**COVID-19 POSITIVE PATIENTS**

**GENERAL PRACTITIONER PHONE CONSULTATION CHECKLIST**

**(c) Dr Kevin Gabriel 1st July 2024**

**HISTORY**

**Result -** RAT or PCR date that COVID-19 test was completed

**COVID-19 Vaccination status**

**Co-morbidities**

* check for **high risk medical conditions** as defined by Ministry of Health
* BMI and weight documentation (BMI greater than 35 - high risk medical condition)
* Smoking status - if required offer quit advice and **pharmacotherapy** for smoking cessation
* Vaping status - if required offer quit advice

**Symptoms - focus on Red Flag symptoms listed below**

Onset date

Course

Current symptoms

* Fever
* Cough - check if phlegm or haemoptysis
* Shortness of breath - wheeze
* Chest pain – palpitations
* Headache - dizziness
* Sore throat - **antibiotic** if high risk ‘strep throat’ and rheumatic fever ≥2: Maori/Pasifika, age 3-35, overcrowding/low socioeconomic
* Diarrhoea - vomiting - abdomen pain
* Rash
* Depression - anxiety symptoms

**Other Relevant History**

* Close contact with a COVID-19 confirmed cases
* Household occupants
* Occupation
* Travel history - especially overseas
* Needs - food and essential items, financial assistance, mental health support

**EXAMINATION**

* Talking ie. sentences, phrases - any evidence of shortness of breath or fatigue
* Temperature, pulse and pulse oximetry (if equipment available at home)

**IMPRESSION**

* Severity
* Day of illness & Day since RAT test, whichever is earliest determines isolation start period (Day 0 defined as 1st day)
* Eligibility for COVID-19 specific therapy **Paxlovid**

**MANAGEMENT**

**Acute**

* **GP and nurse assessment at clinic or go directly to hospital**

**Routine care - flexible GP follow up**

**1) START YOUR RECOMMENDED 5 DAY ISOLATION – NOT MANDATED**

If you test positive for COVID-19, it has recommended you isolate for at least 5 days, even if you only have mild symptoms. This is to prevent spreading COVID-19 to other people. You would start your isolation at day 0 - this is the day your symptoms started when you tested positive which ever came first.

Isolation means not leaving your house and not going to work or school. It also means staying away from others in your household as much as possible.

**Face Masks**

If you need to go out during your recommended isolation period, it is recommended to wear facemask. We also recommend you wear a mask when you are in close contact with others, including in your own household.

**2) MEDICATIONS**

* Prescription +/- home delivery (selected pharmacies only)

1. **check eligibility criteria for COVID-19 specific therapy Paxlovid**

**before prescribing Paxlovid x2 specific checks**

**(i) renal function**

**(ii) University of Liverpool drug interaction checker**

reduced hospitalisation or death if started within 3 days (89%) 5 days (88%) of symptom onset

**Privately-funded supply of Paxlovid**

Paxlovid is available on a private prescription. The cost varies between pharmacies, but can be expected to be in the region of $2,000 for a 5-day course.

Where clinically appropriate, consider private supply for:

* Patients who do not meet Pharmac’s access criteria but may still benefit from treatment
* People planning to travel overseas
* Non-residents, including people travelling to New Zealand
* People who wish to purchase Paxlovid in advance as a precautionary measure

Assess for prescribing safety as for Pharmac-funded Paxlovid. The patient does not need to have been diagnosed with COVID‑19 for privately-funded supply.

For advance prescriptions, ensure the patient is aware of when and how to take the medication, if they get COVID‑19.

Clearly state on the prescription that this is a private prescription. The pharmacy will order the private Paxlovid stock from their wholesaler on an as-needed basis.

Before prescribing to a patient who has had a renal transplant, please discuss with their specialist. For other patients who are under regular specialist review, consider contacting their specialist to discuss any concerns or to inform them of your intention to prescribe Paxlovid.

See NZ Formulary – [Nirmatrelvir with Ritonavir](https://nzf.org.nz/nzf_71162).

**2)Other Medications if required**

* + **paracetamol** for fever and/or pain
  + **antibiotics**if suspect secondary bacterial infection (<20% cases)
  + **regular medications**

**3) SUPPORT**

**National - useful contacts**

* Healthline 0800 611 116– information about COVID-19
* Financial assistance for food through Work and Income [0800 559 009](tel:0800%20559%20009)
* Food assistance – Find a local foodbank at [www.foodbank.co.nz](http://www.foodbank.co.nz)

**4) FUTURE IMMUNISATION**

If you have had COVID-19

Even if you or your children have had COVID-19, you should still get all your recommended COVID-19 immunisations. This reduces your risk of serious illness. It may also reduce the risk of long COVID.

**You should wait 6 months after testing positive before getting any COVID-19 vaccines.**

If you are risk of severe illness, you may be able to get another immunisation sooner than 6 months. Talk to your healthcare provider about when to get your next dose.

**5 SAFETY NET**

* discuss **red flag symptoms** that require medical attention