

COVID-19 & HOME-BASED CARE

BEATING THE WAVES



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FOREWORD


On January 30, 2020, the novel coronavirus was declared a public health emergency of worldwide concern. The current wave of COVID-19 in India is a public health emergency on a scale never seen before & is different as compared to last year's wave. The country reported approximately 400,000 new cases daily from May 1, 2021, onwards. The disease expansion to the rural countryside, which was primarily unaffected in 2020, is worrisome. The rural people are particularly vulnerable to COVID-19 because of a lack of awareness & a reluctance to submit to testing & treatment because of their mindset that if they tested positive for COVID-19, they might not get a bed in government hospitals.

The current COVID-19 pandemic has taught us a lot about how primary care can respond to such a crisis. As the first line of protection, primary care reinforces the patient's ability to manage infection at home, reducing the risk of infection transmission & preventing overcrowding in hospitals. So, home isolation should be provided for mild & asymptomatic COVID-19 cases. During home isolation, patients or caregivers should be in direct contact with doctors & should update their conditions regularly.

The infographic booklet provides information in easy-to-understand graphics on monitoring vital symptoms, including the clinical guidance for the management of suspected & confirmed COVID-19 cases in resource-limited settings for both mild & asymptomatic patients. I also observed that this booklet provides basic education & knowledge on COVID-19 & home-based care. This will enhance home-based care in patients who are suspected or confirmed COVID-19.

I commend the efforts of the Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh, & Panjab University (PU), Chandigarh, including the Indian Association for Preventive & Social Medicine (IAPSM), for bringing out the booklet of **COVID-19 & Home-Based Care**. This booklet guides about home isolation & provides instruction for caregivers & patients, treatment for patients with mild /asymptomatic disease in home isolation, when should you seek medical help & when should you stop being isolated at home.

I applaud the efforts of all those who have contributed to make this a much valuable document.


(Vinod Paul)



INDEX



COVID-19 POSITIVE WITH MILD SYMPTOMS

1



INSTRUCTIONS FOR CAREGIVERS

1



INSTRUCTIONS FOR THE PATIENTS

3



IN-HOME ISOLATION TREATMENT FOR PATIENTS WITH MILD/ASYMPTOMATIC DISEASE

4



HOME ISOLATION & MONITORING VITAL PARAMETERS

5



OUTPATIENT IN HOSPITALS & CLINICAL STRATIFICATION OF COVID-19 PATIENTS

6



HOME-BASED CARE & BEST PRACTICE

7



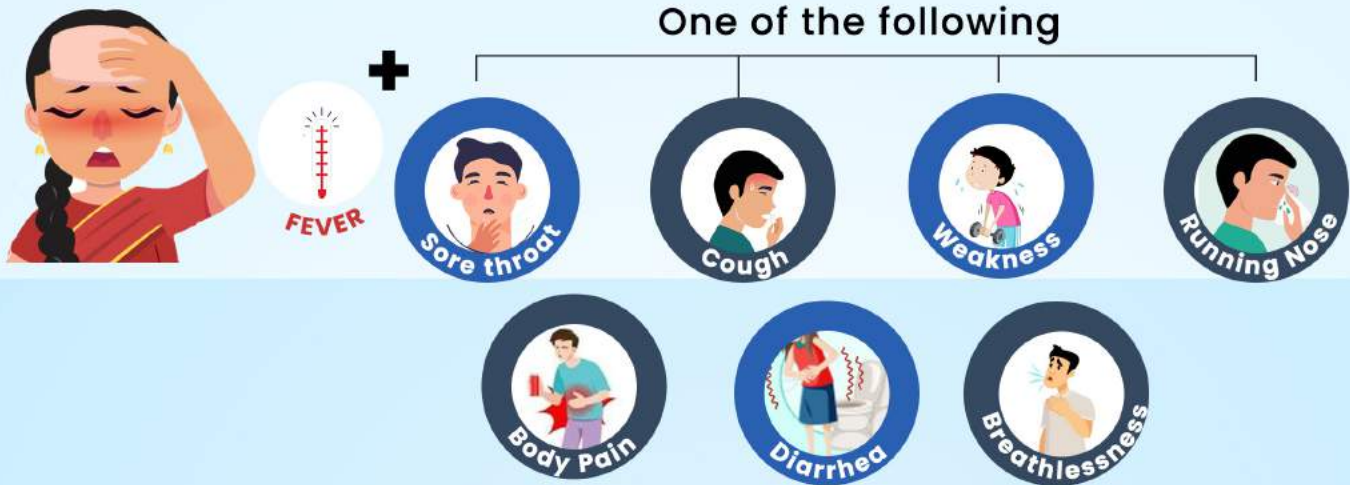
ACKNOWLEDGEMENT

8



COVID-19 POSITIVE WITH MILD SYMPTOMS

HOME ISOLATION TREATMENT & MONITORING (HITAM)



GUIDELINES FOR HOME ISOLATION

FOR MILD / ASYMPTOMATIC COVID-19 ADULT PATIENT

ISOLATION MAY BE PROVIDED FOR THOSE WHO HAVE

- Classified as a COVID-19 mild/asymptomatic case, according to GOI criteria.
- Self-isolation facilities, including a separate room & toilet, should be available at their home.
- Have a caregiver on 24*7 basis with regular communication link with a hospital or a doctor.



INSTRUCTIONS FOR CAREGIVERS

HOUSING & VENTILATION

- Window in the isolation should be opened only if it opens outside.



- Windows & doors opening inside the house, should be kept shut.
- Clean surfaces with household disinfectant or 1% sodium hypochlorite.

MASK

When in the same house with a COVID-19 positive person, the caregiver should avoid entering positive patients room as far as possible or use an N-95 mask. The front portion of the mask should not be touched. If the mask becomes wet or unclean due to secretions, it must be replaced immediately. After handling the mask, don't touch your face, nose, or mouth until you've done your hand hygiene. Mask should be changed after 8 hours & should be disposed after soaking in 1% Sodium Hypochlorite.

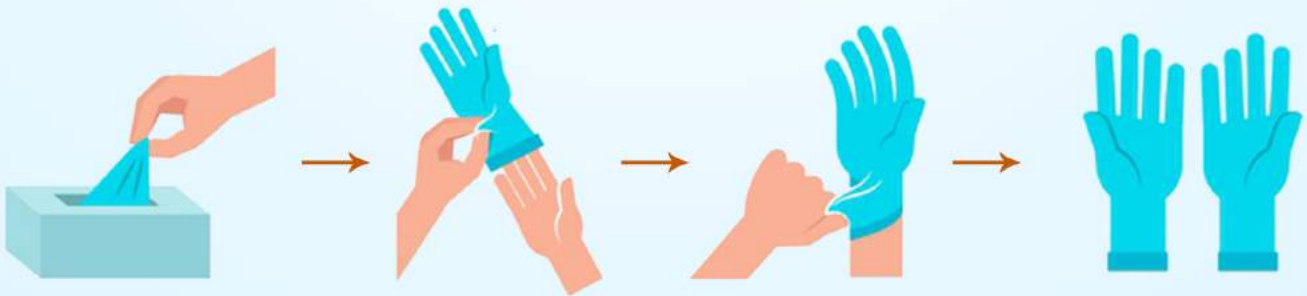


HAND HYGIENE

After any exposure with a COVID-19 positive person or his/her immediate environment, wash your hands thoroughly. Hand hygiene should be performed before & after food preparation, before eating, after using the washroom & whenever hands appear unclean. You must wash your hands for at least 30 seconds with soap & water. If the hands are not visibly filthy, an alcohol-based hand rub can be used. After washing your hands with soap & water, dry them with disposable paper towels. If paper towels not available, use dedicated clean cloth towels & when they become wet, replace them.



Direct contact with body fluids of COVID-19 (particularly oral or respiratory secretions) positive person should be avoided. Ask him to keep the surroundings clean. If you need to clean, wear an N95 mask & use disposable gloves.



SELF MONITORING

The caregiver & their contacts should self-monitor their health by taking daily temperature readings & getting tested for COVID-19 as soon as possible if they develop any COVID-19-like symptoms (fever/ cough/ difficulty breathing/ malaise).

SERVING THE FOOD

Food should be served to COVID-19 positive people in their rooms as far as possible, with disposable cutlery, utensils & dishes. Patients should clean their own dishes with soap/detergent & water.



Food must be provided to the COVID-19 positive person in his/her room. As far as possible use disposable cutlery. Utensils & dishes used by the patients should be cleaned with soap/detergent & water him/herself. After a thorough cleaning with detergent & water, the utensils & dishes can be reused.

INSTRUCTIONS FOR THE PATIENTS



If the caregiver is entering your room, both patient & caregiver should use an N95 mask; otherwise, avoid entering the room.



Take rest & maintain proper hydration by drinking plenty of fluids.



Keep the windows open for proper ventilation.



Always follow respiratory etiquette.



Hands must be washed with soap & water for at least 30 seconds & cleaned with an alcohol-based sanitizer regularly.



Personal items should not be shared with others.



The patient must completely follow the doctor's advice & drug recommendations.



Touched surfaces in the room should be cleaned (tabletops, doorknobs, handles, etc.) once a day with any soap or detergent -containing solution or with 1% Sodium Hypochlorite.



The patient should self-monitor his or her health by taking daily temperature readings & reporting any deterioration of symptoms. Use self monitoring chart.



If available, the patient should self-monitor blood oxygen saturation (SpO₂) with a pulse oximeter twice a day.



IN-HOME ISOLATION TREATMENT FOR PATIENTS WITH MILD/ASYMPTOMATIC DISEASE

Patients must maintain contact with their treating physician & report any deterioration as soon as possible.



After communicating with your treating physician, keep taking your medications for other co-morbid illnesses.

Patients must follow symptomatic treatment (hydration, anti-pyretic, anti-allergic, anti-tussive).



If a maximum dose of Tab. Paracetamol 650mg four times a day does not manage the fever; ask your doctor about a substitute.

Warm water gargles or steam inhalation can be done twice a day by patients.



Budesonide, only if persistent cough after 5 days. Consult your doctor before initiating any medicine. Continue using your routine medication. If there is some problem, talk to your doctor before stopping any medication.

In mild illness, systemic oral steroids are not recommended.



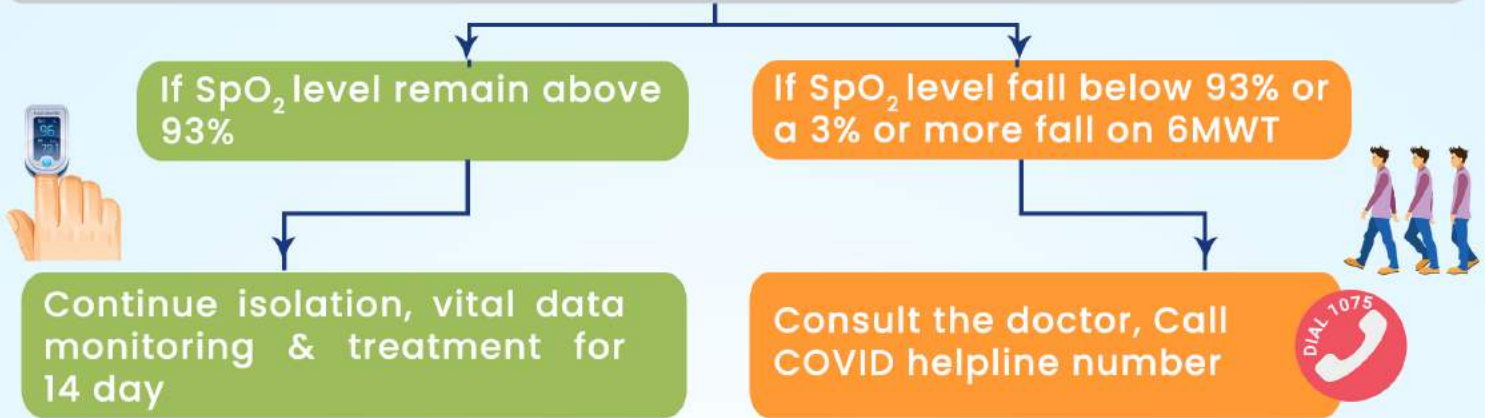
If the person's oxygen saturation drops or they get short of breath, they should be admitted to the hospital & consult with their treating physician immediately.

HOME ISOLATION & MONITORING VITAL PARAMETERS

SIX MINUTE WALK TEST (6MWT)

6MWT Should be avoided by asthmatic, pregnant women & above 70 years patients

If you have COVID-19 symptoms check oxygen level by using a pulse oximeter before taking a walk. Now, walk for 6 min without a break on an even surface with pulse oximeter on your finger.



VITAL DATA MONITORING

1. TEMPERATURE _____
2. PULSE RATE _____
3. BREATH-HOLDING TIME _____
4. 6 MINUTE WALK TEST FOR BREATHLESSNESS _____
5. SpO₂ AT RESTING _____
6. SpO₂ AFTER 6 MIN WALK _____



DAILY MONITORING CHART

Time	Temperature	Pulse Rate	Breath Holding time	6 Min Walk Test	Oxygen Saturation	Blood Glucose	Felling & Breathing Better/Same/Worse
8 AM							
12 NOON							
4 PM							
8 PM							

COVID-19 & NON-COMMUNICABLE DISEASE (NCD) CONTROL

DURING & POST COVID KEEP MONITORING YOUR BLOOD GLUCOSE (SUGAR) LEVEL & BLOOD PRESSURE

KEEP TAKING YOUR
ROUTINE MEDICATION



CONSULT YOUR DOCTOR



OUTPATIENT IN HOSPITALS

Patients under home isolation need to be evaluated. If symptoms persist or new symptoms appear, consult your physician.



CLINICAL EVALUATION



LAB EVALUATION



PRESCRIPTION



ADMISSION NEED ASSESSED

CLINICAL STRATIFICATION OF COVID-19 PATIENTS

MILD	MODERATE	SEVERE
<ul style="list-style-type: none"> • NO SHORTNESS OF BREATH • NO DIFFICULTY IN BREATHING • RESPIRATORY RATE BELOW 24/MIN • SpO₂ ABOVE 94% ON ROOM AIR • TAKE 6 MIN WALK TEST 	<ul style="list-style-type: none"> • SHORTNESS OF BREATH ++ • DIFFICULTY IN BREATHING ++ • RESPIRATORY RATE MORE THAN 24 BUT LESS THAN 30 • SpO₂ 90-93% ON ROOM AIR 	<ul style="list-style-type: none"> • SHORTNESS OF BREATH +++ • DIFFICULTY IN BREATHING +++ • RESPIRATORY RATE MORE THAN 30/MIN • SpO₂ LESS THAN 90% ON ROOM AIR EXCEPT IN COPD PATIENTS
<p>HOME ISOLATION (TELECONSULTATION) OR COVID CARE CENTRE</p>	<p>ADMIT IN DCHC OR COVID HOSPITAL</p>	<p>ADMIT IN ICU OF COVID HOSPITAL</p>



HOME-BASED CARE & BEST PRACTICES

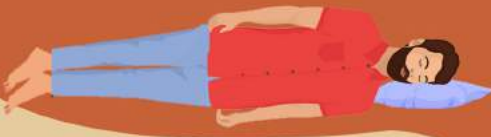
PRONING TO ENHANCE BLOOD OXYGEN LEVEL

PRONING POSITIONS

LAYING ON YOUR BELLY
(30 Min – 2 Hrs)



LAYING ON YOUR RIGHT SIDE
(30 Min – 2 Hrs)



SITTING UP
(30 Min – 2 Hrs)



LAYING ON YOUR LEFT BELLY
(30 Min – 2 Hrs)



LAYING ON YOUR BELLY
(30 Min – 2 Hrs)



USE OF STANDARDISED APP

HITAM APP

HITAM APP IS BEING USED FOR THE HOME MONITORING OF COVID-19 PATIENTS BY THE GOVERNMENT OF TELANGANA

HITAM
Home Isolation, Telemedicine & Monitoring App
Date : 15 Jul 2020 02:39:16 AM

Doctor Details

Name : Dr. AnilKumar
Primary Mobile : 9030403322
Secondary Mobile : 8977391502
Age : 41 Years
Gender : Male Female
Language proficiency : English Hindi Telugu Urdu

YOGA & MEDITATION

PRACTISE SIMPLE YOGA STEPS TO BOOST YOUR MENTAL HEALTH & WELL-BEING.



IF NO SYMPTOMS FOR 3 DAYS, NO FEVER, FOR MORE THAN 7 DAYS OF SYMPTOMS ONSET, YOU CAN END HOME ISOLATION BUT STRICTLY FOLLOW COVID APPROPRIATE BEHAVIOUR, e.g., WEAR MASK, HAND HYGIENE & SOCIAL DISTANCING.

NO COVID TEST IS REQUIRED, AFTER COMPLETING THE HOME ISOLATION PERIOD.



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Disclaimer:

This document is prepared jointly by Post Graduate Institute of Medical Education & Research (PGIMER), Panjab University (PU), Chandigarh (India), having Indian Association of Preventive & Social Medicine (IAPSM), India for wider dissemination partner. The information presented is based on the current knowledge & need to be updated with the emerging evidence.

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TOGETHER WE WILL DEFEAT COVID-19

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