

PRIMARY
HEALTH
NETWORK

Central Coast NSW
HealthPathways



Central Coast HealthPathways

Caring for COVID-19 Positive Patients in the Central Coast Community

30 September 2021

Erica Drew, Central Coast HealthPathways Manager

WE ACKNOWLEDGE THE TRADITIONAL OWNERS & CUSTODIANS OF THE LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.

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Healthy People, Healthy Communities



Central Coast NSW

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For health professionals

<https://centralcoast.healthpathways.org.au>

Username: centralcoast

Password: 1connect

patient
CENTRAL COAST

info

For patients and the general community

<https://www.ccpatientinfo.org.au/>

No password required

HealthPathways is:

A systematic way to improve care between primary, secondary, and tertiary care.

An online decision support tool designed for use during general practice consultations.

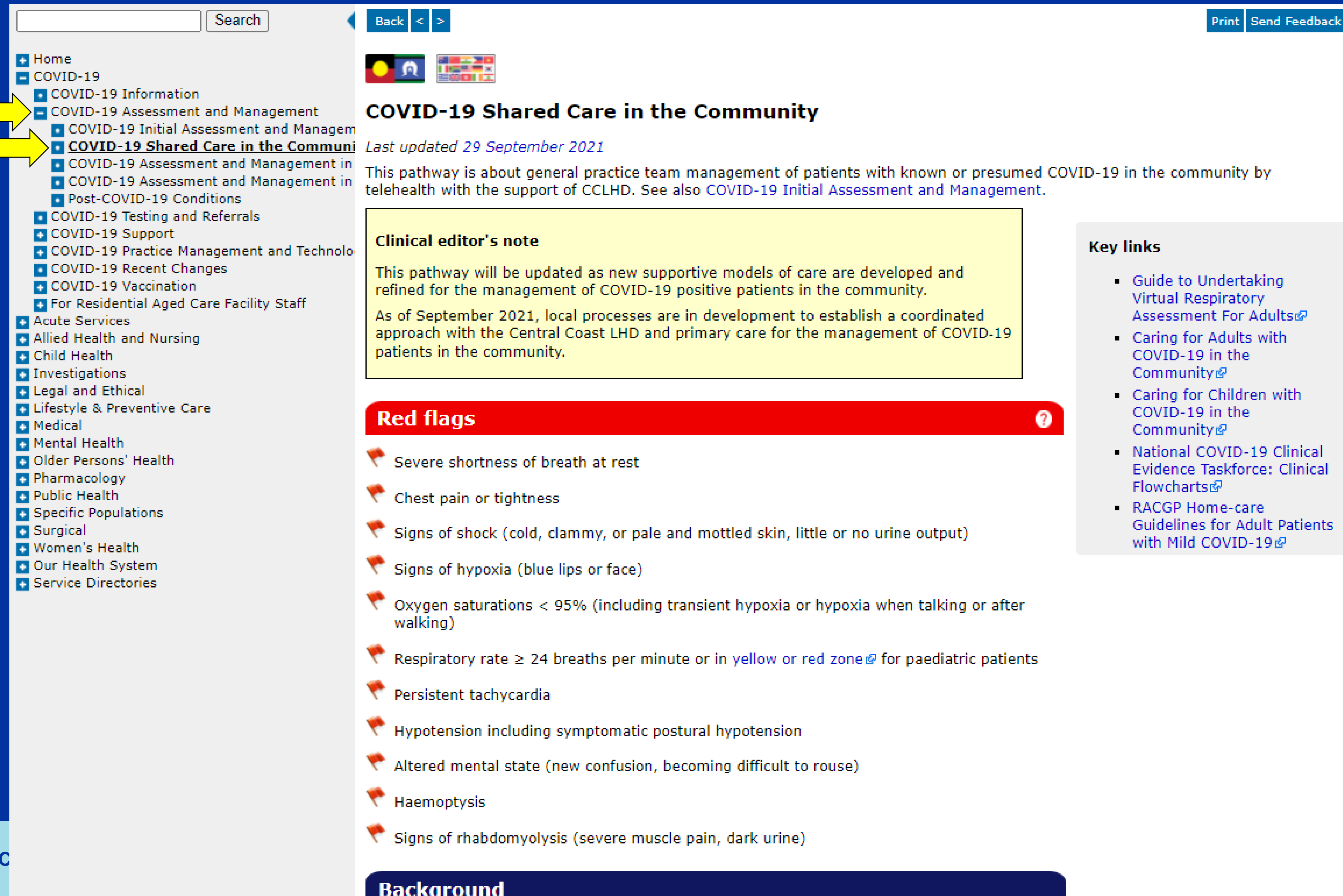
Locally agreed information on how to assess and manage conditions, and how to refer patients to local services.

Agreement and clarity on access to services, who provides services, where, and when.

Updated pathway – COVID-19 Shared Care in the Community

COVID-19 Shared Care in the Community

(previously titled: COVID-19 Ongoing Assessment and Management)



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COVID-19 Shared Care in the Community

Last updated 29 September 2021

This pathway is about general practice team management of patients with known or presumed COVID-19 in the community by telehealth with the support of CCLHD. See also [COVID-19 Initial Assessment and Management](#).

Clinical editor's note

This pathway will be updated as new supportive models of care are developed and refined for the management of COVID-19 positive patients in the community.

As of September 2021, local processes are in development to establish a coordinated approach with the Central Coast LHD and primary care for the management of COVID-19 patients in the community.

Red flags

- Severe shortness of breath at rest
- Chest pain or tightness
- Signs of shock (cold, clammy, or pale and mottled skin, little or no urine output)
- Signs of hypoxia (blue lips or face)
- Oxygen saturations < 95% (including transient hypoxia or hypoxia when talking or after walking)
- Respiratory rate \geq 24 breaths per minute or in [yellow or red zone](#) for paediatric patients
- Persistent tachycardia
- Hypotension including symptomatic postural hypotension
- Altered mental state (new confusion, becoming difficult to rouse)
- Haemoptysis
- Signs of rhabdomyolysis (severe muscle pain, dark urine)

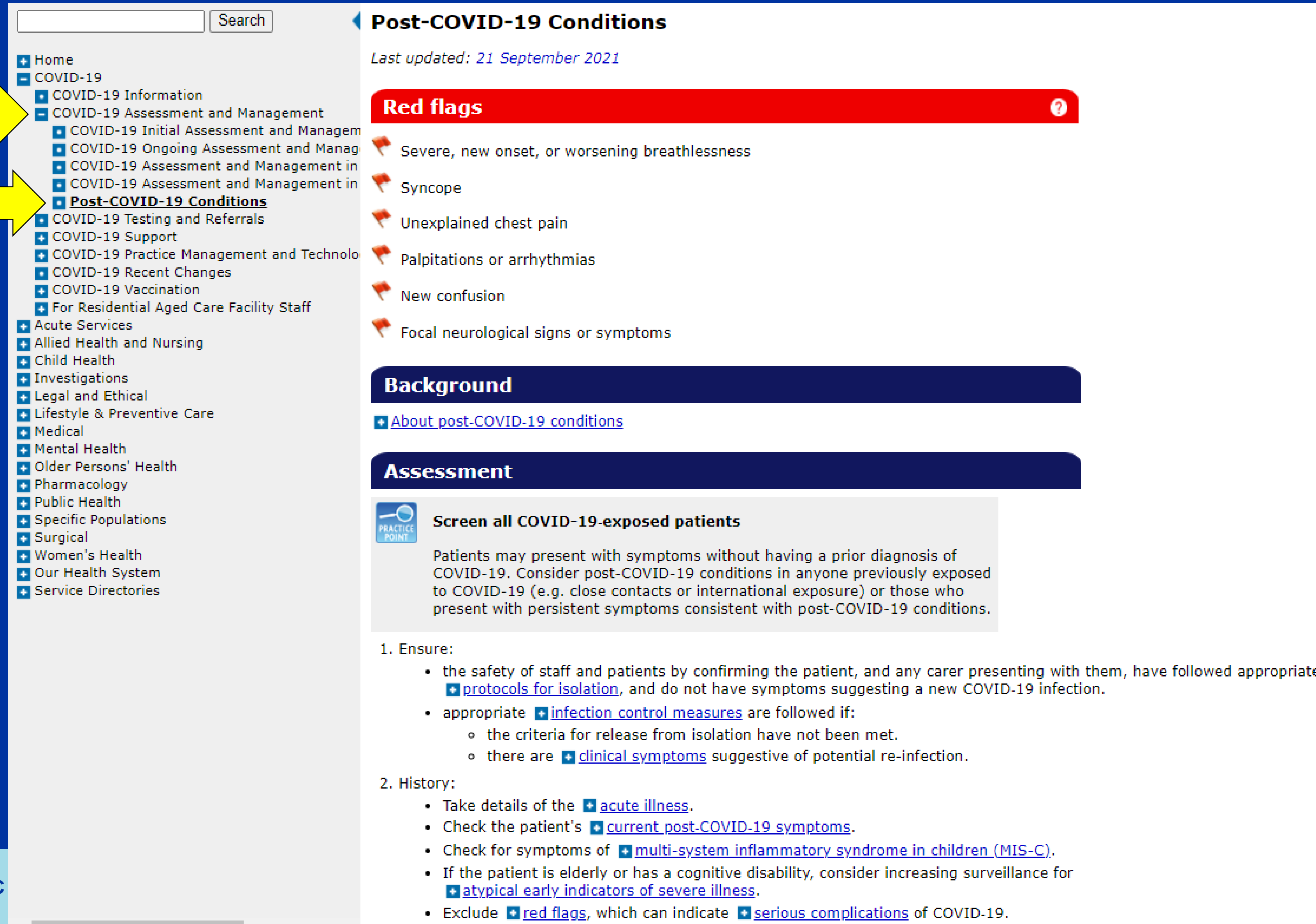
Key links

- [Guide to Undertaking Virtual Respiratory Assessment For Adults](#)
- [Caring for Adults with COVID-19 in the Community](#)
- [Caring for Children with COVID-19 in the Community](#)
- [National COVID-19 Clinical Evidence Taskforce: Clinical Flowcharts](#)
- [RACGP Home-care Guidelines for Adult Patients with Mild COVID-19](#)

Background

New pathway – Post-COVID-19 Conditions

Post-COVID-19 Conditions



Post-COVID-19 Conditions

Last updated: 21 September 2021

Red flags

- Severe, new onset, or worsening breathlessness
- Syncope
- Unexplained chest pain
- Palpitations or arrhythmias
- New confusion
- Focal neurological signs or symptoms

Background

[About post-COVID-19 conditions](#)

Assessment

Screen all COVID-19-exposed patients

Patients may present with symptoms without having a prior diagnosis of COVID-19. Consider post-COVID-19 conditions in anyone previously exposed to COVID-19 (e.g. close contacts or international exposure) or those who present with persistent symptoms consistent with post-COVID-19 conditions.

1. Ensure:

- the safety of staff and patients by confirming the patient, and any carer presenting with them, have followed appropriate [protocols for isolation](#), and do not have symptoms suggesting a new COVID-19 infection.
- appropriate [infection control measures](#) are followed if:
 - the criteria for release from isolation have not been met.
 - there are [clinical symptoms](#) suggestive of potential re-infection.

2. History:

- Take details of the [acute illness](#).
- Check the patient's [current post-COVID-19 symptoms](#).
- Check for symptoms of [multi-system inflammatory syndrome in children \(MIS-C\)](#).
- If the patient is elderly or has a cognitive disability, consider increasing surveillance for [atypical early indicators of severe illness](#).
- Exclude [red flags](#), which can indicate [serious complications](#) of COVID-19.

Patient Info – for patients and the general community



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Mental Health Supports

Emergency care required

In an emergency **phone 000** immediately for an ambulance, or visit the closest hospital Emergency Department.

[Bushfire Information](#)

[Coronavirus Information](#)

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Site last updated

Wednesday, 29 September 2021

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▪ email CCHealthPathways@hneccphn.com.au

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