Bahrain COVID-19 National Protocols

Disclaimer: These recommendations will be changed frequently based on available evidence about the best practices in caring for novel Coronavirus 2019 (COVID-19) disease.
<table>
<thead>
<tr>
<th>Protocol</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 Case Definitions</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Visual Triage checklist for healthcare facilities</td>
<td>5 to 6</td>
</tr>
<tr>
<td>COVID-19 Risk Assessment and Stratification</td>
<td>7 to 9</td>
</tr>
<tr>
<td>COVID-19 Testing Protocol</td>
<td>10 to 17</td>
</tr>
<tr>
<td>Reporting COVID-19 Death</td>
<td>18 to 19</td>
</tr>
<tr>
<td>Airport Arrivals: Testing and Quarantine</td>
<td>20 to 21</td>
</tr>
<tr>
<td>COVID-19 Patient Allocation</td>
<td>22 to 23</td>
</tr>
<tr>
<td>Home isolation Protocol</td>
<td>24 to 26</td>
</tr>
<tr>
<td>Discharge Protocol and Repeat testing guidelines</td>
<td>27 to 30</td>
</tr>
<tr>
<td>Return to Work Criteria</td>
<td>31 to 32</td>
</tr>
<tr>
<td>Readmission guidelines for post-COVID19 cases</td>
<td>33 to 34</td>
</tr>
<tr>
<td>Guidance for management of Neonates born to Mothers with Suspected or Confirmed COVID-19 Infection</td>
<td>35 to 37</td>
</tr>
<tr>
<td>Treatment Guidelines and Pathways</td>
<td>38 to 55</td>
</tr>
<tr>
<td>Medication Order Sheet</td>
<td>56 to 60</td>
</tr>
</tbody>
</table>
COVID-19 Case Definitions
## COVID-19 Case Definitions

### Suspected Cases

A **suspected case** is a person that fulfills any of the following:

1. Any symptoms of Fever, Cough, Shortness of Breath, loss of smell or taste, or Gastrointestinal symptoms
2. Acute respiratory illness with or without fever
3. Any patient with community acquired pneumonia requiring admission (especially if ICU admission OR Bilateral radiological infiltrates OR Hypoxic Respiratory failure)
4. Any admitted inpatient with unexplained severe acute respiratory infection (SARI)
5. Contact with a positive case with SARS-CoV2, with or without symptoms
6. History of Travel, with or without symptoms

**Note:**
- False Negative results can be seen early during the infection. Peak of viral shedding appears 3 to 5 days after the onset of disease.
- If the nucleic acid test is negative at the beginning, and case is suspected, to test on subsequent days.

### Contact Cases

A **contact** is a person that belongs to either of the two defined groups.

**There are two types of contact cases**

1. **Close Contact (High Risk Exposure), any of the following**
   - A person living in the same household as a COVID-19 case
   - Had direct physical contact with a COVID-19 case (e.g., shaking hands, infectious secretions of a COVID-19 case)
   - Had face-to-face contact with a COVID-19 case within 2 metres and > 15 minutes.
   - Was in a closed environment (e.g., classroom, meeting room, hospital waiting room, etc.) with a COVID-19 case for 15 minutes or more and at a distance of less than 2 metres
   - A healthcare worker (HCW) or other person providing direct care for a COVID-19 case, or laboratory workers handling specimens from a COVID-19 case without recommended PPE or with a possible breach of PPE
   - A contact in an aircraft sitting within two seats (in any direction) of the COVID-19 case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated (if severity of symptoms or movement of the case indicate more extensive exposure, passengers seated in the entire section or all passengers on the aircraft may be considered close contacts).

2. **Casual Contacts (Low Risk Exposure)**
   - Casual contact defined as any of contacts not listed in the close contacts, examples such as:
     - Had casual contact with an ambulant COVID-19 case
     - Had casual contact with presumptive (not confirmed) COVID-19 case
     - Had stayed in an area presumed to have ongoing, community transmission
Visual Triage checklist for healthcare facilities

For early detection and isolation of suspected cases in any outpatient healthcare facility
### Risks

#### A. Exposure risk
- Contact with a confirmed case of COVID19 in the last 14 days prior to symptoms onset
- OR
- Lived or worked in a facility known to be experiencing an outbreak of COVID-19 in the last 14 days prior to onset of symptoms  
  - Score: 3

#### B. Clinical Signs and Symptoms
- Fever or recent history of fever  
  - Score: 4
- Cough (new or worsening)  
  - Score: 4
- Shortness of breath (new or worsening)  
  - Score: 4
- Headache, sore throat or rhinorrhea  
  - Score: 1
- Nausea, vomiting and/or diarrhea  
  - Score: 1
- Chronic renal failure, Chronic heart disease, immunocompromised patient  
  - Score: 1

#### Total Risk Score (A + B)

If score of ≥4, isolate patient, ask to wear a mask, inform physician for assessment and call 444
COVID-19 Risk Assessment and Stratification
### 444 phone risk assessment for symptomatic suspected COVID-19 cases

<table>
<thead>
<tr>
<th>Sign and Symptoms</th>
<th>Routine Care (test within 72hrs)</th>
<th>Intermediate Care (test within 24hrs)</th>
<th>Urgent Care (Act Immediately)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sore thorat and flu like symptoms</td>
<td>✓</td>
<td>Patient wth the the following risk factors regardless the presence of symptoms (excluding “Urgent care*” symptoms)</td>
<td>-</td>
</tr>
<tr>
<td>Loss of Smell or Taste</td>
<td>✓</td>
<td>Risk factors include ANY of the following • Diabetes • Hypertension • Heart disease • Lung disease • Malignancy • Age&gt;60 years</td>
<td>-</td>
</tr>
<tr>
<td>Myalgia</td>
<td>✓</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Fatigue</td>
<td>✓</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Fever*</td>
<td>Less than 38°C</td>
<td></td>
<td>≥38°C</td>
</tr>
<tr>
<td>Shortness of Breath*</td>
<td>-</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Chest Pain*</td>
<td>-</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Respiratry Rate &gt;30*</td>
<td>-</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Change in Mental Status*</td>
<td>-</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Oxygen Saturation*</td>
<td>Normal</td>
<td></td>
<td>≤93% on Room Air</td>
</tr>
<tr>
<td>Chest Xray changes* (applied in health facilities)</td>
<td>Normal</td>
<td></td>
<td>Changes suggetsive of Pneumonia</td>
</tr>
</tbody>
</table>
# COVID-19 Clinic Risk Assessment for confirmed COVID-19 Cases

<table>
<thead>
<tr>
<th>Sign and Symptoms</th>
<th>Mild: Home isolation (refer to home isolation protocol) or Isolation facility admission</th>
<th>Moderate to Severe: Transfer to Treatment facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sore throat and flu like symptoms</td>
<td>√</td>
<td>-</td>
</tr>
<tr>
<td>Loss of Smell or Taste</td>
<td>√</td>
<td>-</td>
</tr>
<tr>
<td>Myalgia</td>
<td>√</td>
<td>-</td>
</tr>
<tr>
<td>Fatigue</td>
<td>√</td>
<td>-</td>
</tr>
<tr>
<td>Fever</td>
<td>Less than 38°C</td>
<td>≥38°C</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>X</td>
<td>✓</td>
</tr>
<tr>
<td>Chest Pain</td>
<td>X</td>
<td>✓</td>
</tr>
<tr>
<td>Change in Mental Status</td>
<td>X</td>
<td>✓</td>
</tr>
<tr>
<td>Respiratory Rate &gt;30</td>
<td>X</td>
<td>✓</td>
</tr>
<tr>
<td>Saturation</td>
<td>Normal</td>
<td>Saturation ≤93% on Room Air</td>
</tr>
<tr>
<td>Chest Xray changes (applied in treatment facilities)</td>
<td>Normal</td>
<td>Changes suggestive of pneumonia</td>
</tr>
</tbody>
</table>
COVID-19 Testing Protocol

COVID-19 Molecular tests and Serology
Testing categories for SARS-CoV2

- Two types of tests are available: Molecular tests (PCR) and Serology tests (Antibody test)
  1. Molecular (PCR) tests the presence of Viral nucleic acid, it indicates the presence of the virus
  2. Serology tests the presence of antibodies against the virus, and it indicates previous infection or immune response

1. Molecular testing (ie Viral testing by PCR)
   - Two methods are available: RT-PCR and Xpert Xpress SARS-CoV 2

- When to test using Molecular assays?
  1. Symptomatic suspected cases
  2. Asymptomatic individuals with known or suspected exposure to confirmed cases
  3. Asymptomatic individuals with OUT known or suspected SARS-CoV-2 exposure, however early identification is needed in special settings (eg: regular screening of healthcare workers in COVID19 facilities and other certain workplace settings)
  4. Public health surveillance for SARS-CoV-2 (i.e. random testing for targeted subpopulations)

Molecular COVID-19 is not recommended for recovered COVID-19 cases unless clinically indicated and approved through National task force infectious diseases consultation
2. Serology

- National Taskforce for combating COVID-19 does not currently recommend using antibody testing as the sole basis for diagnosis of acute infection
  - antibody tests are not authorized by FDA for diagnostic purposes until this date

- Antibodies start developing within 1 to 3 weeks after infection
  - IgM and IgG antibodies arise nearly simultaneously and it's uncommon to detect IgM alone

- Positive antibody test indicates a person has been infected with SARS-CoV-2
  - It does not necessarily mean they are currently infected (based on current available evidence)
  - False positive result can be expected in a population with low prevalence of COVID-19 (<5% of the population affected)
  - Serologic tests may NOT be used routinely at this time to determine if an individual is immune, until more evidence becomes available
  - It is currently not clear whether a positive serologic test indicates immunity against SARS-CoV-2

- Serologic assays may be used to support clinical assessment of a person who present late in their illness, in conjunction with viral molecular tests
COVID-19 serology surveillance strategy involves two populations:

**Recovered COVID-19 Patients**
- Any patient who was infected with SARS-CoV2
- Diagnosis made since 14 days or longer

**NO previous COVID-19 diagnosis**
- Never tested for COVID19 or tested negative for COVID-19

1. Collect venous blood sample in designated centers
2. Enter serology request with patient required information
3. Send Sample to BDFRMS lab; where it will be received and processed
4. Result available in BDF-RMS External Portal accessible to all healthcare facilities

**Antibody result reactive →** Reassure, consider for plasma donation

**Antibody result non reactive →** Reassure, no action needed & repeat after 2 weeks from last non reactive result

**Antibody result reactive →** Perform NP swab for PCR test, only if Symptomatic
- if PCR negative: Indicates Past exposure; or need further clinical assessment for his current symptoms
- If PCR Positive: Active infection, proceed as per protocol

**Antibody result non reactive →** Reassure
Molecular Testing for CLOSE CONTACTS of COVID-19 cases

**NO Prior COVID-19 infection**

1. Quarantine and arrange for NP swab
2. PCR testing of NP swab
3. If negative, quarantine for 10 days followed by exit swab
4. If positive, follow confirmed COVID-19 case pathway

**Recovered cases from previous COVID-19 infection** who are a close contact of a positive case should have serology instead of molecular testing

- if serology is positive for antibodies, No need to quarantine
- if serology is negative; Quarantine for 10 days with exit swab

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**Suspected Cases**

A suspected case is a person that fulfill any of the following:

1. Any Symptoms of Fever, Cough, Shortness of Breath, loss of smell or taste, or Gastrointestinal symptoms
2. Acute respiratory illness with or without fever
3. Any patient with community acquired pneumonia requiring admission (especially if ICU admission OR Bilateral radiological infiltrates OR Hypoxic Respiratory failure)
4. Any admitted inpatient with unexplained severe acute respiratory infection (SARI)
5. Contact with a positive case with SARS-CoV2, with or without symptoms
6. History of Travel, with or without symptoms

**Note:**
- False Negative results can be seen early during the infection. Peak of viral shedding appears 3 to 5 days after the onset of disease.
- If the nucleic acid test is negative at the beginning, and case is suspected, to test on subsequent days.

7/1/2020

The National Taskforce for Combating the Coronavirus (COVID-19)
Molecular Testing for suspected COVID-19 cases in governmental and private hospitals and clinics

Inpatient Suspected Case
As per COVID-19 case definition

1. Immediate isolation
2. Collect Nasopharyngeal swab
3. PCR testing of NP swab
4. If positive, inform war room and arrange transfer to COVID-19 facilities
5. If negative, continue inpatient care

Suspected Cases

A suspected case is a person that fulfill any of the following

1. Any Symptoms of Fever, Cough, Shortness of Breath, loss of smell or taste, or Gastrointestinal symptoms
2. Acute respiratory illness with or without fever
3. Any patient with community acquired pneumonia requiring admission (especially if ICU admission OR Bilateral radiological infiltrates OR Hypoxic Respiratory failure)
4. Any admitted inpatient with unexplained severe acute respiratory infection (SARI)
5. Contact with a positive case with SARS-CoV2, with or without symptoms
6. History of Travel, with or without symptoms

Note:
- False Negative results can be seen early during the infection. Peak of viral shedding appears 3 to 5 days after the onset of disease.
- If the nucleic acid test is negative at the beginning, and case is suspected, to test on subsequent days.

7/1/2020

The National Taskforce for Combating the Coronavirus (COVID-19)
Healthcare providers (HCP) and Laboratory personnel COVID-19 testing protocol

The following procedures apply to all HCP and lab personnel exposed to positive/suspected COVID-19 cases

**High Risk**

- Defined as prolonged (≥15 min) close contact without recommended PPE
- Exposure during the performance of an aerosolizing procedure without recommended PPE

1. Isolate and test for COVID-19 and wait for result
2. HCP working in COVID-19 facilities can undergo testing in their facility. Otherwise, can be tested in testing center
3. If positive, admit in isolation facility/Home isolation
4. If negative*, home isolation 10 days
5. Retest at the end of the isolation period before going back to work

*If the PCR test is negative, and case is suspected, to test on subsequent days.

**Low Risk**

- Defined as exposure other than high risk, without recommended PPE

1. Isolate and test for COVID-19 and wait for result
2. HCP working in COVID-19 facilities can undergo testing in their facility. Otherwise, can be tested in testing center
3. If positive, admit in isolation facility/Home isolation
4. If negative* and asymptomatic, can return to work with extra safety precautions (face mask and daily symptoms assessment for 10 days).
5. If negative* and symptomatic, home isolate until symptoms resolve for 72 hrs and retest, if negative can return to work

*If the PCR test is negative, and case is suspected, to test on subsequent days.

**IN CASE OF THE INABILITY TO PROVIDE SAFE PATIENT CARE DUE STAFF SHORTAGE,** any HCW with history of exposure and is asymptomatic can managed as the low risk pathway. Daily checking and recording of symptoms is mandatory for those individuals. In case of any symptoms appear, immediately isolate and retest. If negative, HCW can return to work when asymptomatic for at least 72 hrs.

- All HCW should report any symptoms or unprotected exposure to confirmed cases of COVID-19, to their designated department and 444.

All healthcare providers caring for COVID-19 positive cases should undergo molecular test for COVID-19 by NP swab every 7 days in their facilities. Results are to be traced by the facility supervisor, and to follow-up on the results accordingly.
Testing for Prison Personnel and Inmates

**General Recommendations**
- Encourage good hygiene by education and posters
- Increase the frequency of cleaning lavatories
- Distribution of hand sanitizers and tissues in the building
- Strict procedure to prevent animals entering the prison site
- Daily report about prison situation to war room

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**Prison Guard & Staff**
- Daily checking of temperature and symptoms
- Encourage self reporting of close contact to COVID-19 cases
- Test any staff who fits the criteria for testing, based on case definitions

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**Symptomatic Inmates/Staff**
- Isolate immediately
- Take nasopharyngeal swab and send to lab for PCR testing
- Inform 444/War room
- If positive, to arrange transfer to isolation facility

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**Symptoms**: Fever or cough or shortness of breath
Reporting of COVID-19 death
COVID-19 related death

Due to the current pandemic and the prevalence of the virus in the community, it is challenging to differentiate between cases who died WITH the virus or those who died because OF the virus

- There is no consensus in the literature nor a recommendation on reporting sudden death in COVID-19

The National task force provides the following recommendations for reporting cases of sudden death outside the COVID-19 pathway (ie at home)

1. If swab is taken before death and turns to be positive:
   - Patient will be counted as a case of COVID19; however mortality will not be reported due to COVID19, if no clinical evidence is present

2. If swab is taken after death of the individual and is positive
   - The case will NOT be counted neither as a case of COVID19 nor as a case of COVID-19 Death
Airline Arrivals: Testing and Quarantine protocol

Phase 1
Phase 1 of Arrivals
Bahraini Nationals, Residents, GCC Nationals and PPGs

Symptomatic
if requires medical care to transfer to BIH

NP swab at airport
Home Quarantine for 10 days

POSITIVE
Follow confirmed COVID-19 pathway

NEGATIVE
• Home quarantine and exit swab at day 10
• If negative and asymptomatic, discharge

Asymptomatic

NP swab at airport
Home Quarantine for 10 days

POSITIVE
Follow confirmed COVID-19 pathway

NEGATIVE
Continue Quarantine and Exit Swab at day 10
COVID-19 Patient Allocation
COVID-19 patients will be allocated to the following categories based on the presented symptoms and criteria:

- **Home isolation**: Subject to specific criteria (refer to Home isolation protocol)
- **Isolation facilities**: Asymptomatic or Mildly symptomatic cases who don’t fit home isolation
  - Mild symptoms: Shamil Field Hospital (SFH), KBH (Private)
  - Asymptomatic: Shamil Field Hospital (SFH), Hidd Isolation, Sitra Camp, Other NHRA approved private facilities
- **Treatment Facilities**: Mild to Moderate Disease and those who require in-hospital medical care and to follow admission office criteria
  - **EKK**: Mild-Moderate pneumonia, or Mild cases with comorbidities that need hospital management i.e. Hemodialysis
  - **JMH**: Mild-Moderate pneumonia, Mild cases with comorbidities that need hospital management, Paediatric, and uncomplicated Obstetric cases
  - **BIH**: Mild pneumonia, or Mild cases with comorbidities that need hospital management
  - **SMC 6th floor**: cases requiring other subspecialty care
  - **RAF**: Non Bahraini with Mild pneumonia, or any Mild cases with comorbidities that need hospital management or cases requiring nursing care
  - **HBDC (H2+3+4)**: Moderate Pneumonia (as per admission office eligibility)
- **ICU Facilities**: Severe Diseases or cases who require advanced therapies
  - **HBDC (H1)**, BDF FICU, Sitra FICU
- **MKCC Facility**: VIP Cases - subject to prior approval
Home isolation Protocol
Criteria that must be met to qualify patients for Home Isolation:

1. Age less than 60 years old
2. Asymptomatic or mildly symptomatic
3. Absence of risk factors
   - Risk factors defined as: Chronic diseases or Age 60 or above
4. Appropriate home setting for a self isolation
5. No household members with an immunocompromised state
6. Able to stay in contact with the medical team electronically
7. Activation of “Be Aware Bahrain” App

Household contacts should be managed as close contacts
Home Isolation Protocol

Primary Healthcare workers Following up with the patients through daily phone calls and the filling of the daily follow-up form on the application

Patient should contact 999 in case of emergency.
Contact 444 in the case of any progress in symptoms to facilitate appropriate transfer for medical care

Receiving the patients at SFH to give them the electronic bracelet Declaration form & the care package (Masks, Gloves, Sanitizers and needed medications)

Staying in Home isolation while using the application and the electronic Bracelet

End of home Isolation in 10 days

Discharge from home isolation
• After completion of 10days in home isolation while being asymptomatic at least 72hrs prior to discharge ; patient can be discharged without a PCR test
• 10 days of home isolation is counted from onset of symptoms if patient is symptomatic ; otherwise will be counted from diagnosis
• Patients can return electronic bracelet to his/her health center with deceleration form
Discharge Protocol and Repeat testing guidelines
for Quarantine and Isolation/Treatment facilities
Testing and Discharge Protocol for Patients in Institutional or Home Quarantine
(Close contacts with NEGATIVE PCR)

**When to Test or Discharge Patients in Institutional or Home Quarantine**

- **Patient Asymptomatic + Completion of 10 Days**
  - **Nasopharyngeal TEST**
    - "Exit Swab"
    - **POSITIVE**
      - Follow confirmed COVID-19 pathway
    - **NEGATIVE**
      - Discharge Patient once 10 days completed

- **Exposure within 10 Days and asymptomatic**
  - Immediately ISOLATE Patient
  - **Nasopharyngeal TEST**
    - **POSITIVE**
      - Follow confirmed COVID-19 pathway
    - **NEGATIVE**
      - Patient returns for quarantine for 10 days from last recent exposure

- **Patient Becomes Symptomatic within 10 days of quarantine**
  - **Nasopharyngeal TEST**
    - **POSITIVE**
      - Follow confirmed COVID-19 pathway
    - **NEGATIVE**
      - Patient returns to quarantine to complete 10 days

**EXPOSURE**: Patient was exposed to a confirmed case for at least 15 minutes at a distance of less than 1 meter without proper PPE
COVID19 Discharge protocol from all treatment facilities: ASYMMPTOMATIC OR MILD SYMPTOMS

The Following Procedures Govern Discharge of Patients who are Mildly symptomatic or Asymptomatic at Treatment Facilities

Mild Symptoms
- Absence of Pneumonia
- Symptoms limited to upper respiratory tract

Discharge criteria
(1) Resolution of symptoms for atleast 72hrs prior to discharge
(2) One negative NP Swab

Isolation instruction
- Need to complete a total of 10 days of self isolation since onset of symptoms (or since date of their first positive COVID-19 test if Asymptomatic)
- Follow home isolation instruction with the use of BeAware App
- Sick leave to be issued from the discharging treatment facility

Return to work
Refer to the Return to work protocol7/1/2020

Perform NP swab for COVID-19 on Day 5 from diagnosis

- POSITIVE
  - Repeat Nasopharyngeal swab **not less than** 24hrs from last positive test
  - POSITIVE (advice to repeat within 2 to 5 days or as per facility resources)
  - NEGATIVE

- NEGATIVE
  - Discharge Patient to Home isolation

If patient has persistent positive PCR + completed 10 days as inpatient + atleast 72hrs have passed since resolution of symptoms – Discharge Patient with additional 1 week of home isolation

Patient that has passed >8 days from onset of symptoms and SARS-CoV2 E gene RT-PCR CT Value >24 may predict lack of infectivity (reference)

Patients can return electronic bracelet to his/her health center with deceleration form
COVID19 Discharge protocol from all treatment facilities: MODERATE TO SEVERE DISEASE

**Moderate to Severe Disease**
- Chest Xray suggestive of pneumonia
- Or Shortness of Breath
- Or Signs of respiratory distress (tachypnea >20 breath/min) or Hypoxia (Sat <94%) on Room Air

**Discharge criteria**
1. Resolution of symptoms for at least 72 hrs prior to discharge
2. Two consecutive negative Nasopharyngeal swabs that are 24 hrs apart or more

**Isolation instruction**
- Need to complete a total of 14 days of self isolation since onset of symptoms
- Sick leave to be issued from the discharging treatment facility
  - Follow home isolation instruction with the use of BeAware App

**Return to work**
Refer to the Return to work protocol

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The Following Procedures Govern Discharge of Patients at any Treatment Facilities for Moderate and Severe disease

- **At least 72 hours have passed since resolution of symptoms**
  - If not, assess regularly until fitting above criteria

- **Re test (Nasopharyngeal swab)**
  - **POSITIVE**
    - Repeat Nasopharyngeal swab **within 2 to 5 days** from last positive test
    - **POSITIVE**
      - (advice to repeat within 2 to 5 days or as per facility resources)
    - **NEGATIVE**
      - (repeat within 2 to 5 days)
  - **NEGATIVE**
    - Repeat Nasopharyngeal swab not less than 24 hrs after last test
    - **POSITIVE**
      - (need to complete a total of 14 days in isolation since onset of symptoms)
    - **NEGATIVE**

If patient has persistent positive PCR + completed 14 days as inpatient + at least 72hrs have passed since resolution of symptoms – Discharge Patient with additional 1 week of home isolation

Patient that has passed >8 days from onset of symptoms and SARS-CoV2 E gene RT-PCR CT Value >24 may predict lack of infectivity (reference)
Return to Work Criteria
• Recovered COVID-19 patients (Non-Health Care Workers) can return to work whenever:
  1. They are Asymptomatic for at least 72 hours
  2. AND have completed the isolation period specified by the discharge protocol.

• **Healthcare workers** can return to work based on one of the following criteria:
  1. 72 hours have passed from resolutions of symptoms **AND** has 2 consecutive negative NP swabs that are at least 24 hr apart
  2. Patient is asymptomatic for at least 72 hours **AND** 10 days have passed from diagnosis **AND** 1 negative NP swab.

• All recovered HCW should have serology testing after 2 weeks from diagnosis
• Weekly PCR is NOT required unless requested by infectious Diseases consultant
Recovered COVID-19 Cases: Readmission guidelines
Readmission guideline

Definition of Recovered Case: Recovered COVID-19 cases are patients who were diagnosed with COVID19 and fulfilled all the isolation and discharge criteria

Definition of COVID-19 Pathway refers to all the processes encountered in a confirmed COVID-19 case from the diagnosis until satisfying discharge criteria and end of isolation

Within 14 days from COVID-19 Pathway Discharge

1. Any Recovered COVID-19 who presented with COVID-19 related symptoms, can be readmitted to COVID-19 facilities if clinically indicated.
   • If Recovered cases develops respiratory symptoms, consider investigating for post COVID-19 complications (such as bacterial pneumonia, VTE) and other infections.

2. If Recovered COVID-19 patients presents with non COVID related illness and requires admission to a non covid facility relating to his presenting illness, patient can be admitted to the appropriate medical are facility with infection control precaution

After 14 days from COVID-19 Pathway Discharge:

Patient follow normal care pathway, unless indicated otherwise

Scientific Justification

Reference: Alberta Health Services Scientific Advisory Group COVID-19 Recommendations

• The possibility of reinfection with SARS-CoV-2 is very unlikely : there have been no well substantiated cases of reinfection to date and most of the suspect cases are likely related to inconsistent detection of prolonged viral RNA shedding.
• Current evidence suggest that viable virus declines relatively quickly in initial infection, but RT- PCR positivity can be prolonged
• Rising antibody titers over the second and third week of illness are likely protective or partially protective. However, The duration of likely immunity is unclear as yet, but reinfection is unlikely in the short term.
Guidance for management of Neonates born to Mothers with Suspected or Confirmed COVID-19 Infection
Management of Neonate born to Mothers with Suspected or Confirmed COVID-19 Infection:

**Healthy and Asymptomatic Neonate**

Newborns should be separated at birth from their mother and bathed as soon as possible
Neonate to be kept in isolation from other infants
NP swab for mother – use Gene Xpert for more rapid results

<table>
<thead>
<tr>
<th>Mother tested Positive</th>
<th>If both PCR tests negative and neonate is asymptomatic and stable, can be discharged and to follow the advised guidelines (page 37)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests newborn for COVID-19 at 24hours of age (oro+nasopharyngeal in one swab) and if negative, repeat at 48hours of age</td>
<td></td>
</tr>
<tr>
<td>• If testing is limited and baby is stable and asymptomatic and are expected to be discharged before 48 hours a single test can be done at 24-48 hours</td>
<td></td>
</tr>
<tr>
<td>If newborn tested positive, follow COVID-19 Pathway</td>
<td></td>
</tr>
<tr>
<td>1. Newborns can remain with their mothers</td>
<td></td>
</tr>
<tr>
<td>2. Observe for the development of any symptoms</td>
<td></td>
</tr>
<tr>
<td>3. Discharge once two consecutive negative NP test</td>
<td></td>
</tr>
<tr>
<td>4. Plan for frequent follow-up through 14 days after birth</td>
<td></td>
</tr>
</tbody>
</table>

If neonate is symptomatic or unstable, follow institutional protocol and provide appropriate care in an isolation room and perform COVID19 swabs as indicated if mother tested positive or mother under investigation.

Source: American Academy of Pediatrics and KSA guidelines

7/1/2020
The National Taskforce for Combating the Coronavirus (COVID-19)
Newborns and Infected Mothers

The following guideline are recommended regarding Neonate born to Mothers with Confirmed COVID-19 Infection

• Temporary separation between the mother and the newborn minimizes the risk of transmission and is advised
  • If parents refuse separation and willing to room in together, then precautions should be taken to minimize risk of viral transmission:
    1. Staying 2 meters away from the mother,
    2. practice safe hand hygiene
    3. wear a mask

• Breastfeeding: mothers may express breast milk after appropriate breast and hand hygiene. Caregivers who are not infected may feed the breast milk to the infant
  • Mother who request direct breastfeeding, should understand the increased risk of transmission and comply with strict preventive precautions that include use of a mask and meticulous breast and hand hygiene.

Source: American Academy of Pediatrics
Treatment Guidelines and Pathways
Treatment Guidelines: General approach

- Daily clinical assessment of patients is required
- It has been reported that deterioration is more common within the 8 to 10 days from symptoms onset
- Strict isolation and adherence to infection control measures
- Baseline investigations for all patients:
  - ECG, Chest Xray/ Ultrasound chest
  - Echocardiography
  - CBC, Urea/Electrolytes, Creatinine, LFT
  - CRP, LDH, ESR, D-Dimer, Ferritin, PCT
- Risk stratification and prognostic markers
  - D-dimer, Fibrinogen, PT/PTT, Mg
  - Ferritin, CRP, ESR, PCT
  - LDH, Troponin, BNP
  - VWF, IL6
- All Patients should have the baseline investigations done, with the addition of Blood Grouping and Vitamin D level
- Avoid Hydroxychloroquine with Azithromycin due to increased risk of cardiac arrhythmias

Disclaimer
- At present, no drug has been proven to be safe and effective for treating COVID-19. There are insufficient data to recommend either for or against the use of any antiviral or immunomodulatory therapy in patients with COVID-19 who have mild, moderate, severe, or critical illness
- Guidelines are created based on best available evidence. Physicians should use this as a guide and depend on clinical and scientific judgment and individualizing of care
- Physician should use this as a guide and depend on clinical and scientific judgment and individualizing of care
- This guideline is subject to change based on more evidence and will be updated regularly whenever needed
Uncomplicated Infection (Upper Respiratory Tract Infection)

Immediately implement strict infection control measures

Supportive care:
- IVF
- Antipyretics (Avoid NSAID)
- Symptomatic care

Consider the use of Zinc, Vitamin C and Vitamin D
Consider the use of Hydroxychloroquine if fitting the criteria (page 50)

Consider Thromboprophylaxis with low molecular weight heparin (LMWH) if not contraindicated (page 43)

Regular laboratory investigations for individuals with risk factors*

Investigations

Baseline investigations:
- ECG, Chest Xray/ Ultrasound chest
- CBC, Urea/Electrolytes, Creatinine, LFT
- Blood Group and Vitamin D
- CRP, LDH, ESR, D-Dimer, Ferritin, PCT (and Respiratory panel PCR if available)

Risk stratification and prognostic markers (Daily for individuals with risk factors):
- D-dimer, Fibrinogen, PT/PTT, Mg
- Ferritin, CRP, ESR, PCT
- LDH, Troponin, BNP
- VWF, IL6

Daily ECG if on hydroxychloroquine or any QT prolonging medication

Definition:
- non-specific symptoms such as fever, cough, sore throat, nasal congestion, malaise, headache, muscle pain.
- These patients do not have any signs of dehydration, sepsis or shortness of breath.
- Absence of signs of pneumonia

*Risk Factors: any ONE of:
- Age ≥65 years
- Residence in a nursing home or long-term care facility
- Immunocompromising condition
- Chronic lung disease or moderate to severe asthma
- Cardiovascular disease (including hypertension)
- Severe obesity (body mass index [BMI] ≥40 kg/m²)
- Diabetes mellitus
- Chronic kidney disease (undergoing dialysis)
- Cerebrovascular disease
- Chronic liver disease
- Tobacco use disorder

Guidelines are created based on best available evidence. Physicians should use this as a guide and depend on clinical and scientific judgment and individualizing of care.
Pneumonia

Immediately implement strict infection control measures

**Pneumonia**

- ICU Consultation and ICU care if necessary
- **Supportive care:**
  - IVF
  - Antipyretics (Avoid NSAIDS) and Symptomatic care
  - Oxygen (keep saturation >94%, start with 5L)
- Consider the use of Zinc, Vitamin C and Vitamin D
- Consider the use of Remdesivir or Favipiravir
- Convalescent Plasma Therapy
- Dexamethasone or Methylprednisolone (if evidence of hypoxia)
- LMWH/UFH if not contraindicated (refer to pg 43)
- Rule out other causes of pneumonia and PE

**Severe Pneumonia**

- ICU Consultation and ICU care
- **Supportive care:**
  - IVF, Antipyretics (Avoid NSAIDS) and Symptomatic care
  - Oxygen (keep saturation >94%, start with 5L)
  - Ventilatory support if needed
- Consider the use of Remdesivir or Favipiravir
- Convalescent Plasma Therapy
- Dexamethasone or Methylprednisolone (if evidence of hypoxia)
- Consider the use of Plasmapheresis in a selected group of patients, on case to case basis, as per facility protocol
- Consider the use of Tocilizumab if fitting criteria
- LMWH/UFH if not contraindicated (refer to pg 43)
- Rule out other causes for pneumonia and PE

**Baseline investigations:**

- ECG, Chest Xray/Ultrasound chest
- CBC, Urea/Electrolytes, Creatinine, LFT
- CRP, LDH, ESR, D-Dimer, Ferritin, PCT
- Blood group and Vitamin D
- and Respiratory panel PCR (if available)

**Risk stratification and prognostic markers (q12hr):**

- D-dimer, Fibrinogen, PT/PTT, Mg
- Ferritin, CRP, ESR, PCT
- LDH, Troponin, BNP
- VWF, IL6
- Daily: CBC, Biochemistry, ECG

**Definition**

**Pneumonia:**

Patient with pneumonia and no signs of severe pneumonia.
Child with non-severe pneumonia has cough or difficulty breathing + tachypnea

**Severe Pneumonia:**

Adolescent or adult: fever or suspected respiratory infection, plus one of:
- respiratory rate >30 breaths/min
- severe respiratory distress
- SpO2 <93% on room air
- Lung infiltrates >50% of the lung field within 24-48 hours
- Ferritin >500 ug/L; Ddimer >1mg/L; CRP>100mg/L; LDH>245 U/L; Elevated Troponin

Child with cough or difficulty in breathing, plus at least one of the following:
- Central cyanosis
- SpO2 <93%;
- severe respiratory distress (e.g. grunting, very severe chest indrawing);
- signs of pneumonia with a general danger sign:
  - inability to breastfeed or drink,
  - lethargy or unconsciousness, or convulsions.
- Other signs of pneumonia may be present: chest indrawing and tachypnea.
# Acute Respiratory Distress Syndrome (ARDS)

**Definition**

**Onset:** new or worsening respiratory symptoms within one week of known clinical insult.

**Chest imaging** (radiograph, CT scan, or lung ultrasound): bilateral opacities, not fully explained by effusions, lobar or lung collapse, or nodules.

**Origin of edema:** respiratory failure not fully explained by cardiac failure or fluid overload. Need objective assessment (e.g. echocardiography) to exclude hydrostatic cause of edema if no risk factor present.

**Oxygenation (adults):**

- **Mild ARDS:** $200 \text{ mmHg} < \text{PaO}_2/\text{FiO}_2 \leq 300 \text{ mmHg}$ with PEEP or CPAP $\geq 5 \text{ cmH}_2\text{O}$,
- **Moderate ARDS:** $100 \text{ mmHg} < \text{PaO}_2/\text{FiO}_2 \leq 200 \text{ mmHg}$ with PEEP $\geq 5 \text{ cmH}_2\text{O}$,
- **Severe ARDS:** $\text{PaO}_2/\text{FiO}_2 \leq 100 \text{ mmHg}$ with PEEP $\geq 5 \text{ cmH}_2\text{O}$,
- When PaO2 is not available, SpO2/\text{FiO}_2 \leq 315 suggests ARDS (including in non-ventilated patients)

**Oxygenation (children):**

- **Bilevel NIV or CPAP $\geq 5 \text{ cmH}_2\text{O}$ via full face mask:** $\text{PaO}_2/\text{FiO}_2 \leq 300 \text{ mmHg}$ or $\text{SpO}_2/\text{FiO}_2 \leq 264$
- **Mild ARDS (invasively ventilated):** $4 \leq \text{OI} < 8$ or $5 \leq \text{OSI} < 7.5$
- **Moderate ARDS (invasively ventilated):** $8 \leq \text{OI} < 16$ or $7.5 \leq \text{OSI} < 12.3$
- **Severe ARDS (invasively ventilated):** $\text{OI} \geq 16$ or $\text{OSI} \geq 12.3$

**O2= Oxygenation Index and OSI = Oxygenation Index using SpO2**

---

**Immediately implement strict infection control measures**

- ICU Consultation and ICU care
  - **Supportive care:**
    - IVF, Antipyretics (Avoid NSAIDS) and Symptomatic care
    - Oxygen (keep saturation $>94\%$, start with 5L)
    - Ventilatory support if needed
  - Consider the use of Remdesivir or Favipiravir
- **Convalescent Plasma Therapy**
- Dexamethasone or Methylprednisolone (if evidence of hypoxia)
- Consider the use of Plasmapheresis in a selected group of patients, on case to case basis, as per facility protocol
- Consider the use of Tocilizumab if fitting criteria
- LMWH/UFH if not contraindicated (refer to pg 43)
- Rule out other causes for pneumonia and treat accordingly
- Rule out the possibility of PE in case of worsening hypoxia

---

**Baseline investigations:**

- ECG, Chest Xray/ Ultrasound chest
- CBC, Urea/Electrolytes, Creatinine, LFT
- CRP, LDH, ESR, D-Dimer, Ferritin, PCT
- Blood Group and Vitamin D
- and Respiratory panel PCR (if available)

**Risk stratification and prognostic markers (q12hr)**

- D-dimer, Fibrinogen, PT/PTT, Mg
- Ferritin, CRP, ESR,PCT
- LDH, Troponin, BNP
- VWF, IL6

**Daily:** CBC, Biochemistry, ECG

---

**Investigations**

**Guidelines are created based on best available evidence.**

**Physicians should use this as a guide and depend on clinical and scientific judgment and individualizing of care.**

7/1/2020

---

The National Taskforce for Combating the Coronavirus (COVID-19) 7/1/2020
### Thromboprophylaxis dosing schedule

<table>
<thead>
<tr>
<th>D-Dimer level (mcg/ml)</th>
<th>Weight (kg)</th>
<th>LMWH dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1</td>
<td>&lt;100kg</td>
<td>Enoxaparin 40mg SC once daily</td>
</tr>
<tr>
<td></td>
<td>100 – 150kg</td>
<td>Enoxaparin 40mg SC twice daily</td>
</tr>
<tr>
<td></td>
<td>&gt;150kg</td>
<td>Enoxaparin 60mg SC twice daily</td>
</tr>
<tr>
<td>&gt;1</td>
<td>&lt;100kg</td>
<td>Enoxaparin 40mg SC twice daily</td>
</tr>
<tr>
<td></td>
<td>100 – 150kg</td>
<td>Enoxaparin 80mg SC twice daily</td>
</tr>
<tr>
<td></td>
<td>&gt;150kg</td>
<td>Enoxaparin 120mg SC twice daily</td>
</tr>
</tbody>
</table>

To be guided as per local facility guidelines
Oxygenation and Ventilation

- For adults with COVID-19 and acute hypoxemic respiratory failure despite conventional oxygen therapy, high-flow nasal cannula (HFNC) oxygen is recommended over noninvasive positive pressure ventilation (NIPPV).
- Consider awake prone positioning to improve ventilation, if possible.
- Incentive Spirometry if patient can perform.
- Indirect evidence from other critical illnesses suggests the optimal oxygen target is an SpO2 between 92% and 96%.
- Close monitoring for worsening respiratory status and intubation if necessary, in a controlled setting and by an experienced practitioner.
Oxygenation and Ventilation

• For mechanically ventilated adults with COVID-19 and ARDS:
  • Use low tidal volume (Vt) ventilation (Vt 4–8 mL/kg of predicted body weight)
  • Target plateau pressures of <30 cm H2O
  • Use conservative fluid strategy over a liberal fluid strategy

• For mechanically ventilated adults with COVID-19 and moderate-to-severe ARDS:
  • Use a higher positive end-expiratory pressure (PEEP) strategy over a lower PEEP strategy

• For mechanically ventilated adults with COVID-19 and refractory hypoxemia despite optimizing ventilation, use prone ventilation for 12 to 16 hours per day
Antithrombotics in patients with COVID-19

<table>
<thead>
<tr>
<th>Hospitalized Patients</th>
<th>Patients for Home isolation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Laboratory Testing</strong></td>
<td></td>
</tr>
<tr>
<td>Measure coagulation markers (e.g., CBC, D-dimers, prothrombin time, platelet count, fibrinogen) in Hospitalized patients.</td>
<td>There are currently no data to support the measurement of coagulation markers in non-hospitalized COVID-19 confirmed cases.</td>
</tr>
<tr>
<td><strong>Venous Thromboembolism Prophylaxis and Screening:</strong></td>
<td></td>
</tr>
<tr>
<td>Hospitalized patient should be screened and VTE prophylaxis be initiated. Reference doses in page 43</td>
<td>Anticoagulants and antiplatelet therapy should not be initiated for prevention of venous thromboembolism (VTE) or arterial thrombosis unless there are other indications</td>
</tr>
<tr>
<td><strong>Chronic Anticoagulant and Antiplatelet Therapy:</strong></td>
<td></td>
</tr>
<tr>
<td>Anticoagulant or antiplatelet therapies for underlying conditions should be continued unless there is need for switching to heparin</td>
<td>Patients who are receiving anticoagulant or antiplatelet therapies for underlying conditions should continue these medications if they receive a diagnosis of COVID-19</td>
</tr>
<tr>
<td><strong>Special Considerations During Pregnancy</strong></td>
<td></td>
</tr>
<tr>
<td>Management of anticoagulation therapy in pregnant patients with COVID-19 is same as other conditions that require anticoagulation in pregnancy. The D-dimer level may not be a reliable predictor of VTE in pregnancy, because there is a physiologic increase of D-dimer levels throughout gestation.</td>
<td>If antithrombotic therapy is prescribed during pregnancy for another indication, this therapy should be continued if the patient receives a diagnosis of COVID-19 and is not admitted in hospital.</td>
</tr>
<tr>
<td><strong>Venous Thromboembolism Prophylaxis in children with COVID-19</strong></td>
<td></td>
</tr>
<tr>
<td>Pediatric patients admitted for COVID-19 who are moderately or severely ill be given VTE risk prophylaxis in accordance with existing institutional guidelines.</td>
<td></td>
</tr>
</tbody>
</table>
Antithrombotics in patients with COVID-19: VTE Prophylaxis Post discharge

Routine post-discharge VTE prophylaxis is NOT recommended for patients with COVID-19.

However, the benefits of post-discharge prophylaxis for certain high-risk patients without COVID-19 led to the Food and Drug Administration approval of two regimens:

- Enoxaparin 40mg SC OD for 6 to 14 days
- Rivaroxaban 10 mg daily for 31 to 39 days

Inclusion criteria:

- Modified IMPROVE-VTE score ≥4; or
- Modified IMPROVE-VTE score ≥2 and D-dimer level >2 times the upper limit of normal; or
- Age ≥75 years; or
- Age >60 years and D-dimer level >2 times the upper limit of normal; or
- Age 40 to 60 years, D-dimer level >2 times the upper limit of normal, and previous VTE event or cancer.17
- Any decision to use post-discharge VTE prophylaxis should consider the individual patient’s risk factors, including reduced mobility, bleeding risks, and feasibility

Modified IMPROVE-VTE score

- 3 point for previous VTE
- 2 points for Thrombophilia
- 2 points for current lower limb paralysis or paresis
- 2 point for History of Cancer
- 1 point for ICU/CCU stay
- 1 point for One or more day of immobilization
- 1 point for Age more than or equal to 60 years
<table>
<thead>
<tr>
<th>Drugs</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zinc</td>
<td>50mg Oral Once daily</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1g Oral once daily</td>
</tr>
</tbody>
</table>
| Vitamin D (depending on patients' Vitamin D levels) | 2000 units daily or 50,000 units weekly  
  Can also consider dosing related to Vitamin D Level  
  • Serum 25(OH)D 20 to 30 ng/mL: 1000 to 2000 units once daily  
  • Serum 25(OH)D 10 to <20 ng/mL: 2000 units once daily or 50,000 units once weekly or 5,000 to 7,000 units once daily  
  • Serum 25(OH)D <10 ng/mL or in patients with deficiency symptoms: 50,000 units once weekly or 5,000 to 7,000 units once daily |
| Hydroxychloroquine          | Adult dose: Day 1: loading dose of 400 mg orally every 12 hours, Day 2 to 5: 200 mg orally every 12 hours  
  Refer to Hydroxychloroquine protocol |
| Favipiravir                 | Adult dose: Day 1: 1600 mg PO twice daily (loading doses) Days 2 to 10: 600 mg PO twice daily (14 days can be considered)  
  Refer to Favipiravir protocol |
| Remdisivir                  | Adult dose:  
  • Day 1: 200mg IV Once Daily  
  • Days 2 to 5: 100mg IV Once Daily  
  may extend for up to 5 additional days in patients who do not demonstrate clinical improvement. |
| Dexamethasone               | 6mg IV OD for 5-10 days                                              |
| Tocilizumab (refer to next page) | The initial dose is 4-8mg/kg (recommended dose of 400mg diluted with 0.9% normal saline to 100ml). If the initial medication is not effective, one extra administration can be given after 12 hours (same dose as before). No more than two administrations should be given, with the maximum single dose no more than 800mg. The infusion time should be more than 1 hour. Contraindicated for people with active infections such as tuberculosis. Avoid using with interferon |
## Tisdale Risk Score for QT Prolongation

### Risk Score Calculation to predict QT prolongation greater than 500msec

<table>
<thead>
<tr>
<th>Variable</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age ≥68 years</td>
<td>1</td>
</tr>
<tr>
<td>Female</td>
<td>1</td>
</tr>
<tr>
<td>Loop diuretic</td>
<td>1</td>
</tr>
<tr>
<td>Potassium ≤3.5 mEq/L</td>
<td>2</td>
</tr>
<tr>
<td>Admission QTc ≥450 msec</td>
<td>2</td>
</tr>
<tr>
<td>Being admitted for acute myocardial infarction</td>
<td>2</td>
</tr>
<tr>
<td>Being admitted for sepsis</td>
<td>3</td>
</tr>
<tr>
<td>Being admitted for heart failure</td>
<td>3</td>
</tr>
<tr>
<td>Number of QTc-prolonging drugs given</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>0</td>
</tr>
<tr>
<td>1 QTc-prolonging drug</td>
<td>3</td>
</tr>
<tr>
<td>≥2 QTc-prolonging drugs</td>
<td>6</td>
</tr>
</tbody>
</table>

### Interpretation and Recommendations

<table>
<thead>
<tr>
<th>Risk Score</th>
<th>Risk for QT prolongation</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤6</td>
<td>Low</td>
<td>Always consider that higher risk may develop depending on clinical course and drug interactions and pharmacokinetics.</td>
</tr>
</tbody>
</table>
| 7-10       | Moderate                 | • Clinical Pharmacist Consultation  
• Adjust risk factors as much as possible.  
• EKG should be repeated after 5 half-lives of QT-prolonging drugs given to evaluate QTc. |
| ≥11        | High                     | • Clinical Pharmacist Consultation  
• Adjust risk factors  
• Use alternative medications  
• EKG should be repeated after 5 half-lives of QT-prolonging drugs given to evaluate QTc. |
# Hydroxychloroquine Treatment Protocol

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dose</strong></td>
<td><strong>Adult dose:</strong></td>
</tr>
<tr>
<td></td>
<td>• Day 1: Loading dose of 400 mg orally every 12 hours,</td>
</tr>
<tr>
<td></td>
<td>• Followed by 200 mg orally every 12 hours for a total of 5 to 10 days</td>
</tr>
<tr>
<td><strong>Indications (ALL apply)</strong></td>
<td>• Adults with mild disease (Upper respiratory tract infection) or Asymptomtatic adults with risk factors</td>
</tr>
<tr>
<td></td>
<td>• Early during the course of the disease; less than 7 days before onset of symptoms</td>
</tr>
<tr>
<td></td>
<td>• Inpatients only</td>
</tr>
<tr>
<td></td>
<td>• Follow daily monitoring protocol, with cardiac telemetry</td>
</tr>
<tr>
<td><strong>Contraindications</strong></td>
<td>• G6PD Deficiency</td>
</tr>
<tr>
<td></td>
<td>• QTc &gt; 500msec, or 550msec with pacing</td>
</tr>
<tr>
<td></td>
<td>• Bundle Branch Block</td>
</tr>
<tr>
<td></td>
<td>• Epilepsy</td>
</tr>
<tr>
<td></td>
<td>• Porphyria</td>
</tr>
<tr>
<td></td>
<td>• Pre-existing Retinopathy</td>
</tr>
<tr>
<td><strong>Monitoring</strong></td>
<td>• QT Interval: ECG 2-3 hours after the second dose of hydroxychloroquine, and daily thereafter.</td>
</tr>
<tr>
<td></td>
<td>• Serum Creatinine,</td>
</tr>
<tr>
<td></td>
<td>• Potassium</td>
</tr>
<tr>
<td></td>
<td>• Magnesium</td>
</tr>
<tr>
<td></td>
<td>• Liver Function tests: ALT, AST</td>
</tr>
<tr>
<td></td>
<td>• Hemoglobin level</td>
</tr>
<tr>
<td></td>
<td>• Plateletes</td>
</tr>
<tr>
<td></td>
<td>• Blood sugar</td>
</tr>
<tr>
<td><strong>Adverse Effects</strong></td>
<td>• QT Prolongation</td>
</tr>
<tr>
<td></td>
<td>• Cardiac arrhythmias</td>
</tr>
<tr>
<td></td>
<td>• Hypoglycemia</td>
</tr>
</tbody>
</table>
## Favipiravir Treatment Protocol

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Dose**       | **Adult dose:**  
• Day 1: 1600 mg PO twice daily (loading doses)  
• Days 2 to 10: 600 mg PO twice daily (14 days can be considered)  
**Hepatic adjustment in Child Pugh C**  
• Day 1: 800 mg PO twice daily  
• Days 2 to 10: 400 mg PO twice daily |
| **Monitoring** | **Serum Creatinine,**  
• Uric acid  
• Liver Function tests: ALT, AST, ALP, Bilirubin  
• WBC and Neutrophil count |
| **Adverse effects** | **Hyperuricemia**  
• Neutropenia  
• Hepatic Injury |
| **Drug Interaction** | **Tamoxifen,**  
• Calcium Channel Blockers  
• Loop diuretics  
• Tricyclic antidepressants  
• Diabetic medications  
• Paracetmol to be limited to 3g per day |
| **Precautions** | **Caution in using in patients with pre-existing gout and gouty arthritis.**  
• Monitor for QT- prolongation if combined with other QT-prolonging agents.  
• Testes toxicity was also noted when taking favipiravir.  
• Contraindicated in pregnancy. |
# Remdesivir Treatment Protocol

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dose</strong></td>
<td>Adult dose:</td>
</tr>
<tr>
<td></td>
<td>• Day 1: 200mg IV Once Daily</td>
</tr>
<tr>
<td></td>
<td>• Days 2 to 5: 100mg IV Once Daily</td>
</tr>
<tr>
<td></td>
<td><em>may extend for up to 5 additional days in patients who do not demonstrate clinical improvement.</em></td>
</tr>
<tr>
<td></td>
<td><em>indicated for patient with COVID19 requiring supplemental oxygen therapy</em></td>
</tr>
<tr>
<td><strong>Contraindications</strong></td>
<td>• Hypersensitivity to Remdesivir or any component of the formulation.</td>
</tr>
<tr>
<td></td>
<td>• Patients with ALT ≥5 times the ULN (upper limit of normal) at baseline.</td>
</tr>
<tr>
<td></td>
<td>• Renal impairment. (eGFR &lt;30)</td>
</tr>
<tr>
<td><strong>Monitoring</strong></td>
<td>• Serum Creatinine,</td>
</tr>
<tr>
<td></td>
<td>• Biochemical profile</td>
</tr>
<tr>
<td></td>
<td>• Liver Function tests: ALT, AST, ALP, Bilirubin</td>
</tr>
<tr>
<td><strong>Adverse Reactions</strong></td>
<td>• Increased serum glucose</td>
</tr>
<tr>
<td></td>
<td>• Fever</td>
</tr>
<tr>
<td></td>
<td>• Infusion reactions</td>
</tr>
</tbody>
</table>
### Dexamethasone Treatment Protocol

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dose</strong></td>
<td>Adult dose: 6mg IV OD for 5 -10 days</td>
</tr>
</tbody>
</table>
| **Monitoring** | • Serum K, Glucose, sugars  
• Blood pressure, hemoglobin  
• Occult blood loss  
• WBC and Neutrophil count                                                                 |
| **Adverse effects** | • Hypertension  
• Hyperglycemia  
• Gastric perforation                                                                                                                   |
| **Precautions:** | Cardiovascular disease: Use with caution in patients with heart failure and/or hypertension/ following acute myocardial infarction  
Diabetes: More frequent monitoring and dose titration of Anti-diabetic medications  
Gastrointestinal disease: Use with caution in patients with GI diseases (diverticulitis, fresh intestinal anastomoses, active or latent peptic ulcer, ulcerative colitis, abscess or other pyogenic infection) due to perforation risk.  
Myasthenia gravis: exacerbation of symptoms has occurred especially during initial treatment with corticosteroids.  
Seizure disorders: Seizures have been reported with adrenal crisis.                                                                 |
| **Contraindication** | Hypersensitivity to dexamethasone or any component of the product  
Systemic fungal infection  
Concomitant use of more than a single dose of dexamethasone with rilpivirine |
Tocilizumab can be given in COVID19 in the presence of severe cytokine storm

Criteria of Severe Cytokine Syndrome:
1. Abnormal chest imaging consistent with COVID19
2. AND Laboratory parameters supportive of cytokine storm including:
   - Serum IL-6 at least 3 X ULN; OR
   - Ferritin >300 ug/L (or surrogate) with doubling within 24 hours; OR
   - Ferritin > 600 ug/L at presentation with LDH >250 U/L; OR
   - Elevated D-dimer (> 1 mg/L).
   - CRP >100 or >50 but doubled in past 48 hours
3. AND Rapidly worsening gas exchange requiring >6 L/min O2, O2 sats <93% PaO2/FiO2

Avoid use
- Avoid use in patients with platelets <50,000 and those with ANC <1,000
- Known hypersensitivity to tocilizumab or any component of the formulation
- Active infections, interrupt the treatment in case of developing severe infection.
- Patient with decompensated cirrhosis
- Avoid in AST/ALT >1.5x upper limit of normal
References and Further Reading

- [https://www.ijhsr.org/IJHSR_Vol.10_Issue.5_May2020/25.pdf](https://www.ijhsr.org/IJHSR_Vol.10_Issue.5_May2020/25.pdf)
COVID-19 Medication Order Sheet
Medication Order sheet for Adult COVID-19

Indicate choice by checking the box:

- **Pregnancy test** for Hydroxychloroquine, Lopinavir/ritonavir, Ribavirin, or Favipiravir

- **ECG monitoring 12-lead or telemetry**: (check all that apply per guideline): □ Baseline. □ 2 hours after Hydroxychloroquine dose. □ Daily. □ Every 48 hours

- **Baseline tests**: CBC with differential, Blood Group and Vitamin D level, urea, creatinine, electrolytes serum glucose level, LFT, CRP, PCT, ESR, D-dimer, PT&PTT, Fibrinogen (repeat 24 - 48 hrs as indicated)

- **Tests to assess complicated infection**: serum ferritin, LDH, triglycerides, serum lactate, Troponin-I, BNP, CK-MP, VWF and IL-6 (repeat 24 - 48 hours as indicated)

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Contraindication</th>
<th>Monitoring</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamins</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Zinc</td>
<td>□ 50 mg daily</td>
<td>Hypersensitivity</td>
<td>Serum copper</td>
</tr>
<tr>
<td>□ Vitamin C</td>
<td>□ 1g daily</td>
<td>Non specific</td>
<td>Renal function</td>
</tr>
<tr>
<td>□ Vitamin D</td>
<td>□ 50,000 unit’s PO/NGT weekly or 2000 PO/NGT Daily</td>
<td>No specific contraindications</td>
<td>Vitamin D level</td>
</tr>
<tr>
<td><strong>Antipyretics</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>□ Paracetamol</td>
<td>□ 325 - 650 mg q4-6 hr Or 1 g q 6hr Not Exceed 4 g/day</td>
<td>Hypersensitivity</td>
<td>Relief of fever</td>
</tr>
</tbody>
</table>
# Medication Order sheet for Adult COVID-19

## Antivirals

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td><strong>Favipiravir</strong></td>
<td>□ Day 1: 1800mg PO/NGT BD</td>
<td>□ Day 2 - 14: 800mg PO/NGT bd for (7-14 days)</td>
<td>Note: Avoid in pregnancy&lt;br&gt;No dose adjustment for any renal impairment. &lt;br&gt;For liver impairment adjust according to the child Pugh score C: &lt;br&gt;Day 1: 800 mg PO/NGT bd Day 2 - 10: 400 mg PO/NGT bd</td>
</tr>
<tr>
<td><strong>Hydroxychloroquine</strong></td>
<td>□ Day 1: 400mg twice PO/NGT &lt;br&gt;□ 200 mg twice PO/NGT for 5 to 10 days</td>
<td>□ G6PD Deficiency &lt;br&gt;□ QTc &gt; 500msec, or 550msec with pacing &lt;br&gt;Bundle Branch Block &lt;br&gt;Epilepsy &lt;br&gt;Porphyria &lt;br&gt;Pre-existing Retinopathy</td>
<td>□ QT Interval : ECG 2-3 hours after the second dose of hydroxychloroquine, and daily thereafter. &lt;br&gt;□ Serum Creatinine, &lt;br&gt;Potassium &lt;br&gt;Magnesium &lt;br&gt;Liver Function tests: ALT, AST &lt;br&gt;Hemoglobin level &lt;br&gt;Plateletes &lt;br&gt;Blood sugar</td>
</tr>
<tr>
<td><strong>Remdesivir</strong></td>
<td>□ 200 mg iv day 1 then 100 mg daily for 9 days</td>
<td>Hypersensitivity</td>
<td>□ Baseline and daily (ALT, AST, Bilirubin, ALP) &lt;br&gt;□ serum creatinine and CrCl</td>
</tr>
</tbody>
</table>

## Anticoagulants

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Enoxaparin</strong></td>
<td>□ 40 mg once daily &lt;br&gt;Consider higher dose if D Dimer &gt;1000 ng/ml</td>
<td>□ Hypersensitivity &lt;br&gt;□ Active major bleeding</td>
<td>□ Bleeding parameter &lt;br&gt;□ Serum creatinine</td>
</tr>
<tr>
<td><strong>Heparin</strong></td>
<td>□ 5000 IUq 8-12 hr</td>
<td>□ Hypersensitivity &lt;br&gt;□ Active major bleeding &lt;br&gt;□ HIT in the past 100 days</td>
<td>□ Bleeding parameter</td>
</tr>
<tr>
<td><strong>Fondaparinux</strong></td>
<td>□ 2.5mg SC Daily</td>
<td>□ Hypersensitivity &lt;br&gt;□ Active major bleeding</td>
<td>□ Bleeding parameter</td>
</tr>
</tbody>
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# Medication Order sheet for Adult COVID-19

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<tbody>
<tr>
<td><strong>Steroids</strong></td>
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<tr>
<td>□ Dexamethasone (For patients who require non-invasive or invasive ventilation):</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Adult dosing: <strong>6 mg once daily</strong> oral (liquid or tablet or IV for 5-10 days)</td>
<td></td>
<td>▪ In pregnant or breastfeeding women, prednisolone or IV Hydrocortisone 80 mg twice daily should be us instead of Dexamethasone</td>
<td></td>
</tr>
<tr>
<td>▪ Take precautions when used with: Cardiovascular, diabetes, Gastrointestinal, Myasthenia graves and seizure patients</td>
<td></td>
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<tr>
<td>□ Methylprednisolone&lt;br&gt;(based on actual body weight divided in 2 doses)</td>
<td>1 mg/kg/day&lt;br&gt;mg □ IV or □ PO/NGT BID for 3 days</td>
<td></td>
<td>(If severe hypoxia persists with continued supplemental oxygen requirement on day 3, extend to a total duration of 5 - 7 days)</td>
</tr>
<tr>
<td>□ Statin</td>
<td></td>
<td></td>
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<tr>
<td>□ Atorvastatin</td>
<td>□ 40 mg PO daily</td>
<td>If patient receiving Lopinavir/Ritonavir, then Atorvastatin 20 mg PO daily</td>
<td></td>
</tr>
<tr>
<td>□ Rosuvastatin</td>
<td>□ 20 mg PO daily</td>
<td>If patient receiving Lopinavir/Ritonavir, then Rosuvastatin 10 mg PO daily</td>
<td></td>
</tr>
<tr>
<td>□ Disease modifying interleukin 6 receptor antagonist</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Tocilizumab</td>
<td>□ 4-8 mg/kg/dose. Maximum 2 doses&lt;br&gt; □ 50-59 kg: 400 mg IV X 1 dose&lt;br&gt; □ 60-85 kg: 600 mg IV X 1 dose&lt;br&gt; □ &gt;85 kg: 800 mg IV X 1 dose</td>
<td>Laboratory criteria for patient at high risk of developing cytokine storm:</td>
<td>Discontinue Interferon beta-1b 24 hours prior to dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▪ Ferritin &gt; 500 mcg/l</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>▪ Elevated D-Dimer &gt; 1 mg</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>▪ CRP &gt; 100 mg/dl</td>
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<tr>
<td></td>
<td></td>
<td>▪ LDH &gt; 250 U/L</td>
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<tr>
<td></td>
<td></td>
<td>▪ Lymphocyte count &lt; 0.8</td>
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</tbody>
</table>

7/1/2020

The National Taskforce for Combating the Coronavirus (COVID-19)
# Medication Order sheet for Adult COVID-19

The National Taskforce for Combating the Coronavirus (COVID-19)

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<tbody>
<tr>
<td><strong>Antibiotics ONLY for Community or Hospital Acquired Pneumonia:</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>□ Vancomycin</td>
<td>15 mg/kg ......mg IV every.......hours</td>
<td>Vancomycin trough 30-minute pre 4th dose or 24 hours if renal impaired (target trough 15 - 20 mg/dl)</td>
<td></td>
</tr>
<tr>
<td>□ Azithromycin</td>
<td></td>
<td>500 mg IV or PO Daily</td>
<td></td>
</tr>
<tr>
<td>□ Ceftriaxone</td>
<td></td>
<td>1 or 2g IV Daily</td>
<td></td>
</tr>
<tr>
<td>□ Cefepime</td>
<td></td>
<td>2 g IV q 8 hours:</td>
<td></td>
</tr>
<tr>
<td>□ Piperacillin/tazobactam</td>
<td></td>
<td>____g IV q____hours</td>
<td></td>
</tr>
<tr>
<td>□ Meropenem</td>
<td></td>
<td>____mg IV q____hours</td>
<td></td>
</tr>
<tr>
<td>□ Doxycycline</td>
<td></td>
<td>100 mg □ IV or OPO q12 hours</td>
<td></td>
</tr>
</tbody>
</table>