

Central Coast HealthPathways

Living with COVID in the Central Coast Community

29 November 2021

Dr Jillian Sass, GP Clinical Editor, Central Coast HealthPathways
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.



Central Coast NSW

HealthPathways

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

Recently updated pathways

[COVID-19 Shared Care in the Community](#)

[COVID-19 Assessment and Management in Children](#)

[Respiratory Presentations During COVID-19](#)

[COVID-19 Testing and Referrals](#)

[COVID-19 Isolation Support](#)

[Post-COVID-19 Conditions](#)

The screenshot displays the HNECCPHN website interface. On the left is a navigation menu with a search bar at the top. The menu includes links for Home, COVID-19, and Acute Services. Under COVID-19, there are several sub-menus, with 'COVID-19 Assessment and Management' being the active one. The main content area on the right is titled 'COVID-19 Assessment and Management' and features a section 'In This Section' with links to various related documents. At the bottom of the page, there is a 'Page Information' section providing details about the document, including its owner, last updated date, last reviewed date, and keywords. Navigation buttons for 'Send Feedback', 'Expand all', 'Email this page', and 'Log out' are also present.

Search

Back < >

COVID-19 Assessment and Management

In This Section

- [Respiratory Presentations During COVID-19](#)
- [COVID-19 Case Management Tools and Resources](#)
- [COVID-19 Shared Care in the Community](#)
- [COVID-19 Assessment and Management in Children](#)
- [COVID-19 Assessment and Management in Residential Aged Care](#)
- [Post-COVID-19 Conditions](#)

Page Information

Information about this HealthPathways document (741255):

Document Owner: Not assigned (see [Who's Who](#))

Last Updated:

Last Reviewed:

Keywords: 2019-nCoV, corona, coronavirus, coronavirus Disease (COVID-19), COVID19, COVID-19, cvoid, epidemic, flu, mers, novel, pandemic, SARS-CoV-2, virus, delta

[Send Feedback](#) [Expand all](#) [Email this page](#) [Log out](#)

COVID-19 PPE, Infection Control, and Exposure Response
COVID-19 Case Management Tools and Resources

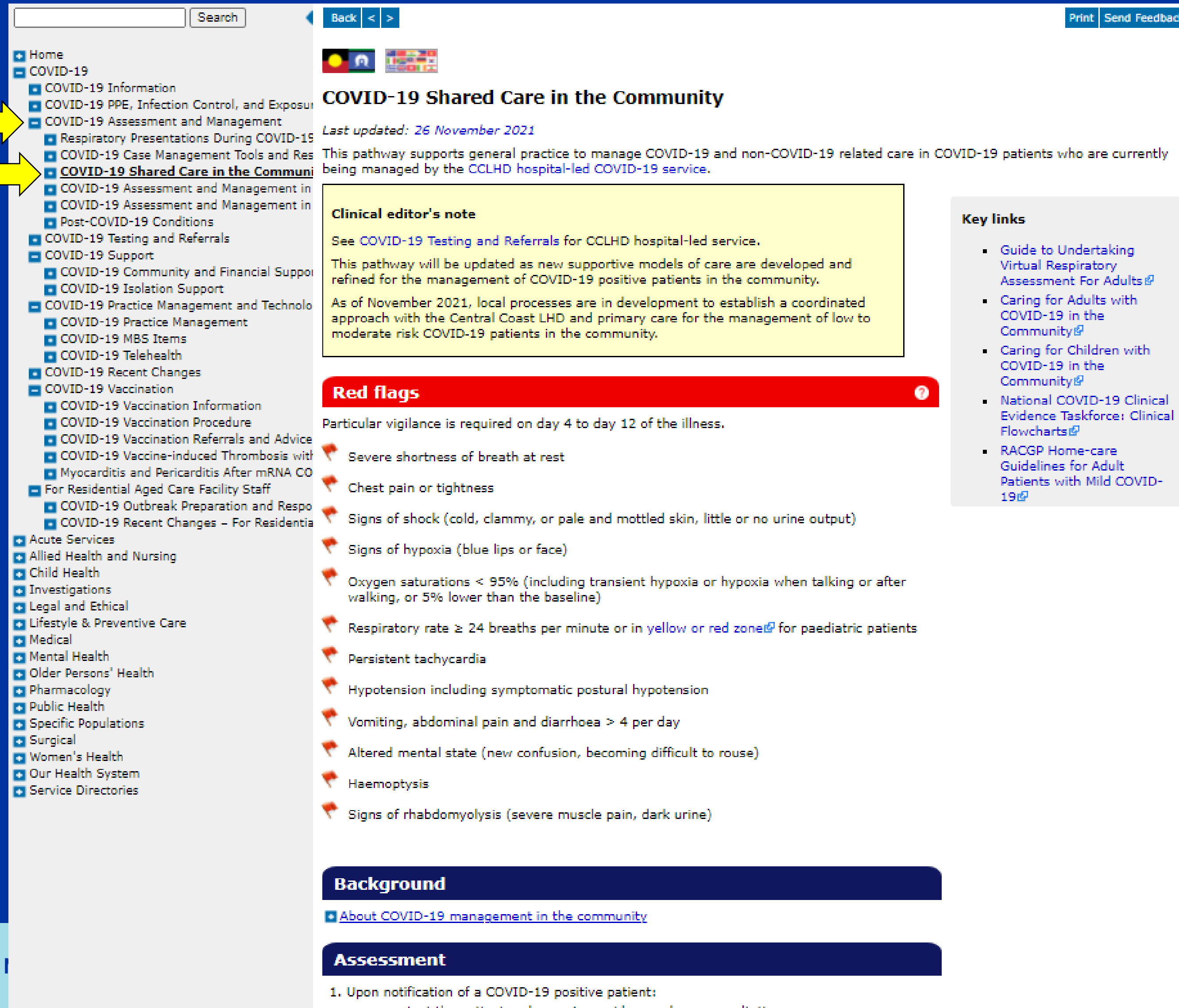


**PRIMARY
HEALTH
NETWORK**

Updated pathway – COVID-19 Shared Care in the Community

COVID-19 Shared Care in the Community

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



Home

COVID-19

- COVID-19 Information
- COVID-19 PPE, Infection Control, and Exposure
- COVID-19 Assessment and Management
 - Respiratory Presentations During COVID-19
 - COVID-19 Case Management Tools and Resources
 - COVID-19 Shared Care in the Community**
 - COVID-19 Assessment and Management in the Community
 - COVID-19 Assessment and Management in the Community
 - Post-COVID-19 Conditions
- COVID-19 Testing and Referrals
- COVID-19 Support
 - COVID-19 Community and Financial Support
 - COVID-19 Isolation Support
- COVID-19 Practice Management and Technology
 - COVID-19 Practice Management
 - COVID-19 MBS Items
 - COVID-19 Telehealth
- COVID-19 Recent Changes
- COVID-19 Vaccination
 - COVID-19 Vaccination Information
 - COVID-19 Vaccination Procedure
 - COVID-19 Vaccination Referrals and Advice
 - COVID-19 Vaccine-induced Thrombosis with Myocarditis and Pericarditis After mRNA COVID-19 Vaccination
- For Residential Aged Care Facility Staff
 - COVID-19 Outbreak Preparation and Response
 - COVID-19 Recent Changes – For Residential Aged Care

Acute Services

Allied Health and Nursing

Child Health

Investigations

Legal and Ethical

Lifestyle & Preventive Care

Medical

Mental Health

Older Persons' Health

Pharmacology

Public Health

Specific Populations

Surgical

Women's Health

Our Health System

Service Directories

COVID-19 Shared Care in the Community

Last updated: 26 November 2021

This pathway supports general practice to manage COVID-19 and non-COVID-19 related care in COVID-19 patients who are currently being managed by the CCLHD hospital-led COVID-19 service.

Clinical editor's note

See [COVID-19 Testing and Referrals](#) for CCLHD hospital-led service.

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

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](#)

Red flags

Particular vigilance is required on day 4 to day 12 of the illness.

- 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, or 5% lower than the baseline)
- Respiratory rate ≥ 24 breaths per minute or in [yellow or red zone](#) for paediatric patients
- Persistent tachycardia
- Hypotension including symptomatic postural hypotension
- Vomiting, abdominal pain and diarrhoea > 4 per day
- Altered mental state (new confusion, becoming difficult to rouse)
- Haemoptysis
- Signs of rhabdomyolysis (severe muscle pain, dark urine)

Background

- [About COVID-19 management in the community](#)

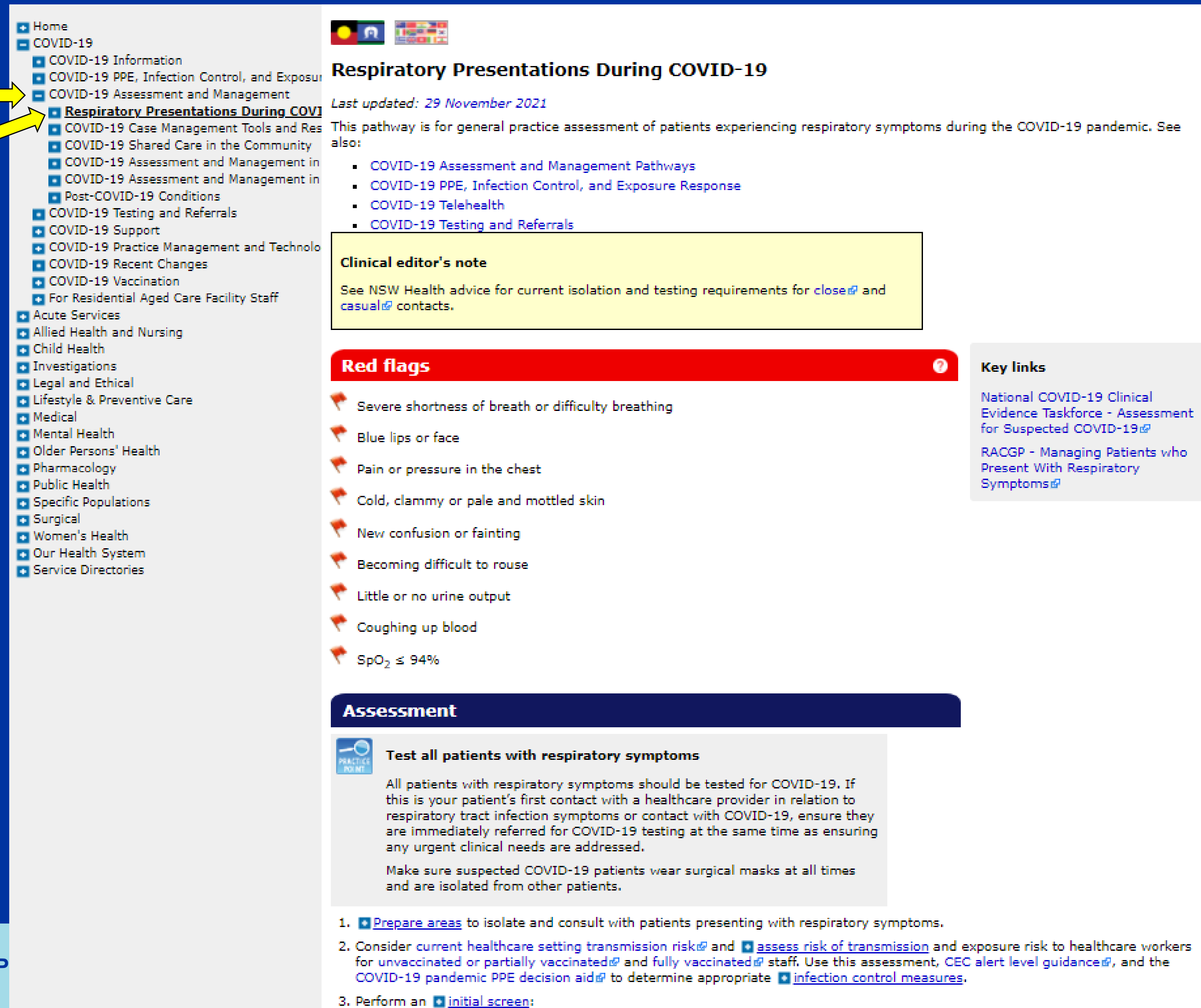
Assessment

1. Upon notification of a COVID-19 positive patient:

Updated pathway – Respiratory Presentations During COVID-19

Respiratory Presentations During COVID-19

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



Home
COVID-19
COVID-19 Information
COVID-19 PPE, Infection Control, and Exposure
COVID-19 Assessment and Management
Respiratory Presentations During COVID-19
COVID-19 Case Management Tools and Resources
COVID-19 Shared Care in the Community
COVID-19 Assessment and Management in the Community
COVID-19 Assessment and Management in the Hospital
Post-COVID-19 Conditions
COVID-19 Testing and Referrals
COVID-19 Support
COVID-19 Practice Management and Technology
COVID-19 Recent Changes
COVID-19 Vaccination
For Residential Aged Care Facility Staff
Acute Services
Allied Health and Nursing
Child Health
Investigations
Legal and Ethical
Lifestyle & Preventive Care
Medical
Mental Health
Older Persons' Health
Pharmacology
Public Health
Specific Populations
Surgical
Women's Health
Our Health System
Service Directories

Respiratory Presentations During COVID-19

Last updated: 29 November 2021

This pathway is for general practice assessment of patients experiencing respiratory symptoms during the COVID-19 pandemic. See also:

- COVID-19 Assessment and Management Pathways
- COVID-19 PPE, Infection Control, and Exposure Response
- COVID-19 Telehealth
- COVID-19 Testing and Referrals

Clinical editor's note

See NSW Health advice for current isolation and testing requirements for [close](#) and [casual](#) contacts.

Red flags

- Severe shortness of breath or difficulty breathing
- Blue lips or face
- Pain or pressure in the chest
- Cold, clammy or pale and mottled skin
- New confusion or fainting
- Becoming difficult to rouse
- Little or no urine output
- Coughing up blood
- SpO₂ ≤ 94%

Assessment

Test all patients with respiratory symptoms

All patients with respiratory symptoms should be tested for COVID-19. If this is your patient's first contact with a healthcare provider in relation to respiratory tract infection symptoms or contact with COVID-19, ensure they are immediately referred for COVID-19 testing at the same time as ensuring any urgent clinical needs are addressed.

Make sure suspected COVID-19 patients wear surgical masks at all times and are isolated from other patients.

- Prepare areas to isolate and consult with patients presenting with respiratory symptoms.
- Consider current healthcare setting transmission risk and assess risk of transmission and exposure risk to healthcare workers for unvaccinated or partially vaccinated and fully vaccinated staff. Use this assessment, CEC alert level guidance, and the COVID-19 pandemic PPE decision aid to determine appropriate infection control measures.
- Perform an initial screen:

Patient Info – for patients and the general community



Central Coast

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

No password required

The screenshot shows the patientinfo.org.au website. The left sidebar contains a list of categories, with 'COVID-19 Isolation Support' highlighted. The main content area displays the 'COVID-19 Isolation Support' page, which includes a list of resources and links to various support services.

patient info
CENTRAL COAST

Search

COVID-19

- COVID-19 in Children
- COVID-19 Disability
- COVID-19 Information
- COVID-19 Information for Abor
- COVID-19 Isolation Support**
- COVID-19 Local Health Services
- COVID-19 Mental Health Supp
- COVID-19 and Residential Aged
- COVID-19 Testing
- COVID-19 Vaccines

Home

Emergency Care

After Hours Services

Bushfire Information

Assault or Abuse

General Health

Child Health

Youth Health

Older Person's Health

Aboriginal and Torres Strait Island

Women's Health

Men's Health

Transgender Health and Gender D

Mental Health

Physical Health and Mental Illness

Sexual Health

Refugee Health in Adults

COVID-19 Isolation Support

- Central Coast LHD – COVID-19 Isolation Support Information Pack:
 - [Your Mental Health Matters Resource Pack Cover Page](#)
 - [Information Sheet 1: Mental Health and Wellbeing Supports](#)
 - [Information Sheet 2: Telephone Support Services](#)
 - [Information Sheet 3: Managing Your Mental Health in Self-isolation](#)
 - [Information Sheet 4: Self-isolating? Here are Some Tips to Help](#)
 - [Information Sheet 5: Employment and Financial Support](#)
 - [Information Sheet 6: Tips for Being Social Media Aware](#)
 - [COVID-19 Vaccine Information Sheet](#) – Hunter New England and Central Coast PHN
- Sonder:
 - [What is the Sonder App?](#)
 - [You Might Be Isolated But You're Not Alone](#)
- NSW Health:
 - [COVID-19 \(Coronavirus\) Resources](#) [Includes isolation fact sheets for suspected cases, confirmed cases, close contacts and advice for casual contacts]
 - [Cleaning Surfaces at Home to Help Stop the Spread of COVID-19](#)
- [COVID-19 and Aboriginal Communities: Essential Information](#) – NSW Government 🇦🇺
- Australian Department of Health:
 - [COVID-19 \(Coronavirus\) Information](#)
 - [COVID-19 Telehealth Services: Consumer Factsheet](#)
 - [COVID-19 Advice for Older People](#)
- [COVID-19 \(Coronavirus\) Translated Resources](#) – Ethnolink Language Services 🇦🇺
- [Coronavirus \(COVID -19\)](#) – HealthDirect
- [MyAusCovid-19 app](#) – Migration Council Australia 🇦🇺
- National Coronavirus Helpline:
 - Phone **1800-020-080** for information on novel coronavirus. 24 hours a day, seven days a week.

Contact Us – Central Coast HealthPathways

Central Coast NSW

HealthPathways

Back

<

>

Print

Send Feedback

Search

Home

Daily Updates

Terms of Use - HealthPathways

What is HealthPathways?

Using HealthPathways

Central Coast HealthPathways Team

COVID-19

Acute Services

Allied Health and Nursing

Central Coast HealthPathways Team

To contact the HealthPathways team either:

▪ use the **Send Feedback** button on any page in HealthPathways, or

▪ email CCHealthPathways@hneccphn.com.au

Feedback and phones are monitored during standard business hours, Monday to Friday.

About HealthPathways

Contact the HealthPathways Team

Disclaimer

HNECCPHN.COM.AU

PRIMARY
HEALTH
NETWORK

phn

HUNTER NEW ENGLAND
AND CENTRAL COAST

An Australian Government Initiative