

OMICRON CHEAT SHEET

“You got mail”: What to do when that positive result hits your in box - Phase 1-2

1. Take a breath

Most patients with Covid will experience nothing very different from any other cold or flu like illness. They need to know this.

2. Who is the patient?

You know them best and you have their file in front of you. Have a quick look at it.

- Name
- Age
- Ethnicity
- Medical history: do they have risk factors for severe disease?
- Do they have any risky social/ welfare factors ?
- Who are their family members? How many of them?
- Are they vaccinated?

3. Phone them to check in. This is your **initial assessment** and health check. (You will be paid for this - ask your PHO how). They may not know yet. Inform them and reassure them. They are mostly anxious not unwell.

4. Check on their symptoms.

5. Check on any welfare or social issues and enable them to resolve themselves as much as possible. Any urgent needs:

send referral to your regional hub/welfare co-ordination centre

6. Give them information - briefly on the phone and follow up with an email with links for information they will need and what they need to do. Reassure them that you will support them and that they are **safely able to self-manage**. Let them know that you are available if they deteriorate and the information you are sending will tell them what they need to do and what to watch out for. Let them know the best way to check in with you if they need to.

7. Remind them about the need to **isolate** and what that means, and that public health may be in touch. (Phase 1 and 2). In phase 3 they will be auto released based on current time-based requirements.

8. Use your **regional healthpathways**

“I’ve got COVID, what must I do?” - Phase 3 -result direct to patient

1. Who is the patient? You know them best and you have their file in front of you. Have a quick look at it.
2. Do a **risk factor assessment**
3. Do a **clinical risk assessment** and clinical acuity score.
4. Remind them about the need to isolate and what that means. In phase 3 they will be auto released based on current time-based requirements.
5. Check that they know where to access information and they got the message on how to **self monitor**. Make sure they know how to self-monitor using chart if needed (see health navigator)
6. **Escalate** to active monitoring according to your assessment.
7. **Use your regional healthpathways**

RESOURCES FOR YOU AND YOUR PATIENT

HEALTH NAVIGATOR

<https://www.healthnavigator.org.nz/health-a-z/c/covid-19/>

Information for health care providers Everything you need in one place with links.

<https://www.healthnavigator.org.nz/health-a-z/c/covid-19-key-information/?tab=28773>

COVID-19 | Mate korona - what you need to know

<https://www.healthnavigator.org.nz/health-a-z/c/covid-19-key-information/>

SPONSORED DATA WEBSITES

These sites have free data access.

<https://www.health.govt.nz/our-work/digital-health/other-digital-health-initiatives/sponsored-data>

MINISTRY OF HEALTH

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals>

UNITE AGAINST COVID-19

https://covid19.govt.nz/?gclid=Cj0KCQiAxc6PBhCEARIsAH8Hff2_0oLSja3BN4ZLd9pWy2L-tat-1MlDnLmSWjkpsWyA7hW56ria01saAoGjEALw_wcB

WELLINGTON REGIONAL PUBLIC HEALTH

<https://www.rph.org.nz/public-health-topics/vaccinate-greater-wellington/prepare-for-covid-19/>