

# **COVID-19**

## **Contingency Plan**

**COVID-19 is highly virulent and contagious.**

**There is no specific treatment as yet.**

**We can help humanity by preventing community transmission.**

**(See Flow chart in Fig. A.)**

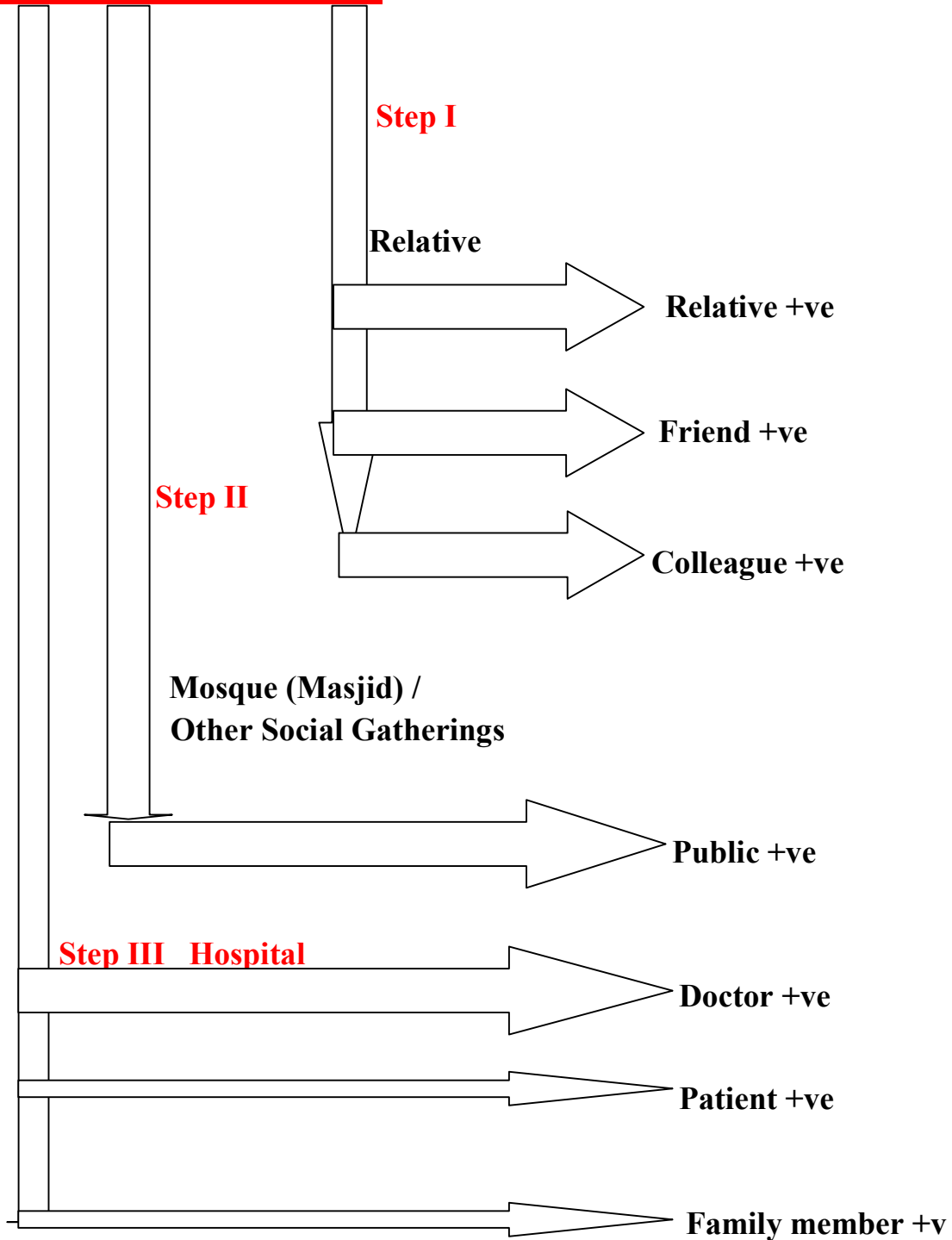
**Flow chart shows that chain of community transmission can be interrupted at three steps.**

### **Step I & II**

- **Civil administration has to educate people about**
  - **Social distancing**
  - **Hand wash**
  - **Gargle with warm water & Nasal cleaning**
  - **Wearing of Face mask**
  - **Disadvantageous of Congregational Prayers & other Social Gatherings**
  - **Sanitization & Proper diet**

**Fig. A. Flow chart- Chain of spread**

**Covid +ve Patient**



## **Step III:**

### **Role of Hospital administration**

**In view of lack of testing facilities, we have to take every patient as Covid +ve.**

**To save medical staff (health workers) and patients, we have to take following measures**

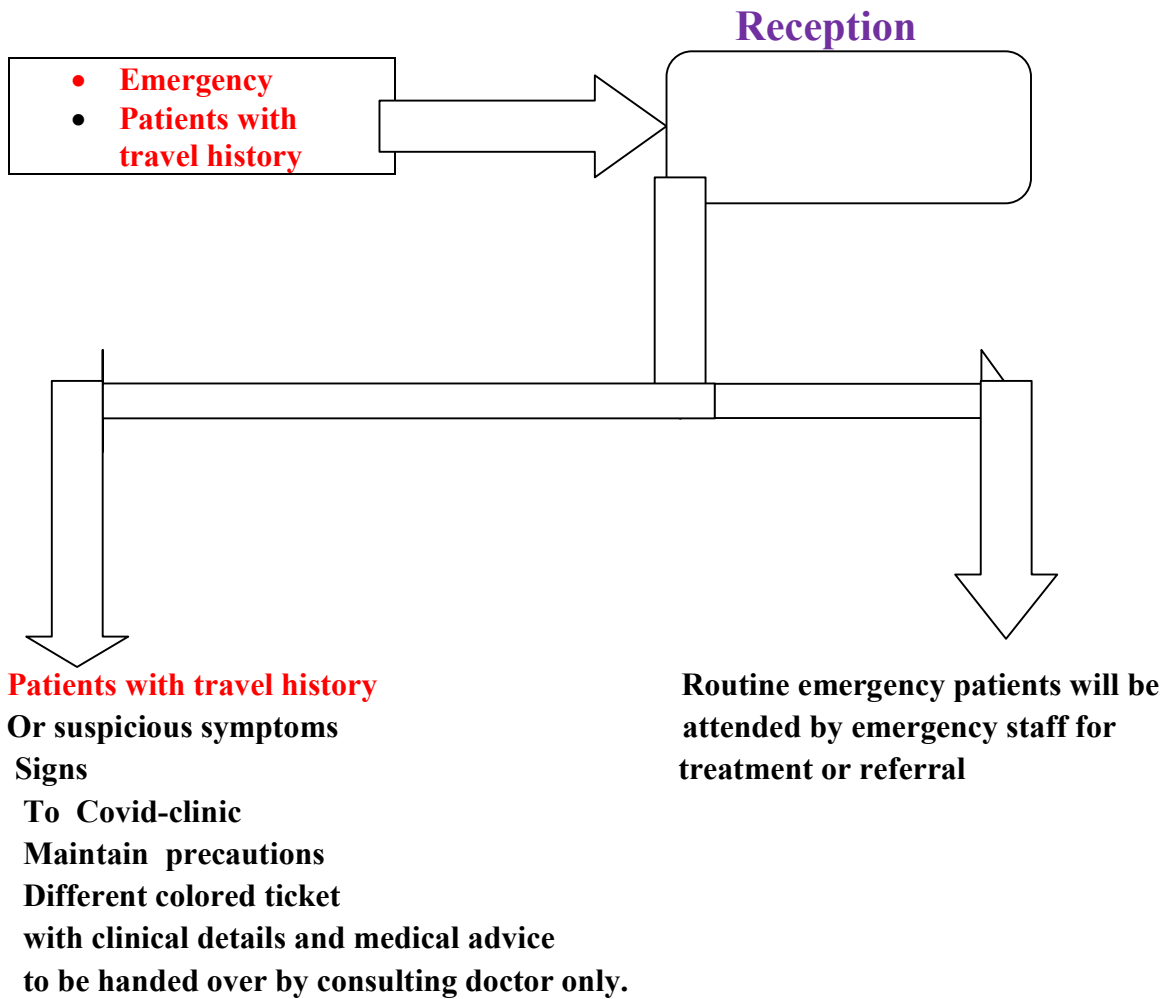
- a) Stop OPD**
- b) Avoid procedures such as : Routine Laparoscopy, Endoscopy, Bronchoscopy (because of involvement of positive pressure )**
- c) Oral, Nasopharyngeal, Laryngeal or rectal examination(because of exposure to air born viral load from patient)**
- d) For Emergency procedures like trauma, cesarean section etc. test patient for covid-19, if Covid-19 testing is not possible, take every patient as Covid-19 +ve and take stringent recommended measures to prevent transmission.**
- e) Arrange emergency staff with proper P.P.E to manage emergencies 24x7.**
- f) For referral you have SMSH, Bone & Joint Hospital, L.D Hospital, G.B.Panth, C.D Hospital and Psychiatric Hospital.**
- g) See how many normal deliveries and Cesarean sections have been done in past two weeks. In our hospital single obstetrician along with few LAS can manage the section.**
- h) Close Dental OPD, Surgical OPD, Medical, Pediatric, Orthopedic, Physiotherapy OPDs. Emergencies like Surgical, Medical, Orthopedics and Pediatrics are always referred to tertiary care hospitals.**
- i) Arrange a pool of 15 doctors, 15 Medical assistants, 15 Nurses, 15 Nursing orderlies, 15 Sweepers and 15 Gatekeepers with proper protection for covid-19 patients.**

**Since incubation period of COVID-19 is 14 days, every person can repeat duty only after minimum 14 days (self quarantine period)**

**Fig. B. Flow chart**

**Main Gate**

- **Police**
- **Gate Keeper**



**Note: Routine immunization programme must go as per schedule in hospital.**

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