

COVID Positive Pathways

Stratification Criteria – Adults – Updated 14 January 2022

OFFICIAL

		Self-Care	Low	Medium – Clinically Stable	Medium - at Risk of Deterioration	High – inpatient
Conditions		Requires all criteria to be met	Requires age/vaccination & symptoms all to be met	Only <u>one</u> of age/vaccination, comorbidity, pregnancy status or symptoms criteria to be met		Requires symptoms only
Criteria	Age & Vaccination Status ¹	>12 and <60 + vaccinated	50-74 + vaccinated <50 + any vaccination status	≥75 + any vaccination status 50-74 + unvaccinated		Any
	Pregnancy Status	<28 weeks & up to 2 weeks postnatal + vaccinated	>28 weeks + vaccinated <12 weeks + unvaccinated	>12 weeks & up to 2 weeks postnatal if unvaccinated		Any
	Symptoms	Nil or Mild	Nil or Mild	Nil or Mild	Moderate	Severe
	Comorbidities	Low-risk or no comorbidities No high or moderate-risk comorbidities	Low-risk or no comorbidities Moderate-risk comorbidities if <60, vaccinated or not pregnant/2wks postnatal No high-risk comorbidities	High risk comorbidities Moderate-risk comorbidities if >60, unvaccinated or pregnant/2wks postnatal		Any
	Social	No social supports required	May require social supports	May require social supports		May require social supports

1. Vaccinated = at least 2 doses, with second dose > 14 days ago

Low-risk comorbidities

Comorbidity/Risk Factor	Definition
Obesity	<ul style="list-style-type: none"> BMI 30-35 by calculator
Psychiatric-Mental Health Treatment: Stable & engaged in care	<ul style="list-style-type: none"> Seeing a GP/psychologist/psychiatrist Symptoms not substantially worse than baseline, or if worse has plan to follow up with usual providers
Cardiac disease: Other inactive/well controlled cardiac condition	<ul style="list-style-type: none"> Well controlled / stable AF Paroxysmal SVT Pacemaker functioning well
Hypertension	<ul style="list-style-type: none"> High blood pressure on or off medication
Diabetes: no medication and well controlled	<ul style="list-style-type: none"> HBA1c if known < 7.5% Gestational diabetes, even if on medication
Cancer: In remission or under observation and not impacting function	<ul style="list-style-type: none"> e.g. prostate cancer under observation, breast cancer on hormonal therapy but not impacting function
Asthma: Mild	<ul style="list-style-type: none"> Occasional use of reliever (Ventolin, blue puffer) Exercise induced
Respiratory disease: Other inactive or well controlled	<ul style="list-style-type: none"> E.g. Sarcoidosis in remission and not on treatment Lung cancer in remission Past history of tuberculosis Lung nodule under surveillance
Haematological condition: Other well controlled/inactive	<ul style="list-style-type: none"> E.g. iron deficiency anaemia, thalassaemia minor/trait, past history of DVT > 3 months ago, ITP no longer in treatment
Smoking	<ul style="list-style-type: none"> Current or ex-smoker
Disability (including intellectual/cognitive): Not dependent on others for care	<ul style="list-style-type: none"> Independent with ADLs
<p>→If has one or more of these comorbidities AND meets the rest of the self-care criteria: stream to self-care</p> <p>→If has one or more of these comorbidities AND meets the rest of the low-risk pathway criteria: stream to low-risk pathway</p>	

Moderate-risk comorbidities

Comorbidity/Risk Factor	Definition
Obesity	<ul style="list-style-type: none"> BMI >35 by calculator
Cardiac disease: Ischaemic heart disease	<ul style="list-style-type: none"> Hx of CABG/stents/angina/previous AMI
Cardiac disease: Heart failure	<ul style="list-style-type: none"> Known heart failure diagnosis, requires diuretics and/or fluid restriction to prevent fluid overload due to heart failure, hospital admissions with fluid overload
Cardiac disease: Other significant active/poorly controlled cardiac condition	<ul style="list-style-type: none"> Severe valvular heart disease Cardiomyopathy not captured above Atrial fibrillation with poor rate control or recent admission

Comorbidity/Risk Factor	Definition
	<ul style="list-style-type: none"> • Implanted defibrillator
Diabetes: On medications/insulin or poorly controlled	<ul style="list-style-type: none"> • HBA1c if known > 7.5% • Frequent BSLs above 12 • Diabetic complications such as foot ulcer/infection • Does not include gestational diabetes
Renal failure: reduced renal function, dialysis	<ul style="list-style-type: none"> • eGFR < 60 if known • Reports reduced renal function or follow up by renal specialist • Haemodialysis or peritoneal dialysis
Liver failure	<ul style="list-style-type: none"> • Cirrhosis (e.g. due to alcohol, non-alcoholic fatty liver disease, viral hepatitis, autoimmune liver disease). • Previous or recurrent episodes of liver failure due to an ongoing condition. • Does not include: viral hepatitis without cirrhosis
Cancer: End stage or palliative management	<ul style="list-style-type: none"> • e.g. metastatic disease impacting function, known to community palliative care service
Asthma: moderate/severe	<ul style="list-style-type: none"> • On a regular preventer including an inhaled corticosteroid • Oral steroids (prednisolone) in the last 12 months for an exacerbation • Any previous hospitalisation due to asthma
Respiratory: COPD, other significant active lung condition	<ul style="list-style-type: none"> • Known diagnosis of COPD • Reports emphysema or chronic cough/breathlessness related to significant smoking history • CF, bronchiectasis, pulmonary fibrosis, pulmonary hypertension
Haematological condition: Other significant	
Stroke	<ul style="list-style-type: none"> • With residual deficit/disability or with known cerebrovascular disease (e.g. carotid stenosis or endarterectomy)
Dementia	<ul style="list-style-type: none"> • Alzheimer's • Other dementia diagnosis • Known age related cognitive decline without formal diagnosis, especially if impacting function or previous episodes of delirium
Other neurological condition	<ul style="list-style-type: none"> • Parkinson's disease • Motor neuron disease • Multiple sclerosis

Comorbidity/Risk Factor	Definition
Disability (including intellectual/cognitive): dependent on others for care	<ul style="list-style-type: none"> • Dependent with ADLs
<p>→ If has one or more of these comorbidities AND is aged >60, unvaccinated and pregnant/2 weeks postnatal: stream to medium-risk pathway</p> <p>→ If has one or more of these comorbidities AND is aged <60, vaccinated and not pregnant/2 weeks postnatal AND has nil or mild symptoms: stream to low-risk pathway</p>	

High-risk comorbidities

Comorbidity/Risk Factor	Definition
Transplant history	<ul style="list-style-type: none"> • Solid organ or bone marrow/stem cell transplant ever
Cancer: Active treatment within last 6 months	<ul style="list-style-type: none"> • Chemotherapy, immunotherapy, or radiotherapy within the last 6 months
Significant haematological conditions	<ul style="list-style-type: none"> • Lymphoma/leukaemia/myelodysplasia (excluding in remission >12 months) • Sickle cell anaemia or thalassaemia major
Immunosuppressive treatment/medication	<ul style="list-style-type: none"> • E.g. Azathioprine, methotrexate, leflunamide, mycophenolate, fingolimod, rituximab, cyclophosphamide • Daily prednisolone or other corticosteroid (if above 20mg/day > 2 weeks or lower doses if long duration of treatment) • Biologic drugs for arthritis or inflammatory bowel disease • Does not include: mesalazine, oral budesonide, inhaled steroids, hydroxychloroquine
Other immunosuppressive condition	<ul style="list-style-type: none"> • E.g. HIV/AIDS • Primary or acquired immunodeficiencies • Hypogammaglobulinemia
Psychiatric-Mental Health Treatment: Unstable, complex or not engaged in care	<ul style="list-style-type: none"> • Recent inpatient admission or active involvement of CATT team/community mental health team • Identified risk of harm to self or others • Significantly worse symptoms than baseline but doesn't have access to GP/psychologist/psychiatrists
Disability (including intellectual/cognitive): Down syndrome	<ul style="list-style-type: none"> • Down Syndrome
Pregnant >12 weeks gestation and up to 2 weeks postnatal if unvaccinated	
→ Stream to medium-risk pathway always	

Severe Symptoms

Symptom	Definition
Severe chest pain	<ul style="list-style-type: none"> • Severity: causes distress, rated as greater than 7 out of 10, does not improve with simple analgesia • Duration: lasts for more than a minute • Quality: cardiac sounding (heavy chest pressure, central) or pleuritic (sharp, stabbing, worse on inspiration) • Associations: new breathlessness at rest or minimal exertion, syncope/presyncope, coughing blood
Shortness of breath whilst remaining still or getting dressed	<ul style="list-style-type: none"> • Finding even simple activities like getting dressed hard due to breathlessness, feeling breathless whilst seated quietly at rest or lying down, unable to speak in sentences, or feeling distressed due to shortness of breath
Dizziness to the point of passing out or nearly passing out	<ul style="list-style-type: none"> • Postural dizziness associated with a loss of consciousness or fall • Actual black out • Feeling extremely weak/faint to the extent of being unable to get up from seated or lying position
Coughing blood	<ul style="list-style-type: none"> • Excludes small flecks or streaks of blood in sputum or pink coloured sputum (unless also associated with new breathlessness or chest pain)
→ Consider the need for emergency medical care/inpatient care (high-risk pathway)	

Moderate Symptoms

Symptom	Definition
Moderate chest pain	<ul style="list-style-type: none"> • Severity: able to tolerate but uncomfortable, minimal improvement with simple analgesia, rated 4-6 out of 10 • Duration: lasts for more than 10 minutes • Quality: pleuritic sounding or vague/non-specific but excluding that only associated with coughing or movement • Associations: no significantly worsened breathlessness

Symptom	Definition
Unable to eat/drink anything at all	<ul style="list-style-type: none"> Greater than 24 hours without food or 12 hours without fluid intake OR if associated with concern for volume depletion (postural dizziness, low or absent urine output)
Shortness of breath whilst walking around	<ul style="list-style-type: none"> Needing to stop to take a breath, or noticeably having to breathe more heavily, whilst walking at what would usually be a comfortable pace around the house
→ Stream to medium-risk pathway	

Mild Symptoms

Symptom	Definition
Mild chest pain	<ul style="list-style-type: none"> Not distressing, improves or almost resolves with simple analgesia OR Chest pain only associated with coughing OR Vague non-distressing chest tightness/discomfort in someone who is otherwise well and has no breathlessness
Shortness of breath only on moderate exertion	<ul style="list-style-type: none"> Needing to stop to take a breath, or noticeably having to breathe more heavily, whilst walking briskly or walking up stairs
Other acute respiratory symptoms	<ul style="list-style-type: none"> Productive or non-productive cough that is not productive of blood (see severe symptoms – coughing blood) Runny nose Sore throat
Systemic symptoms	<ul style="list-style-type: none"> Fever or chills Myalgia (muscle aches and pains)
→ Stream to self-care, low or medium-risk pathway based on other criteria	

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