Protocol for COVID-19 Home Isolation Management

Figure: Work Flow of reward
Call received/made by the reWARD staff.

- Introduce yourself and reWARD.
- Reconfirm patient’s COVID PCR status
- Ensure that the current care facility is home

Does the patient have severe symptoms\(^1\)?

- YES: Advise the patient to go to healthcare facility ASAP.
- NO: Is the home facility appropriate for home isolation\(^2\)?
  - NO: Advise institutional isolation.
  - YES: Document registration details and ask screening questions (Google form)

- Inform the patient that they will receive a second call from your team subsequently.
- Give information about where they can find more information, FAQs, videos related to home isolation (reWARD link).
- If the patient asks any clinical questions, note it down and inform that it will be addressed in second call.
- Thank the patient for his/her time.
FIRST CALL: REGISTRATION protocol

Table 1. Symptom categorization (WHO)

<table>
<thead>
<tr>
<th>Mild</th>
<th>SEVERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key symptoms:</td>
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</tr>
<tr>
<td>Fever, dry cough, fatigue</td>
<td>Shortness of breath, loss of appetite, confusion, persistence pain</td>
</tr>
<tr>
<td></td>
<td>or pressure in the chest, high temperature (&gt; 38 °C)</td>
</tr>
<tr>
<td>Less common symptoms:</td>
<td>Less common symptoms:</td>
</tr>
<tr>
<td>Loss of taste or smell,</td>
<td>Irritability, confusion, reduced consciousness, seizures, anxiety,</td>
</tr>
<tr>
<td>nasal congestion, red eye,</td>
<td>depression, sleep disorders, stroke, delirium</td>
</tr>
<tr>
<td>sore throat, headache,</td>
<td></td>
</tr>
<tr>
<td>muscle or joint pain, skin</td>
<td></td>
</tr>
<tr>
<td>rash, nausea/vomiting,</td>
<td></td>
</tr>
<tr>
<td>Diarrhea, chills, dizziness</td>
<td></td>
</tr>
</tbody>
</table>

Table 2. Home facility evaluation

<table>
<thead>
<tr>
<th>Are hand and respiratory hygiene supplies available?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do the household have environmental cleaning supplies?</td>
</tr>
<tr>
<td>Is there a dedicated washroom available?</td>
</tr>
<tr>
<td>Can vulnerable groups like children, pregnant or elderly be segregated?</td>
</tr>
</tbody>
</table>
SECOND CALL: CLINICAL protocol

Call made by the reWARD clinical staff

- Introduce yourself.
- Confirm that the patient is observing home isolation.

Reconfirm the patient’s symptoms\(^1\) as documented in the first call.

Explain the proper technique of measuring temperature, oxygen saturation, respiratory rate as per availability.\(^2\)

Inquire about the presence of high risk factors\(^3\) and explain about likelihood of severe disease if present.

Verbalize the need for medication for mild symptoms. This will be dealt by medical doctors

Thank the patient for his/her time. Decide about the \textbf{TIME} for the daily follow up calls. Explain when to call back\(^4\).
## Table 1. Symptom categorization (WHO)

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<td>Irritability, confusion, reduced consciousness, seizures, anxiety, depression, sleep disorders, stroke, delirium</td>
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</tbody>
</table>
### Table 2. How to measure vital signs?

#### How to measure respiratory rate?

- Have a watch which shows seconds with you.
- Take normal regular breaths. Do not take deep breaths. Do not record the respiratory rate after exercise. You should be well rested before recording it.
- Record one normal breath count as a combination of one normal breath in and one normal breath out.
- Count your breaths for 60 seconds and record the number as respiratory rate.
- A normal adult has a respiratory rate of 10-12 breaths per minute.
- A respiratory rate of 30 or more is worrisome and should be reported immediately to us or called to the hospital.

#### How to measure temperature?

- Every patient should have a dedicated thermometer.
- Take your temperature in the axilla.
- Record your temperature 3 times a day (8am-2pm-8pm).
- Temperature can be checked frequently if the patient feels feverish as per necessary.
- If the patient has persistently high-grade fever (>38°C or >100.4°F), the patient should call our staff or hospital for further advice.

#### How to measure oxygen saturation?

- Make a pulse oximeter available at your home.
- Before measuring, make sure your hands are not too cold, you should apply the device with the red indicator of the device facing the nail. Do not apply any nail polish to avoid false records.
- Record your oxygen saturation at least for 3 times (8am-2pm-8pm) and report back to us.
- A saturation reading of 94% or more is satisfactory.
- If your saturation is persistently less than 94%, report to us or call the nearest Hospital immediately for further advice.
SECOND CALL: CLINICAL protocol

Table 3. High risk factors for disease severity

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Age&gt;60</td>
<td></td>
</tr>
<tr>
<td>• History of smoking</td>
<td></td>
</tr>
<tr>
<td>• <strong>Comorbidities:</strong> Lung disease, including COPD, asthma, or bronchiectasis. Cardiovascular disease, including hypertension, Diabetes Mellitus</td>
<td></td>
</tr>
<tr>
<td>• <strong>Other clinical factors:</strong> Immuno-compromised states (e.g. chronic kidney or liver disease, taking chemotherapy, steroids, or other Immunosuppressants</td>
<td></td>
</tr>
</tbody>
</table>

Table 4. When to call back? Red flag signs of COVID-19

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>• Blue lips or face</td>
<td>• Little or no urine output</td>
</tr>
<tr>
<td>• Cold, clammy, pale or mottled skin</td>
<td>• Non-blanching rashes</td>
</tr>
<tr>
<td>• Shortness of breath at rest</td>
<td>• Heart rate &gt; 110 beats per minute</td>
</tr>
<tr>
<td>• Coughing up blood</td>
<td>• Oxygen saturation &lt;93% *</td>
</tr>
<tr>
<td>• Difficult to arouse</td>
<td>• Respiratory rate &gt; 22 breaths per minute</td>
</tr>
</tbody>
</table>

*Home pulse oximetry is a safe, non-invasive way to assess oxygen saturation in the blood and can support the early identification of low oxygen levels in patients with initially mild or moderate COVID-19 or silent hypoxia. It should be measured in warm finger.*
Recommendations for home isolated COVID-19 patients

1. Advise the COVID-19 patients and their caregivers about the following signs and symptoms (table 4) of complications or how to recognize a deterioration in their health status that require medical attention. If they develop any of these symptoms, they should seek urgent care through the established COVID-19 care pathway in the community, such as home-based, phone or community outreach teams to assist with monitoring.

2. Self-proning should be advised in the following way:
Instruction for patients with cough or trouble breathing

Please try to not spend a lot of time lying flat on your back! Laying on your stomach and in different positions will help your body to get air into all areas of your lung.

Your healthcare team recommends trying to change your position every 30 minutes to 2 hours and even sitting up is better than laying on your back. If you are able, to please try this:

1. **30 minutes-2 hours: lying on your belly**
   - 30 minutes-dekhι 2 ώρα: Περάσοντας 20 στιγμές επάνω στην πλάτη, στην κρένα και τον λαιμό.
2. **30 minutes-2 hours: lying on your right side**
   - 30 minutes-dekhι 2 ώρα: Περάσοντας 20 στιγμές στην κρένα και τον λαιμό.
3. **30 minutes-2 hours: sitting up**
   - 30 minutes-dekhι 2 ώρα: Στη δεύτερη θέση, θα περάσετε 20 στιγμές προσεκτικά.

**PHOTOS BELOW TO DEMONSTRATE THIS**

1. **30 minutes-2 hours: lying on your belly**
   - 30 minutes-dekhι 2 ώρα: Περάσοντας 20 στιγμές στην πλάτη, στην κρένα και τον λαιμό.
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3. **30 minutes-2 hours: sitting up**
   - 30 minutes-dekhι 2 ώρα: Στη δεύτερη θέση, θα περάσετε 20 στιγμές προσεκτικά.
4. **30 minutes-2 hours: lying on your left side, then back to position #1**
   - 30 minutes-dekhι 2 ώρα: Στη δεύτερη θέση, θα περάσετε 20 στιγμές προσεκτικά.

Then back to position #1. Lying on your belly

Self Positioning Guide. Elmhurst Hopsital SB

आर्फ आसान बदलने निर्देशिका (एल्महर्स्ट अस्पताल, अमेरिका)
3. Adequate nutrition and plenty of fluids orally

4. Provide drug supply for symptomatic management

- Paracetamol 15mg/kg or 500-1000mg for fever and body aches/headaches
- Antihistamine if needed for symptomatic management
- Cough syrup as needed
- Antibiotics are usually NOT required.
- Vitamins are not harmful but not proven to be beneficial.

5. Follow up

- **Mild Cases:** Every day or every 2 days by phone depending on need

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**For enrollment in reward system**

- Call at 9808084824 hotline number for enrollment
- For other information visit our website:
  
  [https://sites.google.com/kusms.edu.np/dhcovidtmpblic/home](https://sites.google.com/kusms.edu.np/dhcovidtmpblic/home)