



# VALLABHBHAI PATEL CHEST INSTITUTE

University of Delhi,  
Delhi - 110 007

VPCI/Admn.II/COVID-19/2021/263

Date: 24<sup>th</sup> May 2021

## CIRCULAR

In pursuant to the formal opening of Post Covid Respiratory Management Centre at VPCI, approval of Competent Authority is conveyed that Dr. Nitin Goel, Assistant Professor and Dr. Rajnish Kaushik, Assistant Professor, Dept. of Pulmonary Medicine will co-ordinate all activities of the Centre including preparation of duty roster for all Physicians/Resident Doctors (SR/JR)/Yoga Therapist/ Psychologist and maintenance of records of Post Covid Patients etc. They will also co-ordinate with Dr. Vishal Bansal, Professor, Dept. of Physiology for the activities pertaining to Pulmonary Rehabilitation for the centre.

(P.R. Santhanam)  
Joint Registrar

Copy to:-

1. Prof. B.K. Menon, Director Professor, Deptt. of Pulmonary Medicine.
2. Prof. Vishal Bansal, Professor, Dept. of Physiology
3. All Clinical Faculties of Pulmonary Medicine
4. Dr. Utkarsh Gupta, Senior Resident
5. Dr. Priya Karlapudi, Junior Resident (Non-PG)
6. Ms. Kadambar, Ms. Aradhana, Mr. Rahul, Mr. Arun & Ms. Kartiki - Counsellors (Psychology), NTQLS
7. Dr. Dinesh Sharma, Mr. Rahul Kr. Shrivastava, Ms. Nidhi – Yoga Therapists, Morarji Desai Yoga Therapy Centre.
8. All Notice Boards - for information of all concerned
9. PS to Director - for information
10. PA to Joint Registrar - for information

Website Division

VALLABHBHAI PATEL CHEST INSTITUTE  
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**Post Covid Respiratory Management Centre**

**Standard Operating Procedures and Protocols for Post Covid Respiratory Management Centre.**

**Background**

COVID-19 disease caused by SARS-CoV-2 Coronavirus is relatively a new disease, with fresh information being known on a dynamic basis about the natural history of the disease, especially in terms of post-recovery events.

After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing etc. A holistic approach is required for follow up care and well-being of all post-COVID recovering patients of new/old and registered patients of VPCI.

**Objective**

The objective of setting up this Post Covid Respiratory Management Centre is to provide an integrated holistic approach for managing patients who have recovered enough from COVID for care.

**Challenges**

Anticipation of more patients of various respiratory ailments to be treated by the department.

**Taskforce**

All five Assistant Professors of Pulmonary Medicine on rotation basis alongwith following personnel:

- ❖ Assistant Professor;
- ❖ Senior Resident;
- ❖ PG Student;
- ❖ Non-PG Student;
- ❖ Counsellors (Psychology);
- ❖ Yoga Instructor;
- ❖ Dietician;

- ❖ Attendant.

All the departments and Pulmonary Rehabilitation will be part of it in the management strategy.

i) **Telemedicine Services for Post –Covid Management to be started.**

ii) **OPD Timings - Monday to Friday (9:00 AM to 11:00 AM)**

iii) **Roles & Responsibilities**

To provide best possible Health care to the Post Covid-19 patients by following:-

- ❖ Strict implementation of all instructions/protocols.
- ❖ Monitoring compliance of all protocols
- ❖ Providing feedback about any difficulties/non-compliance of instructions.

### **Post-COVID Follow Up Protocol**

Post –COVID follow up protocol at individual level, at the level of community and in healthcare facility setting [Detailed guidelines are given in the Booklet].

### **Post Covid Patients Data Management**

- Registration will be done at Central Registration counter/ place.
- The Post Covid data management to be done by the Jr. Resident on day to day basis.
- All the new Post Covid patients will be treated at this Centre.
- Old Registered Respiratory patients having Covid-19 recovered will be managed at their respective OPDs. However, the details of all these patients will be maintained at the Post Covid Centre.
- The data will be entered in the excel format as per case sheet and will be routinely monitored on daily basis.