

30 SEPTEMBER 2021


PATHWAY for COVID-19 POSITIVE PATIENTS

This pathway is designed to provide safe, high quality, and community-based care for low risk COVID-19 positive patients, with escalation mechanisms to higher levels of care if required.

PATHWAY FOR COVID-19 POSITIVE PATIENTS


<p>→ cohealth is notified of a positive test result by Western Local Public Health Unit</p>		<p>→ cohealth will:</p> <ul style="list-style-type: none"> → Gain consent to be managed through the pathway. → Perform a clinical assessment and risk stratification. → Perform a social and welfare needs assessment. 		
<p>→ Patients are stratified into low, medium and high risk using a mix of clinical and social factors</p>				
Risk category	Low	Medium Clinically well	Medium Unwell	High
Conditions	Age, symptoms, and social	Age <u>or</u> comorbidity <u>or</u> unwell symptoms (Differentiated by symptoms)		Symptoms <u>and/or</u> social only
Age	<60 years old	>60years old		Any age
Symptoms	Asymptomatic or mild symptoms	Asymptomatic or mild symptoms	Asymptomatic or mild symptoms	⇒ Shortness of breath at rest ⇒ Chest pain ⇒ Syncope or presyncope ⇒ Clinical concern
Comorbidities	⇒ Controlled hypertension ⇒ Well-controlled diabetes ⇒ Obesity (>BMI 35) ⇒ Active smoker (<15cpd) ⇒ Ex-smoker	⇒ Poorly controlled hypertension ⇒ Cardiovascular disease (except controlled hypertension) ⇒ Respiratory disease (COPD, asthma and bronchiectasis) ⇒ Poorly-controlled diabetes ⇒ Immunocompromised (on chemotherapy, steroids or immunosuppressants) ⇒ Malignancy ⇒ Chronic kidney or liver disease ⇒ Active smoker (>15cpd)		Any
Social factors	No barrier to home isolation	No barrier to home isolation		Barrier to home isolation
Plan	Low risk care pathway primary care	Medium risk pathway HITH, RMH, Werribee Mercy, Western Health, Djerriwarrh Health Services and RCH		RMH - In patient care (adults) RCH - Children

Key actions for COHEALTH: COMMUNICATION with GPs

 <p>→ CALL GP to handover the patients with COVID-19</p>	<p>→ cohealth will ring the GP to clinically handover the patient including:</p> <ul style="list-style-type: none"> • notification of the positive result for your patient • outcome of the clinical assessment and social assessment • whether the patient has been assessed as high, medium or low risk. 	
<p>LOW RISK</p> <p>GPs are the best placed to care for low risk patients. A patients usual GP is best placed to manage patients on the low risk pathway.</p> <p>If your practice does not agree or is unable to provide care for your patient in this pathway, cohealth and NWMPHN will arrange for care from a different GP.</p>	<p>MEDIUM RISK</p> <p>GPs will receive communication from relevant HITH service as per normal processes.</p>	<p>HIGH RISK</p> <p>GPs will receive communication from hospital inpatients as per normal processes.</p>

Key actions for GPs: LOW RISK pathway management via telehealth (bill using COVID telehealth MBS)

[HealthPathways Melbourne](#) has regularly updated pages on the low risk assessment and management of COVID-19 patients and [telehealth*](#).

LOW RISK MANAGEMENT		
<p>FOLLOW UP SCHEDULE</p> 	<p>Days 1–4**: every third day</p> <p>Usually an initial call to:</p> <ol style="list-style-type: none"> 1. establish care and planned follow up schedule*** 2. patient should be informed about signs of deterioration (shortness of breath on minimal exertion or rest, extreme fatigue syncope) and be instructed to call an ambulance on 000 after hours if needed. <p>Explain that if no response to calls you may be required to notify DHHS who can choose to request a welfare or compliance check.</p>	<p>Day 5** until resolution of symptoms: at least every second day.</p> <p>If unable to contact after several attempts, we advise GPs to:</p> <ol style="list-style-type: none"> 1. Text the patient followed by contacting next of kin if there is clinical concern; then 2. Contact the Western Public Health Unit via email wphu@wh.org.au. Please complete the RedCap survey indicating that you have not been able to contact the patient.
<p>REMINDERS – Using REDCap (Research Electronic Data Capture)</p>	<p>GPs will be sent reminders by email when a call to a patient is due.</p> <p>Confirmation of assessment is submitted via the secure web link to REDCap. REDCap system is a secure web application used by RMH to support data capture. It is hosted on RMH servers so all data stays at RMH.</p>	




*Telehealth guidance. Patients in the model are exempt from the 12 month FTF requirement for Covid telehealth items as patients who are subject to quarantine are included in the exemption. <https://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet>

Days are calculated as days since **symptom onset, or from date of test **if asymptomatic**.

***All telehealth follow-up consultations should be scheduled at the first contact with the patient.

ASSESSMENT

[HealthPathways Melbourne](#) has regularly updated COVID-19 patient assessment and management pages.

CLINICAL ASSESSMENT 	⇒ Shortness of breath assessment 	<ul style="list-style-type: none"> • Is your breathing different from yesterday? • Can you walk at least half the distance you walked yesterday? • Can you lie flat without worsening shortness of breath? • Is your breathing disturbing your sleep?
	⇒ Deterioration assessment 	<ul style="list-style-type: none"> • How do you feel compared to yesterday? • Are you having fevers or chills? • Have you had any dizzy spells? • Do you have muscle aches and pains? • Do you have any lethargy?
	⇒ Assessment plan	<ul style="list-style-type: none"> • Stable/improvement/deterioration

Assessment Outcome

⇒ STABLE	⇒ IMPROVEMENT	⇒ DETERIORATION
Continue monitoring patient as per schedule until they meet discharge criteria		<p>For escalation to medium risk, contact local health service depending on region:</p> <ul style="list-style-type: none"> • RMH – 0466-868-986 (8am to 6pm, 7 days per week) • Mercy Health – 0408-462-284 (10am to 6pm, 7 days per week) • Western Health – 0478 951 547 (8am – 6.30pm 7 days per week) WHcovid19positivepathways@wh.org.au • Djerriwarrh Health Services – HITH mobile 0429-025-511 (8am to 8pm) • Royal Children’s Hospital (03) 9345-2784 for general paediatric advice (9.00 am to 5.00 pm Monday to Friday, 8.00 am to 4.00 pm Saturday, 8.00 am to 12.00 pm Sunday). After hours contact HITH Consultant via RCH switchboard on (03) 9345-5522 <p>Escalation to high risk –if the patient requires immediate review organise ambulance transfer and advise COVID-19 positive patient. If the patient requires escalation to high risk but not an emergency contact the RMH ID Registrar on call via RMH switch 9342 7000 who can arrange transport.</p>

DISCHARGE - from low risk pathway

Discharge from low risk pathway	⇒ Clearance is generally no sooner than day 14 (if symptoms are resolved by day 12) and no later than day 21. ⇒ GPs will complete a REDCap form that confirms the patient has met discharge criteria. GPs can discharge patients from the model. Release from isolation is by Western Public Health Unit. ⇒ REDCap will send a notification to the Western Public Health Unit (WPHU) for review and a clearance assessment. WPHU will contact your patient if they are cleared and inform them of their clearance statement. Your patient must continue to comply with isolation requirements until this point
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FOLLOW UP - after discharge

Resume regular GP appointments and follow up in 2-4 weeks	Following discharge from the pathway of symptoms, patients are encouraged to resume regular GP appointment and health surveillance. A follow-up face-to-face appointment is advised 2 to 4 weeks after the intensive period to monitor patient and address any other remaining or comorbid issues.
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Key contacts

Cohealth 9448 5551

North Western Melbourne PHN 9347 1188, primarycare@nwmpnh.org.au