

संचालनालय स्वास्थ्य सेवायें,
मध्यप्रदेश

महत्वपूर्ण

क्रमांक/कोविड-19 नियंत्रण/आई.डी.एस.पी/2020/1510

भोपाल, दिनांक 04/09/2020

प्रति,

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विषय:- कोविड-19 प्रबंधन के संबंध में एम्स, नई-दिल्ली द्वारा निर्मित अक्सर पूछे जाने वाले तकनीकी प्रश्नावली एवं उत्तर।

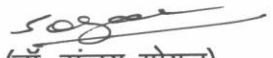
संदर्भ:- भारत सरकार के पोर्टल पर प्रदर्शित National e-ICU on COVID-19 Management, FAQs on COVID-19 from AIIMS, e-ICUs दिनांक 01/09/2020

विषयांतर्गत लेख है कि कोविड-19 संक्रमण से ग्रस्त रोगियों के प्रबंधन हेतु कोविड-19 अस्पतालों (कोविड केयर सेन्टर, डेडिकेटेड कोविड हेल्थ सेन्टर तथा डेडिकेटेड कोविड अस्पताल) को क्रियाशील किया गया है। इन संस्थाओं में रोगियों के मानक प्रबंधन हेतु अद्यतन क्लिनिकल प्रोटोकॉल्स पर पदस्थ चिकित्सकों एवं स्टाफ नर्स के दलों की समय-समय पर प्रशिक्षण दिया जाता है।

कोविड-19 रोगियों के प्रबंधन के दौरान देश के विभिन्न चिकित्सकों द्वारा की गई पृच्छाओं के संबंध में एम्स, नई-दिल्ली द्वारा अक्सर पूछे जाने वाले प्रश्नों की प्रश्नावली उत्तर सहित तैयार की गई है। तदनुसार प्रश्नावली आपकी ओर जिले के क्रियाशील तथा डेडिकेटेड कोविड हेल्थ सेन्टर (DCHC) एवं डेडिकेटेड कोविड हॉस्पिटल (DCH) के चिकित्सकों तक प्रसार हेतु संलग्न प्रेषित है।

निर्देशित किया जाता है कि कोविड-19 प्रबंधन के संबंध में भारत सरकार द्वारा दिनांक 01/09/2020 को जारी एवं एम्स, नई-दिल्ली द्वारा निर्मित प्रासंगिक प्रश्नावली (FAQs on COVID-19) की प्रति, सुलभ संदर्भ हेतु प्रत्येक DCHC तथा DCH में कार्यरत चिकित्सकों को उपलब्ध कराने का कष्ट करें।

संलग्न - FAQs on COVID-19 management from AIIMS e-ICUs.


(डॉ. संजय गोयल)
आयुक्त स्वास्थ्य,
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क्रमांक/कोविड-19 नियंत्रण/आई.डी.एस.पी/2020/1511

भोपाल, दिनांक 04/09/2020

प्रतिलिपि:- सूचनार्थ।

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आयुक्त स्वास्थ्य,
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FAQs on COVID-19 from AIIMS e-ICUs

1. Should we use HCQ as prophylaxis in health care workers (HCW)?

Hydroxychloroquine (HCQ) has been advised as prophylaxis in HCW and high-risk contacts without contraindications. It can be used along with proper use of PPE and other infection control practices to protect from COVID 19.

2. Can Ivermectin be used for COVID patients?

Ivermectin has been found to be a potent inhibitor of SARS CoV2 replication in vitro, but the doses required to achieve this effect in vivo far exceeds the usual dose. It is currently not recommended in the national guidelines but can be used in patients in whom HCQ is contraindicated.

3. Should we continue using anticoagulation post discharge?

In our experience, there have been no delayed post-COVID thrombotic complications. Since the prothrombotic state parallels the viremic and inflammatory phase, once the patient has been discharged, the thrombotic risk also decreases. So, we don't recommend anti-coagulation at discharge in routine COVID patients unless indicated for other reasons like DVT, prosthetic valve etc.

4. Sudden deaths in COVID-19

Sudden deaths have been reported both at presentation to emergency department (ED) as well as in hospital. Reasons that have been proposed include a sudden cardiac event/ ACS, preceding silent hypoxia that went unnoticed or due to a thrombotic complication such as pulmonary thromboembolism. Patients with risk factors to develop severe COVID or with prior comorbid conditions such as CAD or chronic lung disease should be strictly monitored for their saturation. They should not be allowed to move unattended. Anticoagulant should be used in all at-risk patients who do not have any risk factors of bleeding.

5. Methyl prednisolone vs dexamethasone

Corticosteroids are currently indicated in moderate to severe COVID-19 patients. Recovery trial has used dexamethasone. However, both IV dexamethasone or methyl prednisolone may be used based on the availability.

6. What is the role of Tocilizumab?

Tocilizumab has been approved by DCGI on compassionate ground in view of ongoing pandemic. However, it is an experimental therapy, has a limited role, and should be used only in patients with cytokine syndrome after ruling out active infections.

7. What is the role of Plasma therapy?

Convalescent plasma collected from ABO matched donors with high neutralizing titers can be given to patients at risk of developing severe COVID in early stages of



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the disease. However, it should also be considered an experimental therapy and should be used with caution.

8. Role of Favipiravir

Studies have used Favipiravir mainly in mild or asymptomatic COVID, claiming to prevent progression, whereas majority of this cohort recover with just supportive care and monitoring and usually require no specific therapy. Evidence is weak for the use of Favipiravir and is currently not recommended in national guidelines.

9. Role of antifibrotic in prevention of lung fibrosis

There is no evidence to support the use of antifibrotic agents like pirfenidone in preventing COVID related fibrosis and hence should not be used.

10. How to prevent depression in COVID 19 patients?

Depression is a common finding in patients with COVID which may be because of number of reasons including staying in isolation, anxiety related to disease, social stigma, among others. Such patients need empathy and psychological counselling preferably by a trained HCW like a psychologist / psychiatrist.

11. Can we give Remdesivir/TCZ in a highly suspect patient who is COVID negative on all reports?

Remdesivir/TCZ are experimental therapies, approved by DCGI in view of the ongoing pandemic. Therefore, they should not be used as empirical therapy for suspected cases. You should use these agents only in proven COVID patients, where clinically indicated.

12. Can we try Methylene blue?

No, there is no role of methylene blue in the management of COVID.

13. How long can we give Remdesivir?

Remdesivir is currently recommended for 5 days in once daily dosing.

14. Can we use Remdesivir/TCZ prophylactically in asymptomatic patients with comorbidities?

There is no evidence to support the use of Remdesivir/TCZ in asymptomatic patients with comorbidities

15. Should relatives be allowed to visit COVID-19 patients admitted in the wards?

No, relatives are not allowed to visit COVID-19 patients as they have chances to get infected and transfer it to the community.

16. Can parents be allowed to stay with COVID-19 positive children?

Parents can stay with the children after explaining the risk and taking consent for the same.

17. Should we continue steroids on discharge?

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No, there is no role of steroids at the time of discharge unless indicated for any other concomitant disease.

18. **How do we maintain nutrition in a patient on ventilation?**

Patients on ventilator may require TPN or Ryle's tube feeding depending on their underlying condition.

19. **When should we shift from NIV to invasive ventilation?**

If the patient is not able to maintain saturation, going into respiratory fatigue, or the GCS is poor to tolerate NIV, they should be considered for invasive ventilation.

20. **When should we consider a tracheostomy?**

Patients in whom prolonged ventilation is anticipated should be considered for tracheostomy.

Updated 01/09/2020