

Advice for Patients returning home with Confirmed or Suspected Coronavirus (COVID-19) on Virtual Ward

An information guide



Advice for Patients returning home with Confirmed or Suspected Coronavirus (COVID-19) on Virtual Ward

This leaflet is designed to provide you and your carers with information on discharge from hospital with a confirmed or suspected diagnosis of Coronavirus (COVID-19).

This guidance is based upon information taken from Public Health England, the World Health Organisation and the British Medical Journal as of 18th March 2020.

Advice from Public Health England may change over time and we will inform you of any significant changes that are likely to be of relevance to you.

What is Coronavirus?

COVID-19 is a disease cause by a “novel coronavirus.” Cases have now been confirmed worldwide including the UK and across Europe.

Screening for COVID-19

During your hospital stay you were screened for COVID-19.

It is felt by the medical team responsible for your care that it is safe for you to continue your recovery at home and we would like to plan your discharge with ongoing support from the virtual ward team.

If you are discharged without your Coronavirus result, the virtual ward team will update you once it is known.

What happens next?

The day after your discharge home, you will receive a telephone call from the virtual ward team based at North Manchester hospital. You will be asked a series of questions about your symptoms and have the opportunity to discuss your illness with a healthcare practitioner (nurse, pharmacist, doctor, physiologist or physio).

The team will maintain regular contact with you until it is deemed that you are well enough to no longer need monitoring.

Treatment at home

There is no specific treatment for the virus that causes COVID-19, but like many viral infections the symptoms can usually be managed effectively with simple remedies:

- Rest and make sure you drink plenty of fluids .
- Take paracetamol to lower fever and reduce pain if needed.

Who to contact if you have a concern about your recovery

Seek help immediately if you experience:

- Worsening shortness of breath.
- Any sudden or new symptom of concern .

If you feel there is a medical emergency dial 999 stating you have Coronavirus.

For general enquiries relating to Coronavirus you can speak to a member of team:

- 0161 720 4709 Monday - Sunday from 9am to 5pm

If you feel you are deteriorating with Coronavirus symptoms please ring 111 for advice.

BORG 10 POINT SCALE

(or MODIFIED BORG SCALE or BORG BREATHLESSNESS SCALE)

SCORE	DESCRIPTION
0	No Breathlessness At All
0.5	Very very slight (just noticeable)
1	Very slight
2	Slight breathlessness
3	Moderate
4	Somewhat severe
5	Severe breathlessness
6	
7	Very severe breathlessness
8	
9	Very very severe (almost maximum)
10	Maximum

This is a scale for rating breathlessness.

- 0 represents no breathlessness.
- 10 represents the strongest or greatest breathlessness that you have ever experienced.

Date and Time:	Pulse	Oxygen	BORG (0-10)	Feeling (better, same, worse)	Temp (if able)

If your oxygen saturations read:

92% or less – go to hospital/call 999 **immediately**

93% to 94%- contact us on 0161 720 4709 Monday to Sunday (office hours) or 111 out of hours

95% - continue to monitor as above

Unless you have an underlying chest condition and have been told otherwise by the virtual ward team.

You may have brain fog, a cough, tiredness or breathlessness for several weeks, despite the COVID-19 having cleared.

This is known as **Long COVID**. If these symptoms continue for more than four weeks, then please call your GP for a review.

Your COVID Recovery

An online rehab is available at:

<https://www.yourcovidrecovery.nhs.uk/>

The site will give you information and advice on managing COVID symptoms. It also have a level 2 where you can also set goals for your mental and physical health.

You can access this service through your GP.

Manchester COVID-19 Recovery Peer Support Group.

If you are recovering from COVID-19 and interested in talking to others who are going through a similar experience, please call Val on **0161 230 1750** or email her at **mhcc.engagment@nhs.net**

The group meet virtually every Wednesday evening from 6pm.

Support with Mental Health

Taking care of your mind as well as your body is really important.

If you need immediate support with your mental health , you can call 999. You can also call NHS 111, request an emergency GP appointment or call Samaritans 24 hour crisis helpline on 116 123

Please visit the Every Mind Matters website if you are feeling stressed, anxious, low or are struggling to sleep:

<https://www.nhs.uk/oneyou/every-mind-matters/>

Stop Smoking Services

People who smoke are more likely to get more serious symptoms if they catch coronavirus, that's why its more important than ever to stop smoking.

To find free stop smoking services near you, visit

<https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>

Be Smoke Free is Manchester's stop smoking service: **0161 823 4157**

It is available for anyone who lives in Manchester or has a Manchester GP. You can be referred by your GP or contact them directly yourself.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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