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COMMISSIONERATE

Health & Family Welfare Services

NO DHS/PS/97/2020-21

Date: 22.06.2020

Guidelines for establishing and managing COVID CARE CENTRE (CCC):

1. Background

Government of Karnataka is establishing COVID care centres for Isolation and management of asymptomatic COVID 19 cases. These CCCs shall provide 24x7 supervised medical care in an institutional setup. This document outlines about such facilities and clinical management of cases in those CCCs.

2. Different places which can be identified as Covid care centres(CCCs):

Institutions like community halls, community hostels, school or college premises, malls, stadiums, marriage/party halls, camp sites, exhibition grounds, hotels and others as deemed appropriate and identified by the authorities can be COVID care centres.

3. Eligibility for admission in CCCs

- All Asymptomatic COVID positive patients **except** the following
 - > 50 years of age.
 - With comorbid conditions like hypertension, diabetes, severe obesity, thyroid disease, cancer, kidney diseases including patients on dialysis, heart diseases, stroke, Tuberculosis, People living with HIV, immune-compromised, on steroids and immune-suppressants.
 - Pregnant women and lactating mothers.
 - Children below 10 years of age.
 - Any other serious medical/psychological condition.

The asymptomatic positive patients shall be evaluated at Dedicated Covid Health Centre (DCHC) by a physician before admission to CCC. There should be dedicated vehicles/ambulances for transportation.

4. Human resources requirements

- Doctors – one per 100 persons for 8 hrs shift (to be provided by the health/medical education dept. in case of government managed CCC)
- Staff nurses – one per 50 persons for 8 hrs shift. (to be provided by the health/medical education dept. in case of government managed CCC)
- Support staff for food/supervision – one per 100 persons for 8 hrs shift.

- Staff for cleaning – one per 50 persons for 12 hrs shift.
- Data entry operator – one per centre for 12 hrs shift.
- Security personnel and marshals – one per 50 persons for 12 hrs shift.

The staff should stay at CCC only in a separate wing. They will work for two weeks at CCC and then go home after testing negative for Covid-19 for period of one week.

5. Required amenities for Covid care centre (CCC)

Any CCC needs to:

- Have restricted access to general public.
- Have beds 1 meter apart with side locker & charging point for mobile/laptop etc.
- Have a separate section/ward for male and female patients
- Has 24/7 Electricity with power back up & Water supply, Have a nursing staff and doctor at station for 24X7 care facility in case of emergency.
- Shall have adequate supplies of PPE Kits, N-95 Masks, triple layered surgical masks, gloves, hand sanitizers, thermal scanners, pulse oximeters, glucometer, BP apparatus, stethoscopes, medicines like hydroxy chloroquine and others including emergency drugs, dressing material and first aid kit, oxygen cylinder with tubing/oxygen concentrator, nebuliser, portable ECG machine. (The requirements of supplies is given in the Annexure-1)
- Have adequate toilet facilities (@1 toilet for 10 persons)
- Have adequate ventilation and lighting facility
- Have monitoring facility using CCTV camera installed (optional)
- Have 24X7 ambulance service to shift patients whenever necessary
- Have a linkage with dedicated covid-19 health centre or dedicated covid hospital
- Facility for disinfection & sterilization of patient linen & equipment - Mechanized Laundry.
- Availability of broadband Internet connectivity with computers and DEOs for providing the COVID-19 patients data.
- Garbage Management inside and outside the COVID Care Centre.
- To ensure that the biomedical waste generated in the CCC is sent to designate bio-medical processing Centre.

6. Daily monitoring and medical supervision of the patients

- Twice daily temperature & SpO2 recording using fingertip pulse oximeter.
- 24/7 monitoring by medical officer.
- Attending to medical complaints.

7. Food and Nutrition

- Nutritious diet shall be provided to the patient as per the Annexure-2.
- Proper food arrangements 03 times a day along with snacks for the Patients, Doctors, Officers and others.
- Breakfast shall be provided by 8.00 AM, Lunch to be provided at 1.00 PM, and Dinner by 7.00 PM.

8. Ancillary services

- Dedicated area of donning and doffing of PPE for health care workers.
- Garbage Management inside and outside the COVID Care Centre.
- To ensure that the biomedical waste generated in the CCC is sent to designate bio-medical processing Centre.
- To ensure complete sanitation outside the CCC.

9. Patient monitoring

- a) A common facility for thermal scanning and pulse oximetry can be set up for temperature and oxygen saturation check
- b) A staff nurse/trained health worker can record everybody's temperature and pulse oximeter reading twice a day
- c) Anybody with new symptoms or fever ($\geq 38^{\circ}\text{C}$ or $\geq 100.4^{\circ}\text{F}$) or oxygen saturation $<94\%$ needs to be immediately referred to the nearest appropriate linked COVID facility.

10. Discharge of the patient

As per discharge policy issued by the state government from time to time.

11. Management of Logistics at CCC:

A. Supply of equipments and medicines to government managed CCC.

The Karnataka State Drugs Logistics & Warehousing Society (KSDLWS) will provide the necessary equipments and medicines to government managed CCCs. In greater BBMP area the nodal officer for CCC will send the requirement for 15 days to Additional Director, KSDLWS. In districts DCs will manage this from the pool of equipments and medicines available with them for Covid-19.

B. Supply of food:

The BBMP/District Administration will make arrangement for supply of food for patients (as per diet chart) and to the staff.

C. Cleaning:

The BBMP/District Administration will make arrangement for the cleaning and sanitisation of the place. In case the CCC has existing staff for sanitation and cleaning the same should be used.

D. Transportation:

The patients should be shifted from CCC to other medical facilities using pool of dedicated ambulances available with CCC management team of BBMP/District.

E. Testing:

Covid-19 Testing for the patients should be done as per the testing guidelines issued by the government from time to time. For the staff after 02 weeks of work RT-PCR/CBNAAT/True-NAT test should be done before giving 01 week off. Any other test required as per the doctor's assessment should be made available from the nearest DCHC.

F. Daily reporting:

The CCC will ensure daily reporting of the admissions, discharges, medical condition of patients in the software recommended by the state government.

G. Private facilities taken over by government as CCC:

In case the private facilities are taken over by government as CCC under Epidemic Diseases Act 1897, then the available staff and the ancillary facilities should be put to use.

H. CCC in-charge officer:

BBMP/District Administration shall appoint a Group-A officer as centre incharge who should manage the HR and logistics of the centre.


22/6/20
Commissioner,

Health & Family Welfare Services.

To,

- 1) The Commissioner, BBMP.
- 2) All DCs.
- 3) All DHOs.
- 4) All DSOs.

Copy for kind information:

- 1) Chief Secretary, Government of Karnataka.
- 2) Additional Chief Secretary, Health and Family welfare Services.
- 3) Rajender Kumar Kataria, IAS, Incharge of CCC.
- 4) Additional Chief Secretary, Medical Education.
- 5) Mission Director, NHM, HFW.
- 6) Director, HFW.
- 7) Director, Medical Education.

Annexure-1: Requirement of Equipment's/Medicines for CCC

| Sl no | Equipments/Medicines | Requirement per 100 patients | Remarks |
|-------|---|--------------------------------------|--|
| 1. | PPE Kits | 50 per day | Doctors-1x3, Staff nurses-2x3 Support staff for food/supervision 4x3 Staff for cleaning 4x3 Security personnel and marshals 6x3 |
| 2. | N-95 Masks | 50 per day | |
| 3. | Triple layered surgical masks | 300 per day | |
| 4. | Nitrile Gloves | 12 per day | Staff for cleaning 4x3 |
| 5. | Hand sanitizers | Ten per day-(500 ml bottle) | One five litre can |
| 6. | Thermal scanners | One | |
| 7. | Pulse oximeters | Two | |
| 8. | Glucometer | Two | |
| 9. | BP apparatus | Two | |
| 10 | Stethoscopes | Two | |
| 11 | Medicines like hydroxy chloroquine sulphate | 1100+200=1300 for one week | Patients Treatment Plus staff prophylaxis |
| 12 | Dressing material and first aid kit | Ten kits per week | As per requirements |
| 13 | Oxygen cylinder with tubing/oxygen concentrator | One | |
| 14 | Nebuliser, | One | |
| 15 | Portable ECG machine. | One | |
| 16 | Emergency medicines-Like Atropine, Adrenaline, CPM, Dexamethasone, Cetirizine, PCT, Pantoprazole, Dextrose IV Fluid, RL,NS etc. | Each medicine of 10 per 100 patients | |

Annexure 2: Suggested Diet Plan

| On Rising | Coffee/ Tea/ Milk | | | | | | |
|-------------------------|---|------------|------------|-------------|---------------|----------------|------------|
| Day | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Break-fast 7:00 AM | Rava Idli | Pongal | Set Dosa | Rice Idli | Bisibele Bath | Chow Chow Bath | Set Dosa |
| Mid-Morning 10:00 AM | Watermelon | Papaya | Muskmelon | Watermelon | Papaya | Muskmelon | Papaya |
| | Ragi Ganji | Palak Soup | Rava Ganji | Carrot Soup | Ragi Gangi | Tomato Soup | Rava Gangi |
| Lunch 1:00 PM | Pulka- 2 nos + Palya + Rice + Dal + Curd | | | | | | |
| Evening 5:30 PM | Elaichi Banana + Marie Biscuits – 3 Nos/ Protein biscuits- 2 Nos/ Fresh Dates- 2 Nos + Mango bar (Vit-C rich) | | | | | | |
| Dinner 7:00 PM | Pulka- 2 nos + Palya + Rice + Dal + Curd | | | | | | |
| Bedtime 9:00 PM | Flavoured Milk | | | | | | |

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