





AIIMS/ ICMR-COVID-19 National Task Force/Joint Monitoring Group (Dte.GHS)

Ministry of Health & Family Welfare, Government of India

CLINICAL GUIDANCE FOR MANAGEMENT OF ADULT COVID-19 PATIENTS 19th May 2021 COVID-19 patient Severe disease Mild disease Moderate disease Upper respiratory tract symptoms (&/or fever) WITHOUT shortness 1. Respiratory rate ≥ 24/min, breathlessness 1. Respiratory rate >30/min, breathlessness of breath or hypoxia 2. SpO2: 90% to < 93% on room air 2. SpO2 < 90% on room air **Home Isolation & Care ADMIT IN WARD** ADMIT IN ICU Respiratory support Oxygen Support: MUST DOS Consider use of NIV (Helmet or face mask interface Target SpO₂: 92-96% (88-92% in patients with COPD). Physical distancing, indoor mask use, strict hand hygiene. oxygen requirement, if work of breathing is LOW. Preferred devices for oxygenation: non-rebreathing face Symptomatic management (hydration, anti-pyretics, anti-

- tussive, multivitamins).
- Stay in contact with treating physician.
- Monitor temperature and oxygen saturation (by applying a SpO2 probe to fingers).

Seek immediate medical attention if:

- Difficulty in breathing
- High grade fever/severe cough, particularly if lasting for >5 days
- A low threshold to be kept for those with any of the high-risk features*

MAY DOS

Therapies based on low certainty of

- Tab Ivermectin (200 mcg/kg once a day for 3 days). Avoid in pregnant and lactating women. OR
- Tab HCQ (400 mg BD for 1 day f/b 400 mg OD for 4 days) unless contraindicated.
- Inhalational Budesonide (given via Metered dose inhaler/ Dry powder inhaler) at a dose of 800 mcg BD for 5 days) to be given if symptoms (fever and/or cough) are persistent beyond 5 days of disease onset.

Awake proning encouraged in all patients requiring supplemental oxygen therapy (sequential position changes every 2 hours).

Anti-inflammatory or immunomodulatory therapy

- Inj. Methylprednisolone 0.5 to 1 mg/kg in 2 divided doses (or an equivalent dose of dexamethasone) usually for a duration of 5 to 10 days.
- Patients may be initiated or switched to oral route if stable and/or improving.

Conventional dose prophylactic unfractionated heparin or Low Molecular Weight Heparin (weight based e.g., enoxaparin 0.5mg/kg per day SC). There should be no contraindication or high risk of bleeding.

- Clinical Monitoring: Work of breathing, Hemodynamic instability, Change in oxygen requirement.
- Serial CXR; HRCT chest to be done ONLY If there is
- Lab monitoring: CRP and D-dimer 48 to 72 hrly; CBC, KFT, LFT 24 to 48 hrly; IL-6 levels to be done if deteriorating (subject to availability).

- depending on availability) in patients with increasing
- Consider use of HFNC in patients with increasing oxygen
- Intubation should be prioritized in patients with high work of breathing /if NIV is not tolerated.
- Use conventional ARDSnet protocol for ventilatory management.

Anti-inflammatory or immunomodulatory therapy

Inj Methylprednisolone 1 to 2mg/kg IV in 2 divided doses (or an equivalent dose of dexamethasone) usually for a duration 5 to 10 days.

Anticoagulation

Weight based intermediate dose prophylactic unfractionated heparin or Low Molecular Weight Heparin (e.g., Enoxaparin 0.5mg/kg per dose SC BD). There should be no contraindication or high risk of bleeding.

Supportive measures

- Maintain euvolemia (if available, use dynamic measures for assessing fluid responsiveness).
- If sepsis/septic shock: manage as per existing protocol and local antibiogram.

Monitoring

- Serial CXR; HRCT chest to be done ONLY if there is worsening.
- Lab monitoring: CRP and D-dimer 24-48 hourly: CBC. KFT, LFT daily; IL-6 to be done if deteriorating (subject to availability).

After clinical improvement, discharge as per revised discharge criteria.

*High-risk for severe disease or mortality

- Age > 60 years
- Cardiovascular disease, hypertension, and CAD
- DM (Diabetes mellitus) and other immunocompromised
- Chronic lung/kidney/liver disease
- Cerebrovascular disease
- Obesity

EUA/Off label use (based on limited available evidence and only in specific circumstances):

- Remdesivir (EUA) may be considered ONLY in patients with
 - Moderate to severe disease (requiring SUPPLEMENTAL OXYGEN), AND
 - No renal or hepatic dysfunction (eGFR <30 ml/min/m2; AST/ALT >5 times ULN (Not an absolute contradiction), AND
 - Who are within 10 days of onset of symptom/s.
 - Recommended dose: 200 mg IV on day 1 f/b 100 mg IV OD for next 4 days.
 - Not to be used in patients who are NOT on oxygen support or in home settings
- Tocilizumab (Off-label) may be considered when ALL OF THE BELOW CRITERIA ARE MET
 - Presence of severe disease (preferably within 24 to 48 hours of onset of severe disease/ICU admission).
 - Significantly raised inflammatory markers (CRP &/or IL-6).
 - Not improving despite use of steroids.
 - No active bacterial/fungal/tubercular infection.
 - Recommended single dose: 4 to 6 mg/kg (400 mg in 60kg adult) in 100 ml NS over 1