

LHSC URGENT COVID-19 CARE CLINIC FAMILY PRACTITIONER MONITORING INFORMATION

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The LHSC Urgent COVID-19 Care Clinic (LUC3) is a virtual clinic for people who test positive for COVID-19. Our goal is to care for and monitor patients with COVID-19 in order to decrease the risks of complications from this illness. We need our community colleagues to help with **two patient populations**.

Scenario 1: All patients who test positive for COVID-19 will be offered referral to LUC3 by Middlesex London Health Unit, but some may decline for a variety of reasons, or patients may connect with their primary care provider about their result before they hear from Public Health. We know that patients can decompensate 7-12 days after initial discharge so it's important that the patients who decline referral to LUC3 are monitored by their family doctor. We are happy to provide help to our community colleagues with complications that arise with these patients.

When should you follow-up with your patient? We suggest within a week of diagnosis

What should you be recommending?

- Tylenol and Ibuprofen are safe options for treating headaches, fever and body pain
- Saline nasal rinses can reduce the duration of headaches and sinus congestion
- Observational data suggests Vitamin 4000 IU daily more be beneficial
- Patients should continue social isolation until they are cleared by the Public Health Unit
- Refer to LUC3 if your patient has chronic lung or cardiac disease, immunodeficiencies or other major co-morbidities so that we can arrange free-of-charge pulse oximeters at home
- Refer to LUC3 if your patients have any of the following symptoms
 - Dyspnea at rest or with exercise
 - Continuous fever despite medicine
 - Palpitations
 - Intractable vomiting or diarrhea
 - Weight loss
 - Dizziness or confusion
- Instruct your patients to call 911 if they have any of the following symptoms
 - Loss-of-consciousness
 - New weakness
 - New, severe dyspnea
 - New chest pain

Scenario 2: After the initial LUC3 appointment, if patients are healthy at baseline, asymptomatic, and at low risk for developing severe disease, they will be booked for in-person follow-up at 2-months post-diagnosis as part of the COVID-19 longitudinal care pathway. In the interim we ask that they follow-up with their family doctor within 2-3 weeks. If they continue to have any of the following symptoms, please alert LUC3 and we will schedule prompt virtual follow-up:

- New or worsening dyspnea or cough
- New paresthesia
- Worsening headaches
- New or worsening palpitations