

# COVID-19 – Discharging from hospital and stepdown of infection prevention and control precautions

## DISCHARGE TO HOME

When stable/improving respiratory function and ongoing care needs can be met at home

Patient factors:

- **ICU/HDU during admission?**
- **Severe immunosuppression?**
- **Shielding?**

No

Self-isolate **7 days**<sup>1,2</sup> from discharge

Yes

Self-isolate **14 days**<sup>1,2</sup> from discharge

Household members should complete **14 day** stay at home period

- If vulnerable person(s) in household see 'Stay at home' guidance on NHS Inform
- If 'extremely vulnerable' (shielding) person(s) in household consider discharge to different home until completed self-isolation period

<sup>1</sup> if fever persists, continue self-isolation beyond 7/14 days until no fever for 48 hours  
<sup>2</sup> If patient has already completed stepdown as outlined below, self isolation is not required

See full HPS guidance for:

1. Transport options for discharge
2. Definition of severe immunosuppression
3. Ongoing medical needs after discharge

## STEPDOWN OF INFECTION CONTROL PRECAUTIONS IN HOSPITAL

Stepdown can be considered **14 days** after initial +ve PCR test or symptom onset **OR** in severely immunocompromised patients following a negative clearance PCR test

If testing earlier than 14 days is needed to allow patient flow, two –ve PCR tests are required at least 24 hours apart

Clinical improvement and no fever for 48 hours

Yes

Severe immunosuppression

No

Stepdown IPC precautions

No

Continue IPC precautions

Yes

PCR test\*

+ve PCR – Repeat after 7 days

-ve PCR – Stepdown IPC measures

\*sputum/lower respiratory samples for PCR are preferable wherever possible

## DISCHARGE TO CARE/RESIDENTIAL HOME

When stable/improving respiratory function and ongoing care needs can be met at care facility

Risk assessment required to assess if isolation is required/feasible. See full HPS guidance.



# COVID-19 APPROVED GUIDANCE

## OFFICIAL SENSITIVE

***Note: This guidance has been fast-tracked for approval for use within NHSGGC***

### **Covid-19: Discharging from hospital stepdown of infection prevention and control precautions**

This guidance is intended to assist healthcare professionals in the choice of disease-specific treatments.

Clinical judgement should be exercised on the applicability of any guidance, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.

If, after discussion with the patient or carer, there are good reasons for not following guidance, it is good practice to record these and communicate them to others involved in the care of the patient.

<b>Version Number:</b>	5
<b>Does this version include changes to clinical advice:</b>	Yes
<b>Date Approved:</b>	15 <sup>th</sup> April 2020
<b>Approval Group:</b>	Covid-19 Tactical Group

#### **Important Note:**

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