

Rappahannock Regional EMS Council
Temporary Infectious Disease (COVID-19) Patient Management Protocol (as of 04/02/2020)

Purpose – To identify patients that are safe to NOT TRANSPORT or transport to ALTERNATIVE FACILITY other than emergency department during widespread cases of infectious disease (e.g. COVID-19).

Indication for NON TRANSPORT – only applicable for agencies and providers for whom the agency OMD has approved implementation based on, and for the duration of, a local, regional, state, or federal declaration of emergency (e.g. pandemic or other public health emergency).

Healthcare provider protection:

- Always utilize appropriate PPE based on the current CDC guidelines for EMS.
- Attempt to ascertain symptoms, history, and information from safe distance (by telephone prior to arrival or in-person at safe distance or in well-ventilated/open-space environment.
- Apply a surgical mask to the patient when possible/tolerated to limit exposure.
- Avoid unnecessary contact (limit crew size, limit non-emergency patient interactions, isolate vehicle operators, avoid by-standers or family gathering, etc.). (See guidelines 03/17/20)

Assess patient for potential infection. Symptoms for COVID-19 include fever with symptoms consistent with a lower airway infection. **Evaluate to determine exclusion criteria:**

- Age > 65 years of age; GCS < 14
- Is there chest pain NOT associated with coughing?
- Have there been episodes of syncope witnessed or reported?
- Is the patient cyanotic or is there visible respiratory distress?
- Are there symptoms or issues beyond typical flu, such as trauma, stroke-like symptoms, ischemic cardiac chest pain, neck stiffness, etc.?
- Are there “high risk” conditions such as pregnancy, chronic lung disease (asthma, COPD, etc.), CHF, cancer/immunocompromised?

If yes to any of the above criteria/questions – utilize appropriate PPE, follow appropriate medical treatment protocol, and transport to appropriate facility. If not, evaluate VS

- Is RR < 8 or > 20, HR < 50 or > 120, or Systolic BP < 90?
- If yes, utilize appropriate PPE, follow appropriate medical treatment protocol, and transport to appropriate facility. If not and patient is ambulatory, perform a brief 10-20’ walking test.
- Is the SpO₂ < 92% either at rest or after exertion?
- Are there significant changes in BP, HR, RR after exertion?

If yes, follow appropriate medical treatment protocol, transport to appropriate facility.

- Is the patient able to tolerate oral fluids without vomiting?
- Is there an adequate support system to monitor and remain at home?
- Is patient competent to make decisions?
 - o If YES TO ALL – no need to transport. Offer/complete non-transport paperwork.
 - During standard call volume/Normal Operations – patients may elect to remain at home and recover with family support.
 - During critical call volume/Crisis Operations – patients may be required to remain at home and recover with family support.