

COVID+ Patients: Quick Guide to Monitoring

Setup

1. COVID positive patient - clinic point person sets up time to call same day

Check chart:

2. Risk Stratify, record risk level and initiate appropriate monitoring template (see guide in [HFAM monitoring tab #6](#))
3. Add COVID code to billing (080)
4. Add "COVID19 - month/year to medical history, disease registry, etc.

Monitoring Visit Assessment (First) [Use EMR template if available for your EMR](#)

1. Confirm date of first symptoms (if symptomatic) as well as date of positive test (for end of isolation calculation). Check no immediate red flags for ED transfer before proceeding.
2. Discuss [self-isolation and contacting contacts](#) ASAP (#8 on hfam pathway). Patient can be directed to [public health Hamilton](#) and [HFAM guides for self-isolating](#).
3. Check equipment patient has available, esp availability of/ability to borrow pulse oximeter. Patients can be directed to instructions on using pulse oximeter on [HFAM Patient Resources](#) tab or [emailable hfam handout](#). If patient is a high-risk group lend them a pulse oximeter.
4. COVID Monitoring VISIT specific hx and exam details noting symptoms, vitals and change as per [HFAM monitoring template Section #6](#)
5. Check mental health
6. Check access to food, support or carer availability, financial or housing stress

Monitoring Visit Management Plan (see [HFAM Management section #7](#))

1. Patient advice (expectations, rest hydration, who to call and red flags. See "Patient Advice" in [HFAM \(Management section #7\)](#). Goals of care conversation if appropriate.
2. Medication (comfort and existing) +/- comorbidities advice
3. Can this patient still be managed at home? (See ["red flags" in when to refer to ED](#) tab in hfam.ca)
4. Direct patient and carers to information on mental health social supports etc. as appropriate ([patient tab on HFAM](#)) plus refer as appropriate
5. Email all patients comprehensive patient information (whether self monitoring or ongoing primary care monitoring)
Set up time for next follow-up for those who need monitoring
If needed follow-up falls on weekend think about arrangements for the FU call

Follow-up Visit Plan

Specific symptom and exam details as per HFAM monitoring template, noting symptom and vital signs and change, hydration, presence of red flags.

If patient develops dyspnoea or extreme increasing fatigue, consider need for pulse oximeter to guide assessment