**COVID-19 POSITIVE PATIENTS**

**GENERAL PRACTITIONER PHONE CONSULTATION CHECKLIST**

**(c) Dr Kevin Gabriel 26th February 2024 - some aspects of this checklist may be specific to the General Practice that I work in**

**HISTORY**

**Result -** RAT or PCR date that COVID-19 test was completed

**COVID-19 Vaccination status**

**Co-morbidities**

* check for **high risk medical conditions** as defined by Ministry of Health
* BMI and weight documentation (BMI greater than 35 - high risk medical condition)
* Smoking status - if required offer quit advice and **pharmacotherapy** for smoking cessation
* Vaping status - if required offer quit advice

**Symptoms - focus on Red Flag symptoms listed below**

Onset date

Course

Current symptoms

* Fever
* Cough - check if phlegm or haemoptysis
* Shortness of breath - wheeze
* Chest pain – palpitations
* Headache - dizziness
* Sore throat - **antibiotic** if high risk ‘strep throat’ and rheumatic fever ≥2: Maori/Pasifika, age 3-35, overcrowding/low socioeconomic
* Diarrhoea - vomiting - abdomen pain
* Rash
* Depression - anxiety symptoms

**Close contact with a COVID-19 confirmed cases**

**Household occupants**

**Occupation**

**Travel history - especially overseas**

**Needs - food and essential items, financial assistance, mental health support**

**EXAMINATION**

* Talking ie. sentences, phrases - any evidence of shortness of breath or fatigue
* Temperature, pulse and pulse oximetry (if equipment available at home)

**IMPRESSION**

* Severity
* Day of illness & Day since RAT test, whichever is earliest determines isolation start period (Day 0 defined as 1st day)
* Eligibility for COVID-19 specific therapy **Paxlovid**

**MANAGEMENT**

**Acute**

* **GP and nurse assessment at clinic or go directly to hospital**

**Routine care - flexible GP follow up**

**1) INFORMATION**

* Healthify (He Puna Waiora) website [healthify.nz](http://www.healthify.nz) for COVID-19 information

Effective from 12:01am Tuesday 15 August 2023

All COVID-19 requirements removed

* 7 day mandatory isolation
* wearing of face masks for visitors to healthcare facilities removed.

**• If you have tested positive for COVID-19, it is recommended you isolate for 5 days even if you only have mild symptoms, starting at Day 0, which is the day your symptoms started or when you tested positive, whichever came first. This means you should not go to work or school.**

• If you do need to leave your home during your 5 day isolation period, it is very important you take precautions to prevent spreading COVID-19 to others:

o You should wear a mask whenever you leave the house.

o You should not visit a healthcare facility (except to access medical care), or

an aged residential care facility, or have contact with anyone at risk of getting

seriously unwell with COVID-19.

• If you need to seek in-person medical care while you have COVID-19, please call

ahead before visiting, and follow their instructions. It is recommended that you wear a mask.

**2) MEDICATIONS**

* Prescription +/- home delivery (selected pharmacies only)

**1)check eligibility criteria for COVID-19 specific therapy Paxlovid**

**before prescribing Paxlovid x2 specific checks**

**(i) renal function**

**(ii) University of Liverpool drug interaction checker**

reduced hospitalisation or death if started within 3 days (89%) 5 days (88%) of symptom onset

**2)Other Medications if required**

**- paracetamol** for fever and/or pain

**- antibiotics**if suspect secondary bacterial infection (<20% cases)

**- regular medications**

**3) SUPPORT**

**Pasifika - useful contact**

Siaola Food Hub (Auckland based) [0800 742 652](tel:0800%20742%20652) - food parcel deliveries

**National - useful contacts**

* COVID-19 Healthline **[0800 358 5453](tel:0800%20358%205453)**– information and advice about COVID-19
* Financial assistance for food through Work and Income **[0800 559 009](tel:0800%20559%20009)**
* Food assistance – Find a local foodbank at **[www.foodbank.co.nz](http://www.foodbank.co.nz)**

**4) FUTURE**

**Older kiwis urged to get COVID-19 boosters**

As we approach the summer season of gatherings and events, Te Whatu Ora has updated its advice for who is recommended to have a COVID-19 booster for Summer 2023/24.

A summer 2023/24 booster dose of COVID-19 vaccine is recommended for groups who are at higher risk of becoming severely ill:

·         people aged 65 and older

·         Māori and Pacific people aged 50 and older

·         those who have a medical condition that makes them severely immunocompromised (12 years of age and older)

·         pregnant people who have not had any booster dose previously, have co-morbidities, or have no history of previous COVID-19 infection

·         residents of aged care facilities, and

·         people who were recommended to receive a booster in April 2023 but have not yet done so.

These groups above are recommended to have a summer 2023/24 booster irrespective of the number of previous doses they’ve had, so long as they have completed the initial two doses and it’s been more than six months since their last booster or COVID-19 infection.

People aged 30 and over who are at higher risk of severe COVID-19 should also consider getting a booster, provided it has been at least 6 months since they had their last dose or had COVID-19.

Note the eligibility criteria have not changed. As a reminder, additional COVID-19 boosters continue to be available for:

·         everyone aged 30 and over

·         all pregnant people, and aged 16 or over, and

·         everyone aged 12 to 29 who is at higher risk of severe illness from COVID-19.

For more details on eligibility, refer to the [Immunisation Handbook](https://two-nationalimmunisationprogramme.cmail19.com/t/i-l-aikkrtd-thdljikrth-r/) or call 0800 IMMUNISE for clinical advice on the consumer’s risk and benefits of an additional COVID-19 vaccine booster dose.

**5 SAFETY NET**

- discuss **red flag symptoms** that require medical attention