

COVID-19 Ambulatory Clinic Pathway for New Starters

First, introduce yourself (e.g. "Hello my name is *Name*, I'm a *Job Title* calling from Royal Berkshire Hospital COVID ambulatory clinic"). Then proceed with the following:

1. TRAJECTORY QUESTIONS

How are you feeling today?

Are you feeling **better or worse** than yesterday?

Are you more breathless than you were yesterday?

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These questions are to get an idea of trajectory: either the same, worse or improving. If trajectory worsening then please discuss with senior clinician (Associate Specialist).

2. RESTING SATS

What are your resting oxygen saturations today?

- If **>94%**, proceed to Q3.

- If **94% or less**, inform the Associate Specialist immediately, and inform the patient that you will **call 999 for a return to ED for assessment.***

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Some patients with sats of 94% at rest may go on to desaturate more, so these patients should come into hospital for oxygen therapy. These patients should not do the walking test.

3. WALKING TEST

Please walk 30 metres/100 feet and tell me what your oxygen saturations are after that?

- If saturations drop by **more than 5%** (e.g. from 97% to 91%), advise patient to **return to ED for same day assessment**, calling 999 if necessary.

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Some patients with a 'positive' walking test, will begin to desaturate at rest so these patients should come into hospital for monitoring and may receive oxygen therapy.

4. If resting sats are >94% and walking test sats drop by 5% or less, reassure and arrange to call again tomorrow/discharge if on Day 5 and patient improving and saturations are acceptable.

Do not discharge if saturations are borderline; **discuss with Associate Specialist if in any doubt.**

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5 days is a guideline. Do not discharge a patient at less than 5 days without discussing with a senior.

5. Safety net – If you become more short of breath, or think your symptoms are worsening please seek medical help via 111 or 999.

If you have any doubt/clinical suspicion of a deteriorating patient, discuss with Dr. Kumar, Dr. Raj or Dr. Sharma (the ED Associate Specialists).

Dr. Nunan is available on his mobile phone which you all have and can be called,

Dr Walden (AMU Consultant) and Dr Clarke (ED Consultant) through switch board.

*For phoning 999 for patients, the ambulatory COVID clinic should do this. For the first 5 calls to 999, put the call on to speaker phone so a senior can supervise. Tell the 999 operator "I'm phoning from the COVID ambulatory Clinic at the Royal Berkshire Hospital. My name is X. We need an ambulance to please bring a patient back to hospital with COVID. The patient has low oxygen saturations and we would like to bring the patient for reassessment and probable admission."

Reference:

Covid-19: a remote assessment in primary care

BMJ 2020; 368 doi: <https://doi.org/10.1136/bmj.m1182> (Published 25 March 2020)Cite this as: BMJ 2020;368:m1182