

# ED Discharging COVID Patients

PATIENTS FROM CARE HOMES OR THOSE RETURNING TO CLINICS MAY REQUIRE SWABS DESPITE NOT BEING ADMITTED

## DISCHARGE CRITERIA

CAN BE REVIEWED BY ED DOCTOR ST4+  
DISCHARGE DECISION IS CONSULTANT LED

**Normal Sit To Stand Test – One Minute of Standing from Sitting Repetitively**  
*< 3% Drop in Oxygen Saturations is Normal. Significant Desaturation: Discuss with Medics.*

*Have Alternative Diagnoses Been Considered?  
Safe To Be In Isolation? Can They Cope with Illness and Self Isolating?*  
NEWS2 Score < 3 (RR < 22 & HR < 110 BPM, SpO<sub>2</sub> > 92% (Chronic T2RF: > 88%)  
**SPO<sub>2</sub> < 92% WITHOUT CHRONIC T2RF / COPD: REFER TO MEDICS**  
*CXR: Normal or Mild Changes from Baseline  
Bloods: No New Organ Dysfunction & CRP < 100*

## DIAGNOSIS & FOLLOW UP

Swab / Imaging / Bloods In Keeping with COVID

### RISK FACTORS

- < 10 Days from Symptom Onset
- Fever >7 days
- Unvaccinated
- RR 20-22
- CRP > 60
- SpO<sub>2</sub> 93-94% (88-92% if Chronic T2RF)
- SpO<sub>2</sub> >92% but Mild Desaturation on Sit to Stand Test
- Vulnerable Adult / Lives Alone
- BAME
- Anyone instructed to get the Flu Vaccine on Medical Grounds:
  - Age >70
  - Chronic Respiratory, Cardiac, Kidney, Liver, Immunological, Neurological conditions
  - Diabetes
  - Weakened Immune System/Spleen
  - Pregnant – **Contact Maternity**
  - BMI ≥ 40

**CAUTION: A NHS REVIEW IS BEING CONDUCTED ABOUT OXIMETERS OVERLY ESTIMATING SATURATIONS IN NON-CAUCASIANS**

### MILD COVID

SpO<sub>2</sub> > 94% (Chronic T2RF i.e. COPD: > 90%)  
Fewer Than 2 Risk Factors  
**Normal Sit To Stand Test**

**PATIENT ARRANGES GP FOLLOW UP  
IF NEEDED AS PER NHS LEAFLET**

### MODERATE COVID

SpO<sub>2</sub> > 92% (Chronic T2RF i.e. COPD: > 88%)  
2 Or More Risk Factors  
**Normal Sit To Stand Test**

**AGREED WITH ED / ACUTE MEDICAL  
CONSULTANT**

**REFER: COVID OXIMETRY @ HOME**

**DISCHARGE WITH SYMPHONY DISCHARGE LETTER**

### TTO

COVID Patients Can't Access Pharmacy  
**Unless Other Indication:**  
Do Not Discharge On VTE Prophylaxis / Steroids

### ADVICE

Suspected COVID: Call 119 for a COVID Swab  
Confirmed COVID: Isolate as per PHE Guidance  
**RETURN IF WORSENING SYMPTOMS**