

Living with COVID Webinar

13 January 2022

COVID-19 Care in General Practice on the Central Coast

Dr Karen Douglas

GP Terrigal & Avoca Beach Medical Centres

Chair, Central Coast Clinical Council HNECCPHN

COVID-19 Care in the Community

Central Coast Perspective

- A GP's Observations
- RATs vs PCRs
- Performing RATs in General Practice
- Central Coast Pathways for GP's triage of moderate to high risk positive COVID patients
- Central Coast COVID Community Support Team (CCST)
- HNECCPHN News

A GP's observations

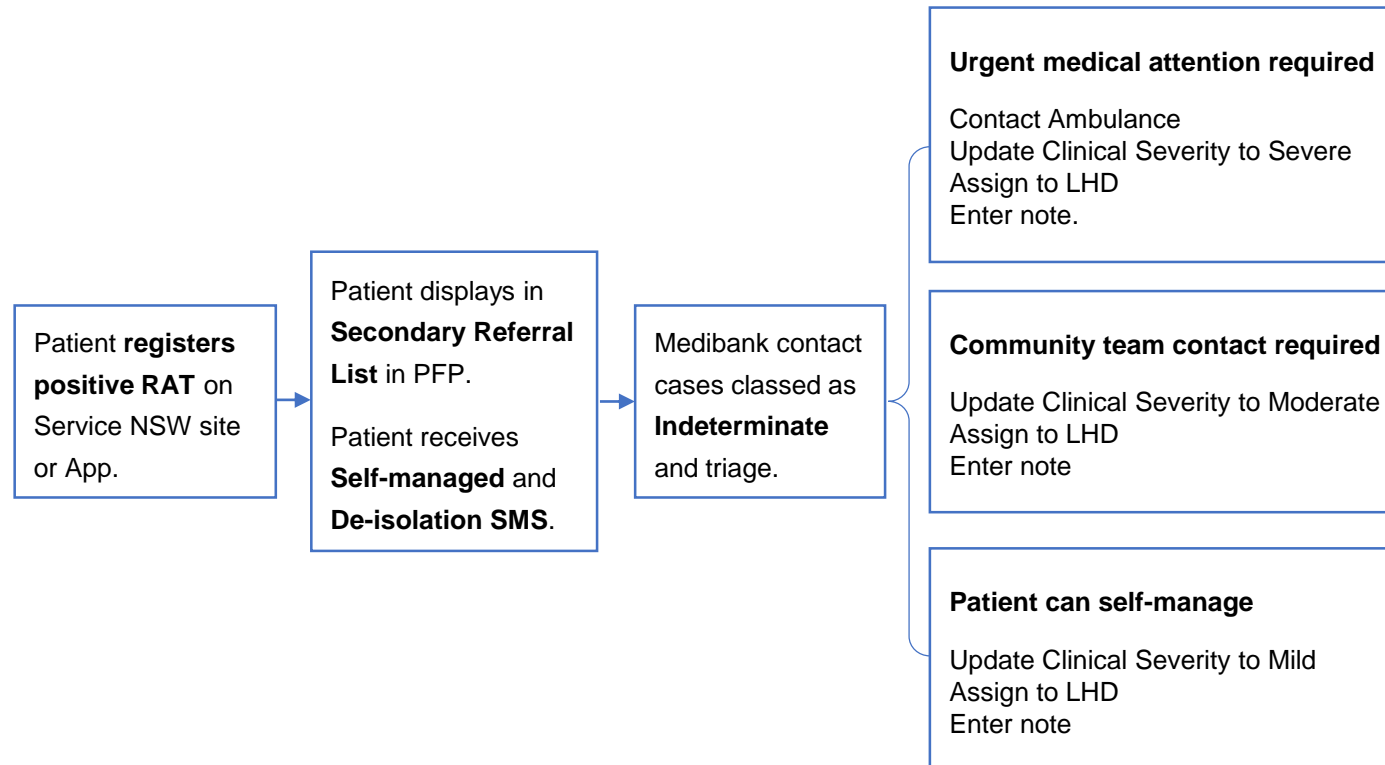
- Tsunami of Omicron >90% of all cases – usually mild disease
- Majority managed by self care
- RAT +ve or PCR +ve = COVID-19 positive
- Date of +ve test = Day 0
- Deisolation midnight Day 7 (as long as symptoms resolved)
- If symptomatic & RAT –ve then perform a PCR
- From 12/1/22 RAT +ve must be reported via Service NSW App
- \$1000 fine for not reporting (threat of the fine is the “stick”)
- No further contact tracing
- Workforce in crisis - Furloughing of HCW
- **Booster shots** are the best offering we have to reduce the risk of severity of infection against all strains of COVID-19 including Omicron

Rapid Antigen Tests (RAT)

- RAT self reporting via Service NSW App or Website from 12/1/2022
- ALL new cases with an Onset date in the last 7 days will now get the Self-managed SMS (no longer based on criteria)
 - Exceptions: patients admitted as Inpatient or to SHA
- This includes cases confirmed by PCR and RAT
- De-isolate SMS will now go out on Day 1. That is, just after midnight the day following their positive result. The de-isolation date is still after 7 days.
- Medibank triage
- Central Coast Health Facebook Video

Medibank triage process

- A new list (for use by Medibank staff) **COVID-19 Secondary Referral List** shows all RAT cases. Those flagged as Indeterminate risk will be triaged by Medibank and referred to LHDs if follow up is required.
- This process to commence soon – date TBA



PCR or RAT?

POSITIVE RAT | What do I need to do next?

You do not need to have your rapid antigen test (RAT) confirmed with a PCR unless you are:

- pregnant (more than 20 weeks)
- Aboriginal and Torres Strait Islander
- unvaccinated (16+ years)
- immunosuppressed
- a worker, resident, patient, or client in a high-risk setting
- asked to by a registered medical practitioner

[Central Coast Health Facebook – Video on RATs \(20+\) Central Coast Health | Facebook](#) (Dr Kat Taylor)

www.facebook.com/centralcoasthealth

Performing a RAT in General Practice

- Why? – for all procedures or consults deemed to last >15 minutes
 - eg Long skin checks, IUD insertions, skin excisions , FTF counselling
 - Patients with respiratory symptoms/ Covid symptoms assessed and examined and swabbed outside of practice eg in carpark, dedicated area in practice, demountable
(GP dressed in full PPE)
- Patient performs own test, instructed by GP
- Result within 10-15 minutes
- If RAT negative & symptomatic – perform a PCR
- Patient pays for RAT at cost to cover practice cost



Care for Covid Positive Patients in Primary Care

- Central Coast HealthPathways:

Username: centralcoast

Password: 1connect

- **COVID-19 Shared Care in the Community**

Clinical Editor's notes at the top of the page

- **COVID-19 Testing, Referrals, and Advice**

- **COVID-19 Self-care Patient Triage and Support;**
COVID-19 Active Case Management

New feature at the top of the page:

“What's changed? Read about new and important changes.”

This drop down provides a summary of the most important changes which have occurred during the recent period of this outbreak.

Health Alert

NSW Health:

•[COVID-19 Alerts](#)

•[Self-isolation and Testing](#) – information for cases, and for contacts

•[Media Releases](#)

NSW Government – [Travel to and from NSW](#)

[COVID-19](#) pathways:

•[COVID-19 Self-care Patient Triage and Support](#)

•[COVID-19 Active Case Management](#)

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

•[COVID-19 Testing, Referrals, and Advice](#)

•[COVID-19 Vaccination](#)

To receive COVID-19 updates via email from HNECCPHN, subscribe [online](#)

Central Coast Covid Community Support Team (CCST)

CCST will receive notification of all moderate to high risk positive patients from NSW Health triage system (Medibank Triage Process)

Pathway for GP's to triage/escalate care to CCST:

ALL PATIENTS:

- email referrals to CCLHD-COVIDCommunitySupportTeam@health.nsw.gov.au

OR

- **Supporting Medical Officer 0487120324** (mobile # not to be given out to any patient)

OR

- **Paediatric Remote Monitoring Team 0487082823** (8am-8.30pm 7/7)

- Referral form to email to CCST



E5C445E7.pdf

Central Coast Covid Community Support Team (CCST)

- Contact with the moderate to high risk patients
- Identify those who meet criteria for **Sotrovimab** (effective against Omicron)
 - Given in Infusion clinics in APAC Tues & Fri and soon to be Wed
 - Given in ED
- **Oximeters** – couriered to letterbox or doorstep – pick up and return
- Provide medication packs:
 - Adult: Salbutamol, Budesomide 200ug puffer, Paracetamol, Ibuprofen
 - Kids: Salbutamol & Spacer, Paracetamol, Ibuprofen, Hydralyte
- 5-10 patients a week from GPs in last 2 weeks
- Moderate to high risk includes children <3/12 (soon to be <1/12), chronic disease, immunosuppression, **PREGNANCY**, First Nation

HNECCPHN News

- Support for GP practices to perform Kids' 5-11 vaccinations
 - Please do the survey
- Pulse Oximeters – available from each PHN office – new form
- RATs distributed to RACFs, and soon to vulnerable communities
- EOI's to manage covid positive patients in General Practice
- PPE Bundles:
 - **Urban practices** seeing **COVID positive patients Face to Face** are able to use this link
[PPE Bundle Request Form \(URBAN GP/GPRC/ACCHS\)](#)
 - **Urban practices** managing COVID positive patients **VIRTUALLY** and seeing other respiratory patients Face to face use this form
[PPE Bundle Request Form \(GP VIRTUAL & F2F\)](#)
 - **Rural and Remote** GPs and ACCHS willing to treat COVID positive patients virtually and see respiratory patients face to fac use this form
[PPE Bundle Request Form \(RURAL GP/ACCHS\)](#)

HNECCPHN News

- GP Covid Panel
- Covid Update Webinars every 2-3 weeks
- Portal/Microsoft form to send in your Q&A to the GP Covid Panel after and prior to every webinar
- CCLHD EOI to GPs to join the Covid Community Support Team
 - Prof Steevie Chan
District Director Medical Services
Central Coast Local Health District
Email: steevie.chan@health.nsw.gov.au



A9F00725.pdf