

MakeShift Hospital - Key interventions for COVID-19

Use safe **Infection Prevention and Control** measures.

Monitor SpO2!

USING A PULSE OXIMETER

- Remove nail polish
- Turn on the pulse oximeter
- While sitting still, attach the probe to a finger or toe
- Wait 20-30 seconds for a consistent pulse signal
- If titrating oxygen up or down, recheck SpO2 in 2-3 minutes and again within 15 minutes and record on the monitoring chart



UNDERSTANDING SpO2 ('oxygen saturation')

- Make sure to read SpO2 and not pulse rate (PR)
- **If SpO2 is < 90%** (or < 94% if pregnant or ABCD emergency signs) then:

Give oxygen & titrate

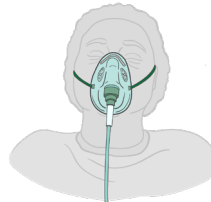
Place prongs inside the nostril. Hook tubing behind ears. Flow rates higher than 5L will dry mucous membranes.



Start oxygen at **5L/min**
Use **nasal cannula**
Assess response

If continued distress or SpO2 < 90% (or < 94% if pregnant or ABCD emergency signs)

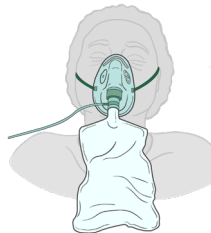
Secure mask firmly on face over nose and mouth. Pull strap over head.



Use **face mask**
Increase oxygen to **6-10L/min**
Assess response

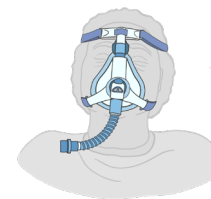
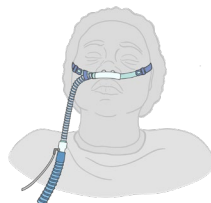
If continued distress or SpO2 < 90% (or < 94% if pregnant or ABCD emergency signs)

Make sure bag is full to deliver highest oxygen concentration.



Use **face mask with reservoir**
Start oxygen at **10-15 L/min** & titrate to ensure bag inflates
Assess response & call for help from clinician

If continued distress or SpO2 < 90% (or < 94% if pregnant or ABCD emergency signs)



Continue to try to find a bed for higher level of care. Consider **CPAP, BiPAP or HFNO** if available and adequate O2 supply.

Titrating oxygen will save supply.

Supportive care

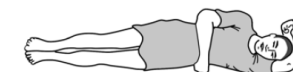
- Give **dexamethasone**: 6 mg daily oral or IV for 7-10 days (or 50 mg hydrocortisone every 8 hours, or 40 mg prednisone daily, or 16 mg methylprednisolone every 12 hours)
- Encourage adequate **hydration & nutrition**
- If wheezing, give **salbutamol**
- If fever, give **paracetamol**
- Encourage the patient to **prone** and rotate in bed, sit upright, and get out of bed where possible



Prone
30 minutes – 2 hours: laying on belly



Right Lateral Recumbent
30 minutes – 2 hours: lying on your left side



Left Lateral Recumbent
30 minutes – 2 hours: lying on your right side



Reclining 45 degrees
30 minutes – 2 hours: sitting up