

**VALLABHBHAI PATEL CHEST INSTITUTE  
UNIVERSITY OF DELHI  
DELHI – 110 007**

VPCI/Admn./DRO/Circular/4/21

April 01, 2020

**CIRCULAR**

In continuation to various preventive measures and advisories issued by the Institute for combating COVID-19 since the outbreak of the pandemic, **“Guidelines for treating patients/flu at VCH”** for assisting doctors and paramedical staff for combating pandemic COVID-19 have been framed and enclosed herewith for strict compliance by all concerned.

This issues with the approval of the competent authority.

  
(P.R. Santhanam)  
Joint Registrar

To

All Clinicians/Faculty Members/HODs  
All Nursing Staff  
All Paramedical Staff

Copy to: -

- VPCI Website
- P.S. to Director      -for information of the Director.

# VALLABHBHAI PATEL CHEST INSTITUTE

UNIVERSITY OF DELHI, DELHI 110007

## GUIDELINES FOR TREATING PATIENTS/FLU AT VISWANATHAN CHEST HOSPITAL, VPCI

### General :

1. All patients visiting VCH shall enter from Gate No.4 for Registration purpose.
2. Patients visiting VCH for emergency purpose shall also enter from Gate No.4.
3. Staff posted at Gate No.4 ***shall initially screen all the patients by IR thermometer*** for temperature and provide sanitizer for cleaning hands and masks before proceeding further to Screening Center.
4. At Screening centre, patient(s) with normal temperature and **not COVID suspect-** will be sent to Registration Counter for further referral to the OPD/Emergency, as the case may be.
5. If the patient is COVID suspect: Doctors, Nurses and other para-medical staff on duty, posted at Screening Center shall first prepare complete history of the suspect patient(s) as per standard format provided to them. A

copy of the examination and referral slip of all cases of COVID suspect will be kept in record in the file at screening centre. These cases of COVID suspects will also be entered in the register at the screening centre including details: Name, age/gender, address and mobile no. as per the format provided.

6. These **COVID suspect** patients after examination by the Doctor on duty, shall be referred to the designated hospital(s) for further treatment.
7. **(A)** If the patient(s) is found suspect for COVID-19 and is sick with acute respiratory illness and vitals are not stable ( $SpO_2 < 90\%$ ,  $RR > 24/\text{min}$  or B.P systolic  $< 90\text{mmHg}$  or diastolic  $< 60\text{mmHg}$ );, the patient is shifted to Emergency-2. A doctor from the Emergency will wear full set of PPE and enter Emergency-2 and examine and manage the patient. After stabilizing the patient, he will be transferred to COVID designated hospitals (Lok Nayak Hospital /RML Hospital/Safdarjung Hospital/Rajiv Gandhi Super Speciality Hospital), after informing the Officer/CMO of that hospital. The contact nos. of these hospitals and arrangement of Ambulance to be co-ordinated by Dr. Sonam Spalgais.

(B) If such patient in Emergency-2 becomes further sick and requires intubation, he will be intubated and MV will be done with Portable Ventilator in the Emergency-2 only and they will be referred to COVID designated hospital(s) (Lok Nayak Hospital /RML Hospital/Safdarjung

Hospital/Rajiv Gandhi Super Speciality Hospital) after informing the officer/CMO of that hospital as given above.

**Duty Roster for Resident Doctors, Nurses and other paramedical staff posted at Screening Center.**

The duty roster for the above Resident Doctors, Nurses and other para-medical staff shall be prepared by Dr. Nitin Goel, Nodal Officer for COVID-19.

**Ambulance Services:**

1. The ambulance available in VCH shall be utilized for shifting of patient(s) to designated hospitals.
2. CATS ambulance services can also be utilized for this purpose and when required.
3. Cleaning and disinfection of ambulance shall be made before and after transportation of patients.
4. The duty roster of driver and assistant for ambulance is annexed herewith for strict compliance.
5. The contact numbers of these hospitals and arrangement of Ambulance to be co-ordinated by Dr. Sonam Spalgais.

**Availability of PPEs in VCH:**

All PPEs like masks, sanitizers etc. shall be available in sufficient quantities in Pharmacy. All drugs, crash cart, portable ventilator, oxygen cylinders etc. to be made ready in

Emergency 2 by ward sister – in – charge Smt. Usha Kumari, Senior Nursing Officer.

**Designated Rooms:**

Designated rooms have been earmarked for resident doctors, nurses and para-medical staff for change of PPEs etc.

**Training of residents:**

1. No resident should be posted at any COVID-19 facility without undergoing an essential training module, as is being conducted by hospital infection control team.
2. Training about COVID-19, and other aspects of clinical evaluation of patients should also be made available for residents, especially those drawn from departments where there is either no regular patient-care activity (pre- and para-clinical departments) or if they so desire.

**Dedicated Hospitals/Nodal Officers in Delhi for treating COVID-19:**

The following Hospitals/Blocks of Government of NCT of Delhi are declared as dedicated Hospitals for treatment of COVID-19 cases:

### **Designated Hospitals for Covid 19**

<b>S. No</b>	<b>Hospital Name</b>	<b>Nodal Officer</b>	<b>Number</b>
1.	Safdarjung Hospital	Dr Nitesh Gupta	9873096364
2.	Ram Manohar Lohia Hospital	Dr Amit Suri	9910568929
3.	Lok Nayak Hospital	Dr Sapna Paul	9873617576
4.	Rajiv Gandhi Super Speciality Hospital	Dr Ajeet Jain	9213212421

### **Advisory/Precaution/Preventive Measures to be taken by the Doctors/Nurses/Para-medical Staff etc. dealing with Covid-19:**

- All resident doctors and staff nurses working in Emergency and ICU shall use N95 masks, head caps, eye cover goggles and gowns as protective equipment.
- A doctor from the emergency will wear full set of PPE and then enter Emergency -2 and examine and manage the patients.
- Disposal of all masks and PPE to be properly done as per guidelines.
- All doctors/staff nurses/ward boys/ cleaners entering Emergency-2 should be in full set of PPE always.
- Wear mask at all time whenever examining/caring for the patient in OPD, emergency, ward etc.
- Always use sanitiser for cleaning hands BEFORE and AFTER examining (touching) each patient.

- Ensure all symptomatic respiratory patients are wearing mask (except when the condition of the patient does not permit so).
- Clean wipe diaphragm of your stethoscope with sanitiser after examining each patient and hence, take time gap of about one minute between examination of patients (for hand hygiene and stethoscope diaphragm cleaning).
- Try to maintain a distance of at least 1 metre while taking history of the patient and also while other social interactions.
- “NO Hand Shake” practice to be followed at all times.
- Avoid touching your face, eyes, nose and mouth (wash hands before doing so).
- Disinfect your hands with sanitiser after handling patient record/reports/ documents/radiographs etc.
- Try to wash your hands with soap and water almost every hour.
- N- 95 masks to be used in places where aerosolization may happen in procedures like nebulisation, BiPAP, intubation, bronchoscopy, etc.
- Use disposable gloves wherever required
- Try to avoid AC and keep windows open instead
- Always perform hand hygiene before using the mobile phone and also disinfect phone with hand rub.



- All patient areas (including table, chairs, siderails, lifts, staircase, door handles, etc.) to be disinfected by dedicated personnel.
  - Wash your hands and face while returning from work and before entering homes.
  - On entering home remove hospital clothes and wash your clothes separately.
  - Educate all patients to follow hand hygiene by frequent hand washing and following cough etiquette i.e. coughing in tissue and disposing tissue or coughing in folded elbow (clothes need to be washed as they get soiled with infection)
  - Drinking warm water/ beverages and eating well cooked or boiled food may be helpful
  - Always take meal before entering hospital, avoid entering wards/ICU/OPD on empty stomach (keep biscuits, snacks etc in your bag)
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