













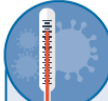
















BCCDC - BC Care Bundle for Supporting High-Risk* Patients Through COVID-19 Pandemic and Influenza Season

With active links to Pathways tools & info that can be emailed  to patients from a no-reply Pathways e-mail

 <p>IDENTIFY PATIENTS</p> <p>Review current patient roster and identify patients deemed to be high risk¹ for complications from COVID-19, influenza, and pneumococcal disease.</p>	<p>Identify High Risk Patients</p> <p>Who is at risk of more severe disease or outcomes? (1)</p> <ul style="list-style-type: none"> - Age > 60 (increasing risk with each decade) - Chronic medical conditions including: lung disease, heart disease, hypertension, diabetes, kidney disease, liver disease, dementia, stroke - Obesity (BMI of 40 or higher) - Immunocompromised (2) <p>Consider use of EMR Templates to identify your high risk patients</p> <p>Consider impacts of isolation on patients: Mental Health, Addiction, Frail</p> <p>Review Phases of COVID-19 Vaccine Roll Out</p>
 <p>ENHANCE VACCINATION</p> <p>Assess influenza and pneumococcal vaccination status of high-risk patients² and ensure immunization is up to date. Where possible, provide/recommend vaccination to occur at the time of an existing medical visit or health care encounter³. Discuss the importance of ensuring close contacts are also vaccinated.</p>	<p>Enhance Vaccination & Reinforce Public Health Recommendations</p> <p>Ensure flu & pneumococcal up to date and contacts also vaccinated</p> <p>Review Recommended Vaccines for adults, Seniors and Individuals at High Risk</p> <p>Inform about COVID-19 Immunization</p> <p>COVID-19 - Getting a Vaccine - Who Should Get It & What to Expect Email: </p> <p>COVID-19 - BC's Roll Out Plan for Vaccinations Email: </p> <p>Email bundle of both items above re COVID-19 vaccines Email: </p> <p>Reinforce Public Health Recommendations</p> <p>View: COVID-19 - Public Health Province-wide Restrictions Email: </p>
 <p>REVIEW GOALS OF CARE</p> <p>Review goals of care and advanced care directives with patient and family. Where relevant, identify alternate decision-maker. Ensure patients have access to palliative care supports as required⁴.</p>	<p>Review Goals of Care</p> <p>Document: Goals, Fears, Strengths, “Who would speak for you”</p> <p>Brief Serious Illness Conversation Guide for Doctors and Patients (SICG): Being Prepared in Case of Serious Illness - 3 Things You can Do Now (IHI)</p> <p>Email fillable “3 things you can do” form to patient: </p> <p>Patient: MOST Information for Patients and Families Email: </p> <p>MD: HA MOST Forms Including central faxing info on IH, VIHA, FHA Forms</p> <p>General Advance Care Planning Info for patient or family</p> <p>View: Multilingual Advance Care Planning Info & Videos Email: </p> <p>More Pathways Tools: Patient Information About Advance Care Planning</p>
 <p>REVIEW MEDICATIONS</p> <p>With the patient and caregiver, discuss current medications (especially those associated with respiratory illness) and review current supply levels, individual sick-day rules¹⁰, and the benefits of medication adherence¹¹.</p>	<p>Review Medications & Sick-Day Rules & Consider DOAC</p> <p>Review medication supply and sick-day rules for meds.</p> <p>Diabetic Sick Day Medication Hold List - SADMANS (RxFiles) Email: </p> <p>Cardiac patients and COVID</p> <p>COVID-19 - Tips and Red Flags when Caring for Cardiovascular Patients (CCS)</p> <p>Consider switching patients on warfarin to a direct oral anticoagulant (DOAC)</p> <p>Removes need to go to lab for INR. Use “COVID-19” on Special Authority Form. Consider switching to DOAC. Take renal function into consideration if switch. You cannot substitute a DOAC for warfarin in patients with a mechanical valve</p>
 <p>CONFIRM ACTION PLAN</p> <p>With the patient and care provider, review self-preparedness⁶ and action plan for intercurrent illness and potential for underlying disease decompensation, including: adequate food & medication supply, social supports/buddy system, disease-specific triggers, symptoms, escalation pathways, and appropriate emergency contacts (ie. condition-specific clinic, emergency room).</p>	<p>Confirm Action Plan</p> <p>With the patient and caregiver, review self-preparedness and action plan for intercurrent illness and potential for underlying disease decompensation, including: adequate food & medication supply, social supports/buddy system, disease-specific triggers, symptoms, escalation pathways, and appropriate emergency contacts (ie. condition-specific clinic, emergency room).</p>
 <p>FLU/COVID-19 SYMPTOMS?</p> <p>Determine need for in-person assessment and care management plan based on underlying condition and as clinically appropriate. Consider initiating influenza antiviral⁷ and send for COVID-19 testing⁸. If COVID-19 positive, suggest stopping antiviral in accordance with current BC-CDC guidance⁹.</p>	<p>Flu/COVID-19 Symptoms?</p> <p>Send for COVID test. Pt self-book in: FHA Interior Island VCH Northern</p> <p>Assess if in-person visit needed: Respiratory Symp Assessment Pathway (CCFP)</p> <p>Consider referral to: Respiratory Assessment Centre (Select RAC in the filter)</p> <p>Review Guidance on COVID 19 diagnosis, assessment and management</p> <p>COVID-19 - Guidance for Primary Care Management of Adult Outpatients with Suspected or Confirmed Case (BCCDC)</p> <p>COVID-19-Guideline managing suspected or confirmed Pneumonia - adults (NHS)</p> <p>COVID-19 - End of Life Symptom Management (BC Centre for Palliative Care)</p>

 <p>PREPARE FOR INFLUENZA</p> <p>Monitor local influenza rates⁴. Consider antiviral prescription (e.g. oseltamivir) within 12 hours of onset of symptoms if clinically indicated based on local influenza rates and clinically-compatible symptoms or severity.</p>	<p>Prepare for Influenza</p> <p>Monitor influenza rates</p> <p>Consider influenza antiviral prescription (e.g., oseltamivir) within 12 hours of onset of symptoms if clinically indicated based on local influenza rates and clinically compatible symptoms or severity.</p> <p>If COVID positive, suggest stopping antiviral in accordance with current BC- CDC guidance</p>
 <p>EMOTIONAL WELL-BEING?</p> <p>Isolation, economic hardship, and disruptions of daily routine can have an impact on psychological and emotional well-being¹⁹. Consider a discussion with patient and caregiver regarding coping mechanisms and review access to additional support services.</p>	<p>Emotional well-being?</p> <p>Isolation, economic hardship, and disruptions of daily routine can have an impact on emotional well-being. Consider a discussion about coping mechanisms and review access to additional support services.</p> <p>COVID-19 Anxiety Self-Help Tips – FACE COVID Email: </p> <p>COVID-19 - Mental Health Tips (BCMHSU) Email: </p> <p>Email bundle of 2 mental health patient info items: </p> <p>COVID-19 Mental Health Check-In (CMHA) Email: </p> <p>Here to Help - Mental Health and Substance Use Information Email: </p> <p>Email bundle of 2 mental health services: </p> <p>Also consider referral for seniors to Social Prescribing Programs where available</p>
 <p>DISCUSS DIET & EXERCISE</p> <p>Diet and physical activity can be impacted by pandemic restrictions and/or intercurrent illness¹⁸. Patients may find value in discussions regarding self-management approaches for diet and exercise.</p>	<p>Discuss Diet and Exercise</p> <p>Diet and physical activity can be impacted by pandemic restrictions and/or intercurrent illness. Discuss self-management approaches for diet and exercise.</p> <p>Diabetes</p> <p>Diabetes - Physical Activity Benefits Handout (Diabetes Canada) Email: </p> <p>Seniors</p> <p>Seated Exercises for Seniors (NHS) Email: </p> <p>SAIL Seniors Home Exercise Program- Falls Prevention (GPSC) Email: </p> <p>Exercise Video for Seniors - 15 minutes (Go4Life) Email: </p> <p>Email bundle of 3 seniors exercise patient info items: </p>

References and Resources

Source: [BC Care Bundle Supporting High Risk Patients During the COVID-19 Pandemic and Influenza Season](#)

<ol style="list-style-type: none"> High Risk Population People who are at high risk for severe illness from COVID-19 - Government of Canada BCCDC Health Information for People with Chronic Conditions Vaccination Eligibility BCCDC Clinical Resources for Health Professionals – Vaccines in BC BCCDC Seasonal Influenza Eligibility National Advisory Committee on Immunization - Government of Canada Optimizing Uptake BCCDC - Continuity, Prioritization and Safe Delivery of Immunization Services during COVID-19 Response BCCDC – Guidance for Influenza Vaccine Delivery in the Presence of COVID-19 Antiviral BC influenza surveillance reports AMMI Canada – Up to date practice guidance on use of antivirals Review Goals of Care: BC MOH Advanced Care Planning Providence Health Care – COVID Serious Illness Conversations and Treatment Fraser Health Advance Care Planning resources for serious illness UBC Palliative Care – Coronavirus Response Center to Advance Palliative Care – COVID-19 Resource Hub The Conversation Project – Being Prepared in the Time of COVID-19 NICE COVID-19 guideline – Managing symptoms (including End of Life) in the community Confirm Action Plan Public Health Agency of Canada – Be Prepared Public Health Agency of Canada – Measures to reduce COVID-19 in your community BCCDC – Recommendations for People with Chronic Conditions 	<ol style="list-style-type: none"> Symptom Management AMMI Canada – Up to date practice guidance on use of antivirals CDC - Influenza Antiviral Medications Summary for Clinicians BC COVID-19 Testing Protocols BCCDC – Current COVID-19 Testing Guidance Stopping Antiviral BCCDC - Recommendations for Specific Therapies Sick day rules HealthLinkBC - Sick-day guidelines for people with Diabetes Sick Day Medication Handout Cardiac Medications during intercurrent illness Medication Adherence Medication Adherence – It’s importance in Cardiovascular Outcomes Medication Adherence – WHO Cares? Impact of medication adherence on clinical outcomes of CAD Emotional Well-Being CMHA – Take Care of Yourself Family Caregivers of BC Resource BC MOH Virtual Mental Health Supports BCCDC Mental Well-Being During Covid-19 WHO – Mental Health and psychosocial considerations during COVID-19 outbreak Depression and Medication Adherence in the Treatment of Chronic Disease Diet and Exercise: Potential impact of COVID-19 Diabetes and COVID-19 – Diabetes Care
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