

**BARWON HEALTH
COVID-19 MONITORING REFERRAL (CMR)**

**Remote Patient Monitoring
Fax form to: (03) 42154991**

Affix patient identification label here or complete fields

UR: _____
Family Name: _____
Given Names: _____
Address: _____

Date of Birth: ___/___/___ **Sex:** F M

Patient Details

Contact Number: _____ Gender: Female Male Other

Alternative contact (Name, contact number and relationship): _____

Patient identifies: Aboriginal Torres Strait Islander Both Neither

Interpreter: Yes No Preferred language: _____

Test Details

Vaccination

Day Zero / Date of test: / / Number: 1 2 3 4 5 None

Day symptom onset: / / Date last dose: / /

Reason requiring remote monitoring (Tick all that apply - See overleaf)

- A. Moderate Covid-19 + increased breathlessness
- B. ≥1 High risk comorbidity
- C. Meets criteria based on age, vaccination status and medium-risk comorbidities. (Overleaf Table.1)
- D. Significant concern of reduced access to care likely to impact safe escalation of care.

Symptoms Of Concern

Comorbidities

Symptomatic Yes No

High-risk comorbidities Yes No

Shortness of breath At rest On exertion

Immunosuppression¹

Chest pain

Cancer: active treatment (6months)

Syncope / Pre-syncope

Haematological (Malignancy/Sickle cell/Thalassemia major)

Haemoptysis

Intellectual/cognitive disability: (Down syndrome, SDA resident)

Other of concern

Mental Health unstable, complex or not engaged in care

Function

Moderate-risk comorbidities Yes No **Number :** ____

Oral intake adequate Yes No

BMI >35

Managing ADLs Yes No

Chronic kidney disease (eGFR <60ml/min)

COVID antivirals prescribed?
 Yes No

Chronic heart condition (IHD, Heart failure or other significant)

Specify antiviral: _____

Other haematological (exclude iron deficiency,thalassemia minor)

O2 requirement during inpatient stay?

Diabetes mellitus (Hba1C >7.5% if known or poor control)

Yes No

Chronic liver condition (Cirrhosis/recurrent acute liver injury)

Last date O2 was administered: / /

Cancer: Metastatic disease/known to palliative service

Other Concerns (Including psychosocial):

Chronic Respiratory disease (Active)

Asthma requiring (Corticosteroids/admission last 12months)

Stroke or progressive neurological condition

Dementia

Disability dependent with ADLs

¹Immunosuppression defined as: on treatment Azathioprine, methotrexate, leflunamide, mycophenolate, fingolimod, rituximab, cyclophosphamide, and corticosteroids (equivalent prednisolone >20mg/day for 2weeks or more), immunosuppressing biologic drugs. Immunosuppressing condition HIV/AIDS, primary or acquired immunodeficiency, hypogammaglobinemia. Does not include mesalazine, oral budesonide, inhaled steroids, hydroxychloroquine.

Verbal Consent to Remote patient monitoring Yes No

Name: _____ Designation: _____

Referrer address: _____

Referrer contact details: _____

Signature: _____ Date: / /

BHS03998

Health Records BHS03998 New 05.23 © Barwonhealth PMS Black

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Further information

Most patients who contract Covid-19 have mild disease and can be managed safely in the community with GP and family support. There is a small risk for deterioration that increases with defined risk factors. Remote patient monitoring can help identify deterioration in higher risk patients and assist with prompt escalation of care.

Patients are monitored for 7 days unless concerns arise during this monitoring period.

Mild COVID-19	Moderate COVID-19	Severe COVID-19
No clinical features suggestive of moderate or more severe disease: <ul style="list-style-type: none"> • No OR mild symptoms and signs (fever, cough, sore throat, malaise, headache, muscle pain, nausea, vomiting, diarrhoea, loss of taste and smell) • No new shortness of breath or difficulty breathing on exertion • No evidence of lower respiratory tract disease during clinical assessment or on imaging (if performed) 	A stable patient with evidence of lower respiratory tract disease: <ul style="list-style-type: none"> • during clinical assessment, such as <ul style="list-style-type: none"> – oxygen saturation 92-94% on room air at rest – desaturation or breathlessness with mild exertion • or on imaging 	Patient with signs of moderate disease who is deteriorating OR A patient meeting any of the following criteria: <ul style="list-style-type: none"> • respiratory rate ≥ 30 breaths/min • oxygen saturation $< 92\%$ on room air at rest or requiring oxygen • lung infiltrates $> 50\%$ <p>Critical COVID-19: Patients with Respiratory failure, shock, impaired consciousness, and end-organ-failure</p>

Patients that are willing and able to escalate care or are well supported by their GP or family who will be able to assist if escalation is required might not need this service.

Who to consider referring:

- Patients with moderate symptoms where breathlessness is significant (desaturation on exertion or breathless at rest and an increase from patient baseline) who do not currently meet criteria for hospital admission.
- Patients with mild to moderate COVID-19 (without significant breathlessness) and any high-risk comorbidity.
- Patients with mild to moderate COVID-19 (without significant breathlessness) who are at increased risk due to moderate risk comorbidities, vaccination status or age. see Table 1.
- Patients who don't meet above criteria but there is a significant concern of reduced access to care where this is likely to impact timely self-escalation of care.

Age	Moderate-risk Comorbidities	Vaccinations up-to-date*	Vaccinations not up-to-date*	Unvaccinated (0 or 1 vaccination)
Age 70-79 OR Aboriginal 50-64	0	Usual-Care	Usual-Care	Remote patient monitoring
	1	Usual-Care	Usual-Care	Remote patient monitoring
	2	Usual-Care	Usual-Care	Remote patient monitoring
	≥ 3	Remote patient monitoring	Remote patient monitoring	Remote patient monitoring
Age 80+ OR Aboriginal 65+	0	Usual-Care	Usual-Care	Remote patient monitoring
	1	Usual-Care	Usual-Care	Remote patient monitoring
	≥ 2	Remote patient monitoring	Remote patient monitoring	Remote patient monitoring
Pregnancy >12 weeks and up to 2 weeks postnatal	No	Usual-care	Usual-Care	Remote patient monitoring
	Yes	Usual-Care	Remote patient monitoring	Remote patient monitoring

*Vaccination up-to-date includes receiving a last dose within the last 6 months

If a patient is already at day 7 of disease or does not meet monitoring criteria and is ongoing clinician concern, please call the Barwon public health ID registrar on 0481456965 to discuss the patient.