

राजस्थान सरकार

निदेशालय, चिकित्सा एवं स्वास्थ्य सेवायें, राजस्थान, जयपुर

क्र: मांक आई.डी.एस.पी./2020/565

दिनांक: 26/5/20

समस्त प्रधानाचार्य नियंत्रक, मेडिकल कॉलेज
समस्त अधीक्षक, संलग्न चिकित्सालय
समस्त मुख्य चिकित्सा एवं स्वास्थ्य अधिकारी
समस्त प्रमुख चिकित्सा अधिकारी
राजस्थान।

विषय:-कोविड-19 रोगियों के अस्पताल से डिस्चार्ज करने के क्रम में।

संदर्भ : भारत सरकार द्वारा दिनांक 08.05.2020 एवं दिनांक 10.05.2020 को डिस्चार्ज पॉलिसी के क्रम में।

उपरोक्त विषयान्तर्गत लेख है कि भारत सरकार द्वारा दिनांक 08.05.2020 को कोविड-19 रोगियों के अस्पताल से डिस्चार्ज करने हेतु गाईडलाईन जारी की गई है।

राज्य की वर्तमान परिस्थितियों को देखते हुए यह उचित होगा कि हाईरिस्क ग्रुप के व्यक्ति यदि कोविड-19 रोग के पॉजिटिव पाये जाते हैं तो उन्हें अस्पताल में भर्ती करते हुए ही उपचारित किया जाना चाहिए, चाहे उनमें लक्षण हो या नहीं हो, साथ ही डिस्चार्ज करने से पूर्व उनकी 01 जांच नेगेटिव होना आवश्यक है।

संलग्न : दिनांक 08.05.2020 एवं 10.05.2020 को जारी गाईडलाईन।

निदेशक(जन.स्वा.)
चिकित्सा एवं स्वास्थ्य सेवायें
राजस्थान, जयपुर

क्र: मांक आई.डी.एस.पी./2020/565

दिनांक: 26/5/20

प्रतिलिपि- निम्न को सूचनार्थ एवं आवश्यक कार्यवाही हेतु -

1. निजी सचिव, अतिरिक्त मुख्य सचिव, चिकित्सा एवं स्वास्थ्य विभाग, राज.।
2. निजी सचिव, प्रमुख शासन सचिव, चिकित्सा शिक्षा, राज.।
3. अतिरिक्त निदेशक (ग्रा0 स्वा0), चिकित्सा एवं स्वास्थ्य सेवायें, राजस्थान, जयपुर।
4. समस्त जिला कलेक्टर, राज.।
5. समस्त संयुक्त निदेशक को भेजकर लेख है कि अपने अधीनस्थ जिलों में गाईडलाईन के अनुसार कार्य करवाना सुनिश्चित करें।
6. प्रभारी-सर्वर रूम को वास्ते ईमेल एवं विभागीय वेबसाइट पर अपलोड हेतु।
7. रक्षित पत्रावली।

निदेशक(जन.स्वा.)
चिकित्सा एवं स्वास्थ्य सेवायें
राजस्थान, जयपुर

Revised Discharge Policy for COVID-19

The revised discharge policy is aligned with the guidelines on the 3 tier COVID facilities and the categorization of the patients based on clinical severity (Available at:

<https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>)

1. Mild/very mild/pre-symptomatic cases

Mild/very mild/pre-symptomatic cases admitted to a COVID Care Facility will undergo regular temperature and pulse oximetry monitoring. The patient can be discharged after 10 days of symptom onset and no fever for 3 days. There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to isolate himself at home and self-monitor their health for further 7 days.

At any point of time, prior to discharge from CCC, if the oxygen saturation dips below 95%, patient is moved to Dedicated COVID Health Centre (DCHC).

After discharge from the facility, if he/she again develops symptoms of fever, cough or breathing difficulty he will contact the COVID Care Centre or State helpline or 1075. His/her health will again be followed up through tele-conference on 14th day.

2. Moderate cases admitted to Dedicated COVID Health Centre (Oxygen beds)

2.1. Patients whose symptoms resolve within 3 days and maintains saturation above 95% for the next 4 days

Cases clinically classified as "moderate cases" will undergo monitoring of body temperature and oxygen saturation. If the fever resolve within 3 days and the patient maintains saturation above 95% for the next 4 days (without oxygen support), such patient will be discharged after 10 days of symptom onset in case of:

- Absence of fever without antipyretics
- Resolution of breathlessness
- No oxygen requirement

There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to isolate himself at home and self-monitor their health for further 7 days.

2.2. Patient on Oxygenation whose fever does not resolve within 3 days and demand of oxygen therapy continues

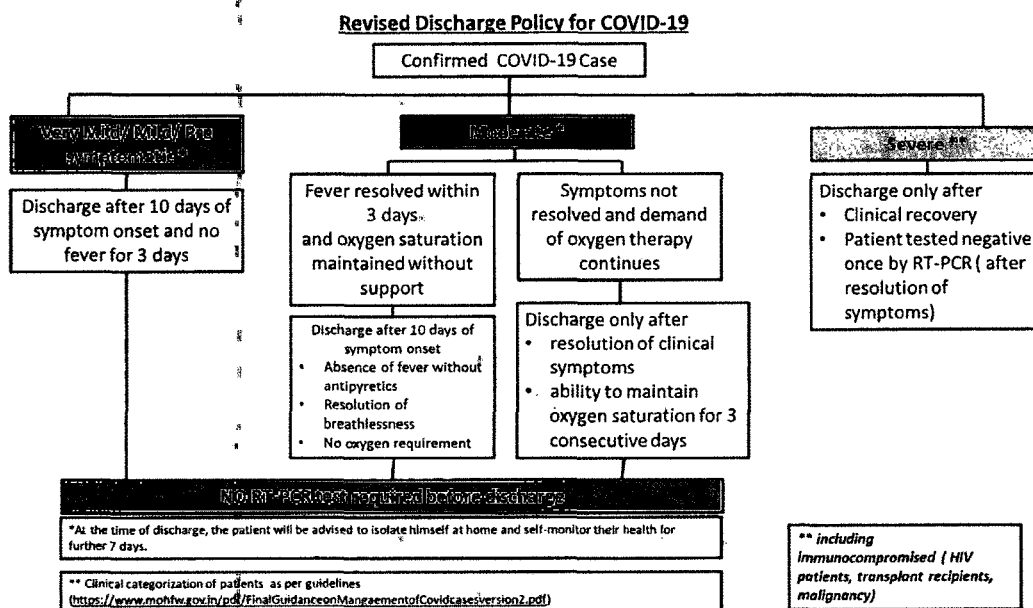
Such patients will be discharged only after

- resolution of clinical symptoms
- ability to maintain oxygen saturation for 3 consecutive days

3. Severe Cases including immunocompromised (HIV patients, transplant recipients, malignancy)

Discharge criteria for severe cases will be based on

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)



Frequently Asked Questions (FAQs) on Revised Discharge Policy, dated 8th May, 2020

A revised discharge policy for COVID-19 cases was issued by MoHFW on 8th May, 2020. (Available at: <https://www.mohfw.gov.in/pdf/ReviseddischargePolicyforCOVID19.pdf>). The policy was prepared in consultation with ICMR and is in line with the MoHFW's guidelines on the categorization of the patients based on clinical severity and their management in the 3 tier COVID facilities (Available at: <https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>).

FAQs

1. What was earlier criteria for discharging COVID-19 patients

The earlier criteria for discharging RT-PCR positive were (a) chest radiograph has cleared and (b) two consecutive negative test results on RT-PCR.

2. What is the new discharge policy for COVID-19 patients?

For mild/very mild/pre-symptomatic cases

- Patient can be discharged after 10 days of symptom onset and no fever for 3 days
- No need for testing prior to discharge
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days

For moderate cases

- Patient can be discharged (a) if asymptomatic for 3 days and (b) after 10 days of symptom onset
- No need for testing prior to discharge
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days

For severe cases

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)

3. Why was the discharge policy changed?

Several countries have changed the criteria for discharge from 'test based strategy to 'symptom based strategy' or 'time based strategy'. A review of ICMR laboratory surveillance data also indicated that after initial RT-PCR positive results, patients became negative after a median duration of 10 days. Recent studies have also suggested that the viral load peaks in the pre-symptomatic period (2 days before symptoms) and goes down over the next 7 days.

4. How then it will be established that a patient is cured of the disease?

Being cured of a disease may have different connotations for general public, treating doctors and the virologists. Unless there is a fear of resurgence of infection and subsequent transmissibility of an infection, resolution of clinical manifestation is usually taken as an evidence for cure.

5. Is there a risk of transmission from patients discharged based on the revised criteria?

Available evidence does not indicate any increase in the risk of transmission from patients discharged based on the revised discharge criteria. The revised criterion also specifies that such patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days.

6. What precautions the patient should undertake during home isolation?

Such patients should at all times use triple layer medical mask. Patient must stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc. They should maintain strict personal hygiene and self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom.

7. Is there a need to get tested after the home isolation period is over?

No. As per the latest revised discharge policy, there is no need for testing prior to discharge all pre-symptomatic/very mild/mild confirmed cases of COVID-19 after 10 days of symptom onset and no fever for 3 days. Therefore, it stands to reason, that no testing is also needed for patients undergoing home isolation (pre-symptomatic/very mild/mild confirmed cases) after the home isolation period is over.

8. What does the current discharge policy mean for patients who are being home isolated?

As detailed above, as far as testing is concerned, there is no need for testing after the home isolation period is over. However, (as the current discharge policy advises that patients isolate themselves at home & self-monitor their health for further 7 days after discharge), the period of home isolation would end after 17 (10+7) days of symptom onset and no fever for 10 (3+7) days.

9. Does this policy apply to those undergoing home or facility quarantine?

Discharge policy is meant for patients (symptomatic/pre-symptomatic) diagnosed (using RT-PCR testing) to be suffering from COVID-19. Quarantine (home or facility) is meant for asymptomatic/healthy persons who may have been exposed to the COVID-19 infection but are not manifesting any symptoms. Therefore, there is no question of discharge of such persons. However, their stay under quarantine period will remain 14 days from the date of last exposure.