



ABSTRACT

COVID-19 – Revised Discharge policy for COVID19 patients admitted in COVID-19 Treatment facility - Orders issued

HEALTH AND FAMILY WELFARE (P1) DEPARTMENT

G.O. (Ms.) No.213

Dated : 15.05.2020

சார்வரி, வைகாசி - 2

திருவள்ளூர் ஆண்டு 2051

Read :

1. G.O.(Ms.) No.179, Health and Family Welfare Department, dated: 08.04.2020.
2. From the Government of India, Ministry of Health and Family Welfare guidelines dated: 08.05.2020.

ORDER:

In Government Order first read above, the Government have directed the Heads of Department of Health and Family Welfare and all the District Collectors / Commissioner of Chennai Corporation to follow the Guidance document on appropriate management of suspect / confirmed cases of COVID-19 annexed to this Government Order.

2. In the Government of India letter second read above, to ensure that available hospital beds capacity is used only for moderate to severe cases of COVID-19 patients, a detailed SOP has been specified by the Ministry of Health and Family Welfare, the Government of India, classifying the COVID dedicated facilities into 3 categories i.e., (i) COVID Care Centre (CCC) (ii) Dedicated COVID Health centre (DCHC) (III) Dedicated COVID Hospital (DCH) and a revised discharge policy has been formulated by the Government of India.

3. In continuation to the above Government Order, the Government hereby directs all the Heads of Department of Health and Family Welfare and all the District Collectors / Commissioner of Chennai Corporation to strictly adhere to the detailed discharge policy annexed to this Government Order for COVID-19 Patients depending upon the type of facility in which they have been housed.

(BY ORDER OF THE GOVERNOR)

**BEELA RAJESH
SECRETARY TO GOVERNMENT**

To

All Deans of Medical Colleges: (w.e)

All District Collectors. (w.e)

The Director of Public Health and Preventive Medicine, Chennai – 600 006.(w.e)

The Director of Medical Education, Chennai – 600 010.(w.e)

The Director of Medical and Rural Health Services, Chennai – 600 006.(w.e)

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// FORWARDED / BY ORDER //

N. Latha, 15.05.2020
SECTION OFFICER

ANNEXURE

G.O. (Ms.) No. 213, Health and Family Welfare Department, dated : 15.05.2020

Revised Discharge Policy for COVID-19 Patients

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 follow the home isolation for further 7 days as per guidelines available at

(<https://www.mohfw.gov.in/pdf/GuidelinesforHomelsolationofverymildpresymptomaticCOVID19cases.pdf>).

At any point of time, prior to discharge from COVID Care Centre (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 / she 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 follow the home isolation for 7 days as per guidelines available at

<https://www.mohfw.gov.in/pdf/GuidelinesforHomelsolationofverymildpresymptomaticCOVID19cases.pdf>).

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

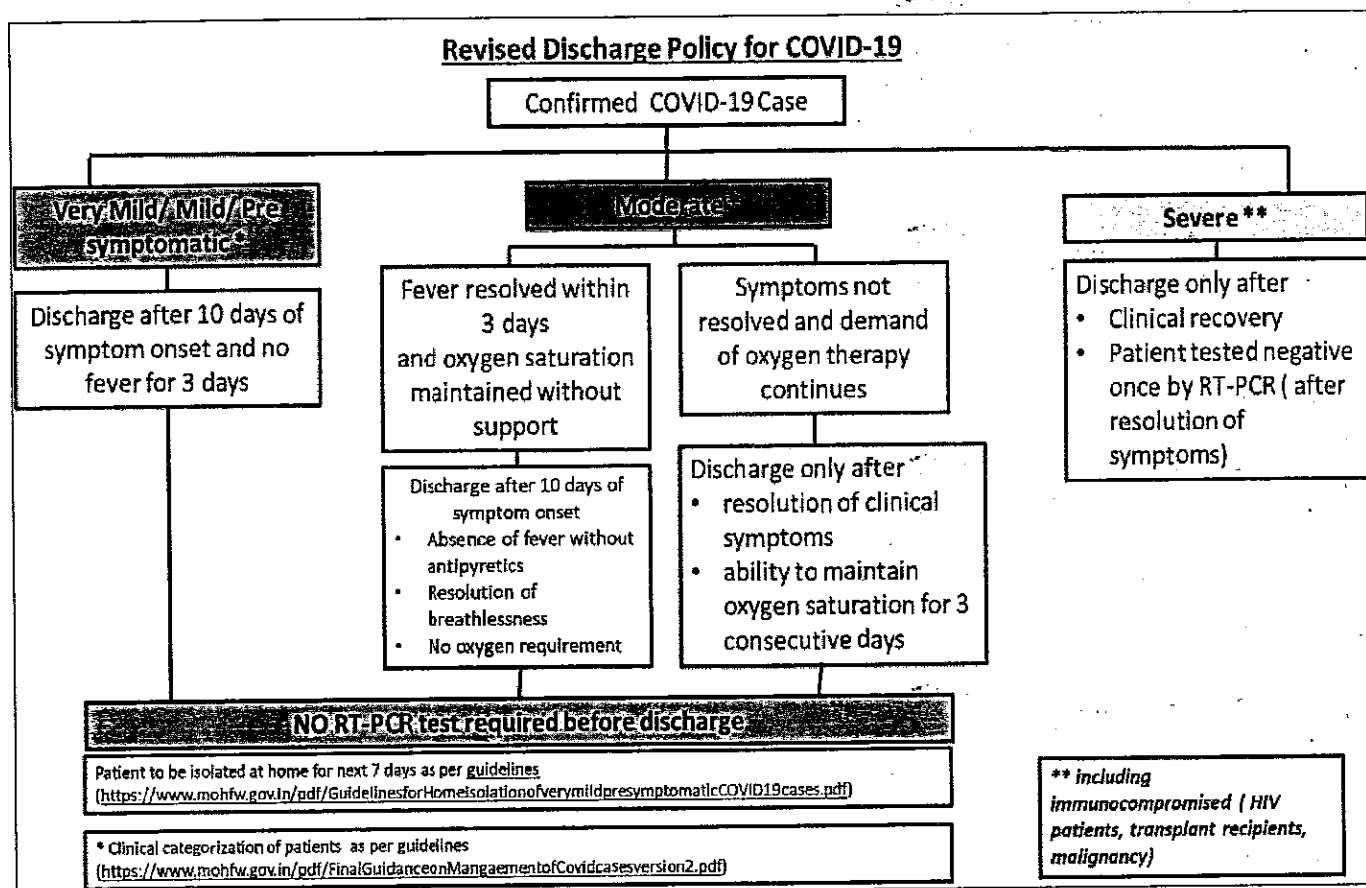
Such patients will be discharged only after

- 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)



The Criteria for Revision of Discharge Policy for COVID-19 Patients:

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.

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 follow home isolation for a further 7 days after discharge

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 follow home isolation for a further 7 days after discharge

For severe cases

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

The reason for revision in the discharge policy

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.

Evidence for Curing 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.

The 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 patients will follow home isolation for a further 7 days.

The precautions, the patient should undertake during home isolation

It has to be remembered that provision for home isolation of pre-symptomatic/very mild/mild confirmed cases of COVID-19 has been made, provided that such patients are assessed to be eligible for the same in terms of their clinical status and feasibility to successfully isolate in home environment settings. This should be done after signing a self-declaration form by the patient.

Such patients (with no co-morbidities) should at all times use triple layer medical mask. Patient must stay in the identified room and away from other people in home, especially elderlies 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.

Detailed eligibility criteria and advisory for such patients is available at <https://www.mohfw.gov.in/pdf/RevisedguidelinesforHomeisolationofverymildpresymptomaticCOVID19cases10May2020.pdf>

The revised policy on getting tested after the home isolation period is over

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

[P.T.O]

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.

The impact of current discharge policy 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 patients to remain in home isolation for a 7 days period 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. The Home Isolation Guidelines as at

<https://www.mohfw.gov.in/pdf/RevisedguidelinesforHomeisolationofverymildpresymptomaticCOVID19cases10May2020.pdf> should be strictly followed.

Applicability of Policy for patients 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. The MHA Guidelines dated 5th May, 2020 as available at <https://www.mha.gov.in/sites/default/files/MHA%20SOPs%20Dt.%205.5.2020%20reg%20movement%20of%20Indian%20nationals%20stranded%20outside%20the%20country%20and%20of%20specified%20persons%20to%20travel%20abroad.pdf> should be followed.

**BEELA RAJESH
SECRETARY TO GOVERNMENT**

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N. Lathe 15.05.2020
SECTION OFFICER