RNA messenger
2. Modification of this pre-RNA into RNA messenger (mRNA)
3. Output of mRNA from the nucleus via nuclear pores (one way)
4. Recruitment of ribosomes that translate mRNA into protein
5. A 1<sup>st</sup> part of the proteins go to the cell surface
6. A 2<sup>nd</sup> part is cut into segments presented to the immune system

13

The most effective solution against viruses

« Immunization is one of the most effective and cost-effective public health interventions » WHO



14

Vaccine Platform Refresher (1)

| Platform        | About   | Licensed products                 |
|-----------------|---|-----------------------------------|
| Inactivated     | Inactivated vaccines consist of the whole virus, which has been killed with heat or chemicals so that it can't cause illness. In general, inactivated virus vaccines do not provide as strong of an immune response as live attenuated vaccines, so additional doses may be needed.   | Polio                             |
| Live attenuated | Live attenuated vaccines are made up of whole viruses that have been weakened in a lab (usually through culturing). They tend to elicit a stronger immune response than inactivated vaccines.   | MMR<br>Typhoid<br>TB              |
| Subunit         | Subunit vaccines introduce a fragment or portion of the virus into the body. This fragment is enough to be recognized by the immune response and stimulate immunity.  | Pertussis<br>SPV, B<br>Diphtheria |
| Viral vector    | Viral vector vaccines insert a gene for a viral protein into another, harmless virus (replicating or non-replicating). This harmless virus then delivers the viral protein to the vaccine recipient, which triggers an immune response.<br>• Replicating viral vectors are able to produce copies of the viral protein, potentially triggering an enhanced immune response. | Diphtheria<br>Vaccines            |
| mRNA            | mRNA vaccines work by introducing an mRNA sequence into the body that tells cells what to build coded for a disease-specific antigen. Once this antigen is reproduced within the body, it is recognized and triggers an immune response.  | None                              |
| DNA             | DNA-based vaccines work by inserting synthetic DNA of viral genes into small DNA molecules called plasmids. Cells take in the DNA plasmids and follow their instructions to build viral proteins, which are recognized by the immune system, and prepare it to respond to disease exposure.   | None                              |

15

Vaccine Platform Refresher (2)

DNA-based vaccines work by inserting synthetic DNA of viral genes into small DNA molecules called plasmids. Cells take in the DNA plasmids and follow their instructions to build viral proteins, which are recognized by the immune system, and prepare it to respond to disease exposure.

Viral vector vaccines insert a gene for a viral protein into another, harmless virus (replicating or non-replicating), which delivers the viral protein to the vaccine recipient, triggering an immune response.

RNA vaccines introduce an mRNA sequence coded for a disease-specific antigen. Once this antigen is reproduced within the body, it is recognized and triggers an immune response.

Subunit vaccines introduce a fragment of the virus into the body. This fragment is enough to be recognized by the immune response and stimulate immunity.

Inactivated vaccines consist of the whole virus, which has been killed with heat or chemicals so it can't cause illness.

Live attenuated vaccines are made up of whole viruses that have weakened in a lab. They tend to elicit a stronger immune response than inactivated vaccines.

16

COVID-19 Vaccin pipeline (1)

| Company           | Vaccine     | Platform     | Status  | Notes                                       |
|-------------------|-------------|--------------|---------|---|
| Moderna           | mRNA-1273   | mRNA         | Phase 3 | First mRNA vaccine to enter Phase 3         |
| AstraZeneca       | ChAdOx1-S   | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novavax           | NVX-CoV2373 | Subunit      | Phase 3 | First subunit vaccine to enter Phase 3      |
| Sanofi            | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Johnson & Johnson | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Merck             | mRNA-1273   | mRNA         | Phase 3 | First mRNA vaccine to enter Phase 3         |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |

17

COVID-19 Vaccin pipeline (2)

| Company           | Vaccine     | Platform     | Status  | Notes                                       |
|-------------------|-------------|--------------|---------|---|
| Moderna           | mRNA-1273   | mRNA         | Phase 3 | First mRNA vaccine to enter Phase 3         |
| AstraZeneca       | ChAdOx1-S   | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novavax           | NVX-CoV2373 | Subunit      | Phase 3 | First subunit vaccine to enter Phase 3      |
| Sanofi            | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Johnson & Johnson | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Merck             | mRNA-1273   | mRNA         | Phase 3 | First mRNA vaccine to enter Phase 3         |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |
| Novartis          | Ad26.COV2.S | Viral vector | Phase 3 | First viral vector vaccine to enter Phase 3 |

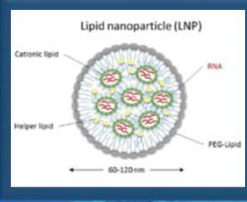
18

COVID-19 Vaccin pipeline (3)

| Project Name | Description               | Company     | Phase      | Update               | Comments  |
|--------------|---------------------------|-------------|------------|----------------------|---|
| Novartis     | Adjuvanted mRNA vaccine   | Novartis    | Phase I/II | Phase I/II completed | Novartis is developing an adjuvanted mRNA vaccine. Phase I/II completed.      |
| Moderna      | mRNA vaccine              | Moderna     | Phase I/II | Phase I/II completed | Moderna is developing an mRNA vaccine. Phase I/II completed.                  |
| AstraZeneca  | Adenoviral vector vaccine | AstraZeneca | Phase I/II | Phase I/II completed | AstraZeneca is developing an adenoviral vector vaccine. Phase I/II completed. |
| Novavax      | Protein subunit vaccine   | Novavax     | Phase I/II | Phase I/II completed | Novavax is developing a protein subunit vaccine. Phase I/II completed.        |
| Sanofi       | Adenoviral vector vaccine | Sanofi      | Phase I/II | Phase I/II completed | Sanofi is developing an adenoviral vector vaccine. Phase I/II completed.      |
| Novartis     | Adenoviral vector vaccine | Novartis    | Phase I/II | Phase I/II completed | Novartis is developing an adenoviral vector vaccine. Phase I/II completed.    |
| Novartis     | Adenoviral vector vaccine | Novartis    | Phase I/II | Phase I/II completed | Novartis is developing an adenoviral vector vaccine. Phase I/II completed.    |

19

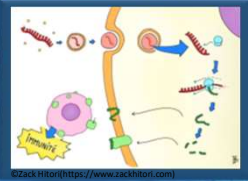
COVID-19 – RNA Vaccines



- Lipids
  - ((4-hydroxybutyl)azanediy)bis(hexane-6,1-diyl)bis(2-hexyldcanoate) (ALC-0315)
  - 2-[[poly(ethylene glycol)-2000]-N,N-ditetradecylacetamide(PEG-2000)-N,N-ditetradecylacetamide(PEG-2000)
  - 1,2-Distearoyl-sn-glycero-3-phosphocholine (DSPC)
  - Cholesterol
- Potassium chloride
- Potassium dihydrogenphosphate
- Sodium chloride
- Disodiumphosphate dihydrate
- Sucrose
- Water for injections

20

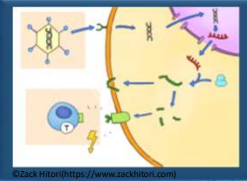
COVID-19 – RNA Vaccines



1. Lipids encompass mRNA
2. Presentation of the "bag" to the cell
3. Entry into the cell (endocytosis)
4. Release of RNA into the cytoplasm
5. mRNA recruits ribosomes
6. Synthesis of protein S
7. Some of it goes to the surface of the cell
8. The other is cut into segments presented in immune system
9. These are recognized as foreign to the body and cause an immune response.
10. Protein on the surface helps stimulate immune reaction that creates immunity.

21


COVID-19 – Viral Vector Vaccines



1. Injection of the vaccine containing the vector viral
2. Binding of the vector with the target cell
3. Injection of genetic material ("infection")
4. Use of cellular machinery to synthesize protein S
5. Expression at the membrane for a part of the proteins produced
6. Cutting and presentation to the system immune for a small part
7. Recognition of a protein foreign by the immune system and triggering of the immune reaction
8. Development of immunity

22

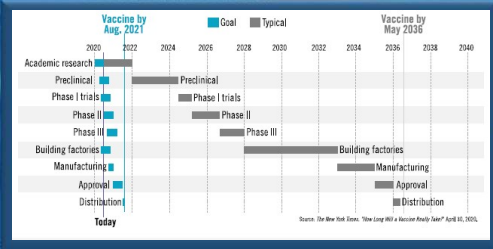
Research & Development Timelines



- ✓ As part of development of vaccine, all control steps were followed
- ✓ Lack of funding and recruitment problem
- ✓ Theoretical, in vitro development already been carried out before the start of the pandemic for other diseases (Ebola in particular)
- ✓ What allowed the acceleration of the process:
  - Overlapping clinical phases
  - Continuous assessment of dossier by EMA and priority dossier
  - Production started before marketing authorization

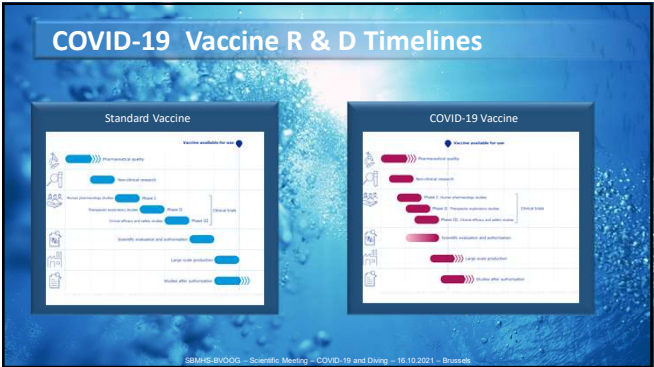
23

COVID-19 – Vaccines – R & D

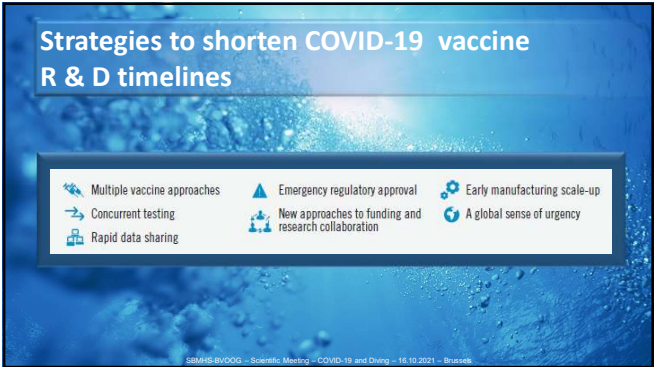


Source: The New York Times, "How Long Will a Vaccine Really Take?" April 16, 2020.

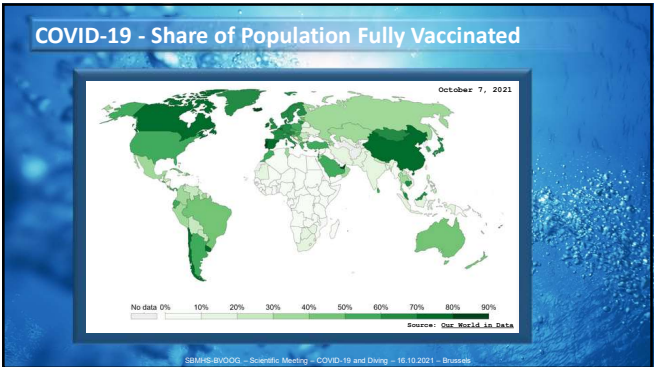
24



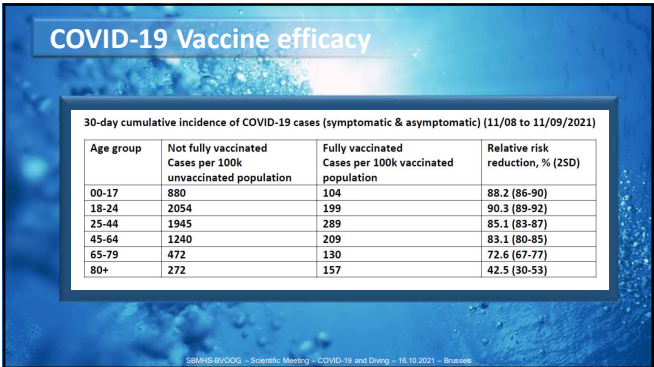
25



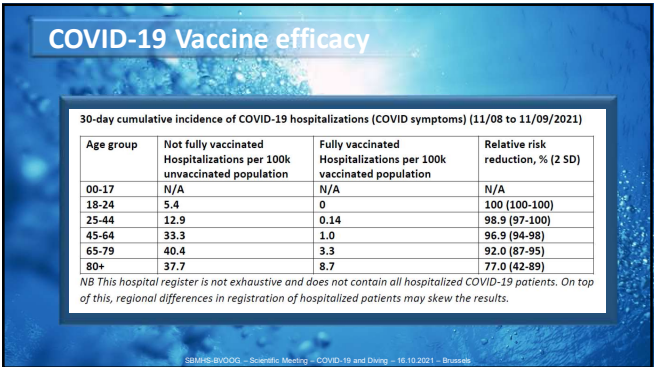
26



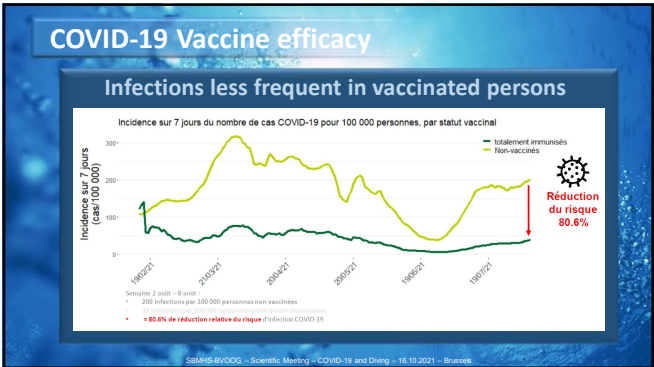
27



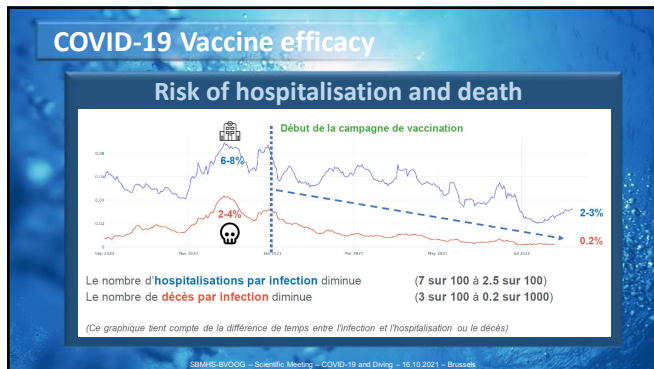
28



29



30



31

### COVID-19 – Vaccines - Diving

- Virus & Disease
- Vaccines & Efficacy
- **Vaccines & Safety**
- Vaccines & Diving

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

32

### COVID-19 – Vaccines & Safety

In order to market a drug benefit must outweigh risks  
Self evident ?

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

33

### COVID-19 – Vaccines & Safety

#### Efficacy ("benefit") & Safety ("risks")

##### The fundamental difference

**Efficacy**  
Focus on one or a few well defined symptoms and/or diagnoses

We decide what we mean by efficacy !

**Safety**  
Everything Else !

There are 4000 diagnoses and 50000 symptoms to choose from !

We can never decide what will happen !

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

34

### COVID-19 – Vaccines & Safety

#### Adverse Drug Reaction (ADR) ("side effect")

An adverse drug *reaction* is an adverse event considered to be causally related to the product.

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

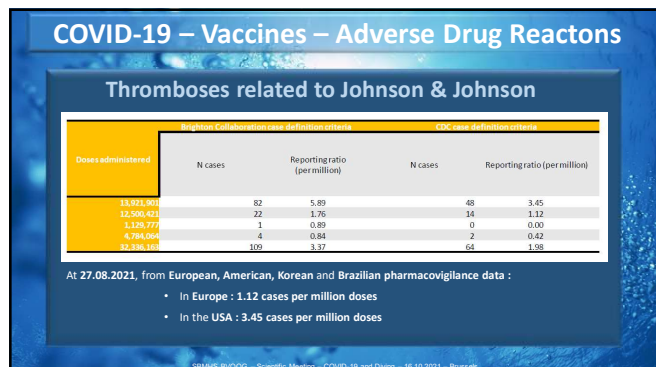
35

### COVID-19 – Vaccines – Adverse Drug Reactions

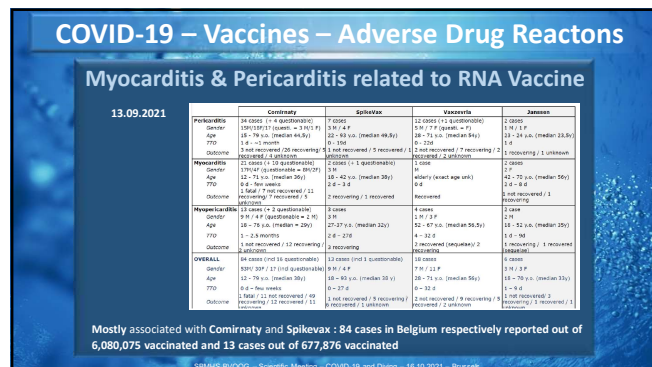
- ✓ **Related to the immune reaction**
  - Shows that the vaccine is playing its role
  - Local (pain, redness, swelling)
  - General (fatigue, flu syndrome, fever or febrile state)
- ✓ **Allergic reaction**
  - Anaphylactic shock, hence the monitoring after the reaction
  - Mild allergic reactions (hives, swelling, etc.)
- ✓ **Vaccine induced Immune Thrombotic Thrombocytopenia**
  - Concerns viral vector vaccines
  - Very rare
- ✓ **Heart problem (myocarditis, pericarditis)**
  - Very rare (around ten per million vaccinations)
  - Complete recovery in the majority of cases

SBMHS-BVOOG - Scientific Meeting - COVID-19 and Diving - 16.10.2021 - Brussels

36



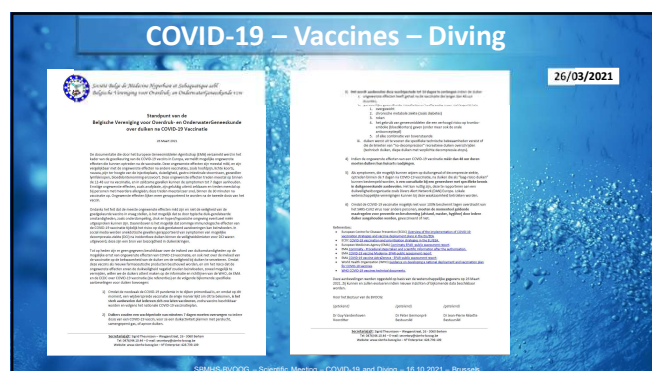
37



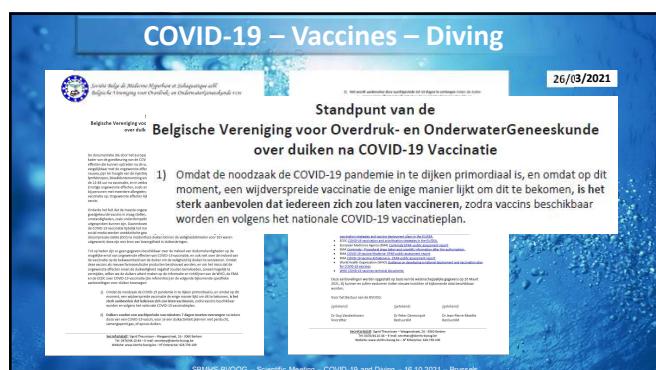
38



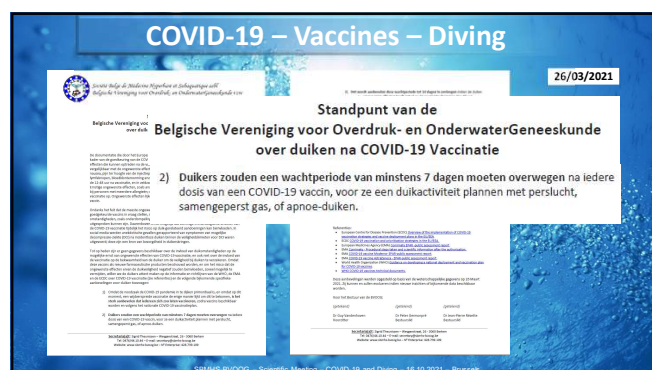
39



40



41



42

**COVID-19 – Vaccines – Diving**

26/10/2021

Standpunt van de  
**Belgische Vereniging voor Overdruk- en OnderwaterGeneeskunde**  
over duiken na COVID-19 Vaccinatie

3) Het wordt aanbevolen deze wachperiode tot 14 dagen te verlengen indien de duiker

- i. ongewenste effecten heeft gehad na de vaccinatie die langer dan 48 uur duerden,
- ii. persoonlijke gezondheids-risicofactoren heeft, zoals, maar niet beperkt tot:
  - 1. overgewicht
  - 2. chronische metabole ziekte (zoals diabetes)
  - 3. roken
  - 4. het gebruik van geneesmiddelen die een verhoogd risico op trombo-embolie (bloedklonters) geven (onder meer ook de orale anticonceptiepijl)
  - 5. of elke combinatie van bovenstaande
- iii. duiken wenst uit te voeren die specifieke technische bekwaamheden vereist of die de limieten van "no-decompression" recreatieve duiken overschrijden (technisch duiken, diepe duiken met verplichte decompressie-stops).

SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

43

**COVID-19 – Vaccines – Diving**

Standpunt van de  
**Belgische Vereniging voor Overdruk- en OnderwaterGeneeskunde**  
over duiken na COVID-19 Vaccinatie

- 4) Indien de ongewenste effecten van een COVID-19 vaccinatie meer dan 48 uur duren moeten duikers hun huisarts raadplegen.
- 5) Als symptomen, die mogelijk kunnen wijzen op duikongeval of decompressie-ziekte, optreden binnen de 7 dagen na COVID-19 vaccinatie, na duiken die als "laag-risico duiken" kunnen bestempeld worden, is een consultatie bij een geneesheer met specifieke kennis in duikgeneeskunde aanbevolen. Het kan nuttig zijn, deze te rapporteren aan een duikveiligheidsorganisatie zoals Divers Alert Network (DAN) Europe. Lokale wetenschappelijke verenigingen kunnen bij deze waakzaamheid betrokken worden.
- 6) Omdat de COVID-19 vaccinatie mogelijk niet voor 100% beschermt tegen overdracht van het SARS-CoV2 virus naar andere personen, moeten de momenteel geldende maatregelen voor preventie en bescherming (afstand, masker, hygiëne) door iedere duiker aangehouden worden, gevacineerd of niet.

SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

44

**COVID-19 – Vaccines – Diving**

**Conclusions**

SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

45

**COVID-19 – Vaccines – Ethical Aspects**

**Importance of choice**

| Individual             | Societal                    |
|------------------------|-----------------------------|
| 1. Individual autonomy | 1. Solidarity               |
| 2. Physical integrity  | 2. Duty to protect the weak |
|                        | 3. Collective autonomy      |

- ✓ Health beyond the simple vital need
- ✓ Every life has the same value
- ✓ A healthy society brings individual benefits

**Health as a common good**

SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

46

**"Diving medicine... just add water"**

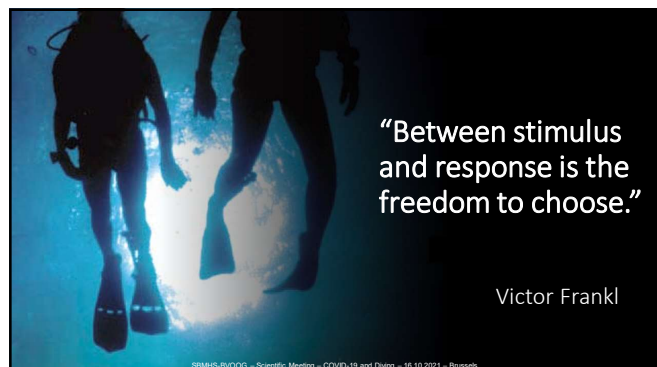
SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

47

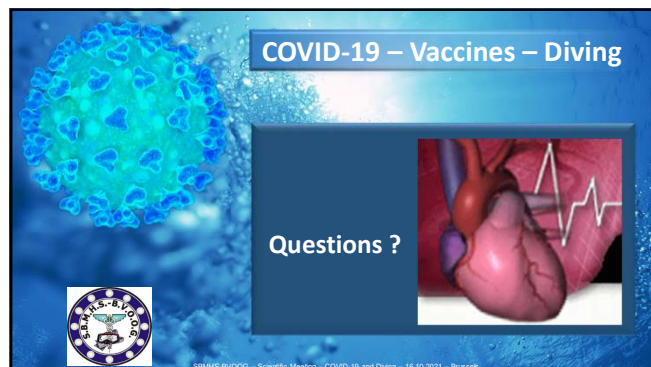
**"Diving medicine... safe down deep."**

SBMHS-BVOOG – Scientific Meeting – COVID-19 and Diving – 16.10.2021 – Brussels

48



49



50



51