



Case Management

On 17th March 2020, the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India, issued guidelines for the clinical management of COVID 19.

The guidelines include:

- Infection Prevention and Control Measures in healthcare facilities
- Medical Management: Medication and Treatment
- Operational Support for HCPs

Infection Prevention & Control (IPC) Measures

The various measures in health care facilities taken to prevent or restrict the spread of infection for laboratory-confirmed COVID-19 patients or those suspected to be infected, include:

1. Begin IPC immediately at point of entry or emergency department.

This includes following the standard protocols such as:

- Hand hygiene
- PPE usage to prevent direct contact with infected body fluids, respiratory secretions, blood and tissue.
- Prevent needle-stick/sharps injury
- Safe disposal of infected waste
- Disinfection and sterilization of surgical equipment
- Cleaning the healthcare facility.

2. The IPC measures carried out at each stage of management of the patient are as follows:

I. At Triage/Point of Entry to Hospital/ Emergency Department:

- Provide triple-ply mask to patient.
- Keep the patient in an isolated part of the hospital.



- Maintain 1 meter distance between the suspected patient and any other patient.
- Educate all patients on respiratory hygiene.
- Carry out hand hygiene.

II. Droplet Precautions

- Use surgical mask within 1-2 meters of the infected patient.
- Keep patients in single rooms if possible, else, keep patients separated by 2 – 3 meters.
- Wear a facemask or goggles.
- Restrict movement of patient within hospital.
- Provide patients with triple-layered surgical masks if they are coughing or sneezing.

III. Contact Precautions

- Use PPE before entering the room and remove the PPE before leaving.
- Use disposable equipment where possible or clean and disinfect the equipment before use for the next patient.
- Make sure that no health care worker touches their face, eyes, nose, and mouth.
- Avoid touching surfaces such as door knobs or light switches.
- Provide a well-ventilated room to the patient.
- Restrict transport or movement of patients.
- Carry out hand hygiene.

IV. Airborne Precautions during procedures that produce aerosols:

- Use PPE, gloves, gowns with long sleeves, facemask or goggles, and N95 respirators with a secure and tested fit.
- Perform the procedure in a naturally-ventilated single room or a negative pressure room. It should have at least 12 air changes/ hour.
- Keep out unnecessary personnel.



- After mechanical ventilation begins, patient should be kept in a room with similar specifications.

The Hospital Infection Control Committee AIIMS, New Delhi has issued Infection Prevention & Control Guidelines for 2019-nCoV (COVID-19) on 9th March 2020.

The PDF for the same can be downloaded from the link:

<https://www.aiims.edu/images/pdf/hosp.admn-9-3-20.pdf>