

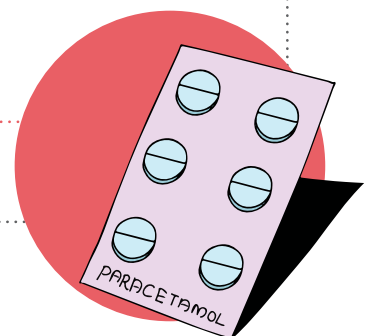
What to expect in a COVID-19 (oxygen) treatment centre

Triage from home

If you have symptoms that are consistent with or have a confirmed diagnosis of COVID-19, you will be monitored by a community health worker either in person or via telephone calls daily.

If the community health worker notes a change in symptoms or vital signs that indicates a need for direct observation and monitoring, they will alert the treating doctor and advise for you to be transferred to the nearest COVID-19 isolation centre or a higher centre according to the level of care required.

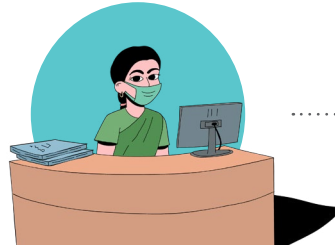
Please carry any old medical records and medications that you use regularly with you.



On arrival at the COVID-19 Treatment Centre (CTC)



Emergency care will begin on arrival at the COVID-19 centre.



Your personal information will be registered by the staff at the centre along with your medical history.

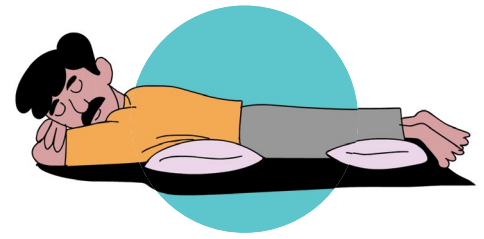


Your attendant/family members will be appraised of your clinical condition and their information registered for updates.

After admission is complete

1. Your temperature, pulse, oxygen saturation and blood pressure will be monitored by medical staff at the centre.
2. You will be given oral/IV medications and supplemental oxygen for COVID-19 based on your clinical parameters as per accepted evidence-based guidelines (indiacovidguidelines.org) on the advice of the treating doctor.
3. Your medications for any chronic medical conditions will be continued or modified based on the advice of a treating doctor.
4. If you require oxygen, it will be provided by means of oxygen concentrators or cylinders until your oxygen levels stabilise and improve.





5. You will be instructed regarding simple measures like prone positioning which can help improve your oxygen levels. Please inform the medical staff if you experience any problems in maintaining this position and they will suggest alternate methods for you.
6. Your blood sugar will be monitored if you are receiving steroids.
7. Please inform the medical staff if you experience any new symptoms so that your care plan (medications, oxygen, IV hydration) can be modified appropriately.
8. When your
 - symptoms have reduced or resolved,
 - vital signs are stable for 48 hours and
 - your supplemental oxygen requirement is resolved for 24-48 hours**the medical staff will assess stability for discharge. Your attendant/family members will be informed accordingly.**
9. If you experience an increase in symptoms or there is a concern regarding your vital parameters which warrants a transfer to a higher treatment facility, the medical staff will alert your attendants and initiate the process of transfer to the higher centre.

10. Palliative care will be offered to all patients for symptom relief, especially those with advanced or chronic progressive conditions who are severely ill. Invasive or intensive care treatments may not be beneficial or appropriate for all patients. In the event of clinical worsening, we recommend a discussion of prognosis and goals of care with the treating doctor. If the treatment options place a greater burden of suffering on the patient without benefits in the form of possible recovery and maintained quality of life and if the family has a consensus decision to forego invasive or ICU treatment, the medical team will continue supportive treatment to alleviate symptoms and provide psycho-social support to the family.

Until the transfer to a higher centre, all emergency care will be provided by the medical staff at the COVID-19 treatment centre.

On discharge from COVID-19 treatment Centre

1. The medical staff at the COVID-19 centre will assess if you are stable for discharge if your condition has been stable and improving for 24-48 hours and you no longer require oxygen therapy or close monitoring for any other reason.
2. You will be discharged with instructions on when to follow up and on how to maintain safety during your home isolation (masks, distance, hygiene, discharge medications) which must be maintained strictly for the duration prescribed on discharge.
3. ON discharge, you will receive information regarding vaccination for COVID-19 and when you are eligible to receive it after recovery.
4. You will be connected with the community health worker of your area who will continue to monitor your health until your isolation period is complete, 2 weeks after discharge. You may contact them if you have any other health concerns during your recovery.

Patients referred from higher treatment centre for continued observation at COVID Treatment Centre

If you have received acute care at a higher treatment centre and are clinically stable, but require a further period of monitoring or supplemental oxygen, you may be referred to the Covid treatment centre in your area.

The treating doctor and medical staff at the COVID-19 treatment centre will follow the discharge instructions from the higher centre and will plan your discharge home from their centre when you are clinically stable for discharge home.



Mental health: Patients

In patients who have had COVID-19, there may be an increased risk of mental illness.

Patients who recover from COVID-19 have an increased risk anxiety, depression, or psychosis, even if they did not have a history of these before, for 6 months after their illness.

We don't know whether this is because of an effect of the virus on the brain, or because of the stress, guilt, or other psychological implications of being sick with COVID-19

It is important for patients to have access to mental health resources to help them through anxiety, depression, or psychosis if they occur.

It is also important for their families to be aware of their increased risk.

Patients expressing suicidal or homicidal thoughts or thoughts of self-harm should immediately be referred to:

Reference:

Taquet, Maxime & Luciano, Sierra & Geddes, John & Harrison, Paul. (2020). Bidirectional associations between COVID-19 and psychiatric disorder: retrospective cohort studies of 62 354 COVID-19 cases in the USA. *The Lancet Psychiatry*. 8. 10.1016/S2215-0366(20)30462-4.